

1. What should I wear for my Day Spa experience?

We suggest loose-fitting, comfortable garments that are easy to take on and off. You will receive a pair of our signature cotton velour slippers to wear during your Day Spa and take home with you.

2. Where do I put my jewelry and valuables while having services?

Please leave your jewelry and other valuables at home. Upon request, we will provide a secure locker for your personal belongings. Please do not put any personal belongings in spa-wear pockets, on treatment room counters, or the bottom of your locker. They are easily forgotten in your relaxed state.

3. If I'm receiving medical treatment, can I receive massage and other spa treatments?

If you are experiencing any nail fungus or a disease affecting the condition of your feet, contact a podiatrist before scheduling a pedicure. If you have any serious medical conditions for which you are currently being treated, please consult your physician prior to scheduling a Day Spa package. In some cases, we may ask you to sign a consent form stating that your physician has authorized you to receive said services.

4. What type of therapeutic massage will I receive?

You'll enjoy our RELAXATION massage protocol during your Day Spa experience. Our certified practitioners combine a variety of massage disciplines to impart a peaceful and satisfying experience. Please provide your practitioner with thorough information regarding both your health *and* comfort during the service.

5. Will I feel sore or achy after receiving a massage?

It is very important to discuss the degree of pressure you prefer *prior to* and *during* your massage. Your practitioner will adjust the pressure to meet your comfort level - thus reducing the potential of discomfort after the service. Keep in mind that muscles, joints and ligaments all react to pressure by constricting (i.e. tightening up) and as a result may be tender until massage becomes a customary part of your overall wellness program. Again, while some slight discomfort is possible, the principal goal of every massage session is to impart a peaceful and satisfying experience.

6. What will I be wearing during my massage?

You may undress to your own level of comfort. It's important to mention that to receive the most effective results from your session, undergarments should be removed. However, you may leave on any undergarment that makes you feel more at ease. You will be properly covered at all times using standard professional massage draping protocols.

7. What if I have sensitivities or allergies to certain product ingredients?

If you have any known allergies, please make note of them on the questionnaire(s) you will be asked to complete prior to your Day Spa. It's also a good idea to make a verbal reference of this fact to your practitioner before the commencement of your service. If you have life-threatening allergies, please consult your physician prior to scheduling and/or receiving spa services.

8. What if I would like to modify the Day Spa Package I am receiving?

Day Spa packages are not eligible for substitutions. If a Day Spa package does not meet your wishes, please schedule services individually to create an experience unique to you.

Guests wishing to schedule services in addition to their Day Spa package may certainly do so. Please note that additional or add-on services are subject to standard pricing.

SIMONSON'S METRO LOCATIONS

Coon Rapids | 3490 Northdale Boulevard | 763-427-0761

Plymouth | 2855 Glacier Lane | 763-550-1121

Maple Grove | 13950 Grove Drive | 763-494-4863

SIMONSON'S promises to serve you joyfully and peacefully, knowing that right thoughts and efforts, ultimately bring about right results. If there's a better way, we'll strive to find it.