

MASSAGE CONTINUED

Maternity 85 is a step beyond **Maternity 55** because it allows extra time to address distinct needs identified during the massage.

Samunprai is a detoxifying massage based on techniques used on ancient Thai warriors. After using pressure points to open the body's energy, a muslin poultice filled with organic herbs is heated and applied to the body to increase circulation, promoting health and healing. (Contraindicated for pregnant and diabetic)

Naplai shares similarities with the Samunprai massage, the Naplai focuses on the back, neck and head. Your therapist will use a heated, organic herbal poultice, to melt away tension, alleviate aches and pains and head and chest congestion.

Specific Need combines a variety of new and respected massage disciplines to free your body's own energy and bring about a sense of well-being. The main purpose of this massage is to focus on a specific or troublesome area.

Guests 16 and 17 years of age may receive body services scheduled with a same sex therapist.

BENEFITS

- Calms the nervous system
- Lowers blood pressure
- Reduces heart rate
- Slows respiration
- Reduces chronic pain
- Relieves muscle spasms
- Improves muscle/skin tone
- Increases flexibility
- Eliminates metabolic wastes
- Reduces mental stress
- Reduces anxiety
- Promotes healing
- Promotes better sleep
- Induces a state of relaxation

POST-TREATMENT

Massage

Drinking plenty of water following a massage will help your body eliminate toxins dispelled from your muscles and will aid in extending the benefits of your massage.

Receiving massage once a week is optimal, however a bi-weekly or monthly regimen will accomplish satisfactory levels of stress reduction.

If you are under a doctor's care, it is advised that you consult with him/her before receiving massage. If you have questions or concerns, talk to your therapist before your session.

Until massage becomes a customary part of your overall wellness program, there will be areas of your body that carry a lot of tension. You may experience slight discomfort in these muscles that will go away within days after your massage. Drinking plenty of water will help reduce any soreness.

BODY TREATMENTS

Body Treatments are essentially a facial for your whole body and leave your skin feeling velvety smooth and soft.

The idea behind a body treatment is that it's just as important to cleanse, exfoliate and hydrate the skin on your body as it is the skin on your face.

Body Polish combines reflexology, hot stones and Moroccan oil Buff into an irresistible ritual that sloughs away dead skin while soothing tired muscles. This intensely exfoliating and hydrating treatment will leave your body feeling smooth, supple, rejuvenated and glowing.

BENEFITS

- Relaxes and relieves stress
- Deeply exfoliates dead skin cells to rejuvenate skin
- Removes oil and dirt buildup that blocks the skin pores
- Reveals fresh, healthier layers of skin
- Allows moisturizing ingredients to penetrate
- Results in supple, soft, deeply hydrated and glowing skin
- Polished, replenished skin not only looks more attractive, it is also healthier.



Body Contour Purifying Wrap is a comfortable, European contouring session heralded for its detoxifying properties. The body contour purifying wrap trans-dermal cream consists of formulas that **help to reverse the cellulite formation cycle** by stimulating the body's own natural lymph elimination function. Noticeably decreases cellulite when done in a series.

BENEFITS

- Tighten loose skin due to pregnancy or weight changes
- Cellulite becomes less noticeable
- Aids in removal of wastes trapped in areas of the body
- Stimulates circulation so wastes can be flushed out by normal body elimination
- Equal value for both men and women, because a toxin-filled lifestyle is prevalent in today's world
- Hydrate and soften overly dry or rough skin
- Firm, tone and shape the body
- Enables a person to lose excess inches while losing weight

CONTRAINDICATIONS

Do not allow yourself to be wrapped if you: have a heart condition (specifically conditions requiring Coumadin or other blood thinners), epilepsy, have had cancer that is not in remission for at least two years, or are pregnant or nursing.

POST-TREATMENT

Body Contour Purifying Wrap

Following this procedure for the next 3-4 days will greatly assist the total visual results apparent on the skin. Refrain from bathing or showering for 24 hours. Although your treatment in the spa is complete, the detoxification and tightening process can continue for 3-4 days, imparting further inch loss.

You can greatly assist this skin tightening process over the next few days by showering with tepid water only. Limit soap to underarm, groin and feet areas only.

Avoid creams and lotions that could be absorbed into the pores and inhibit the desired action of the topical preparation.

After 3-4 days, hot showers or baths and plenty of soap on the entire body will dilate body pores and facilitate the elimination of additional toxins which the topical preparation has drawn to the surface.

After your wrap you should drink plenty of water, mineral or tap water, NOT carbonated water. Ideally, try drinking (2) two times your body weight per day. This helps flush your body of the impurities that have been broken down.



Please avoid the following items during the next 3-4 days if possible. These items are fairly toxic, and if avoided, will greatly enhance the results of your wrap.

- Tea
- Caffeine/Coffee
- Refined Sugar
- White Flour
- Salt
- Carbonated Drinks
- Alcohol
- Fried and Fatty Foods
- Red Meat

If you normally consume caffeinated beverages and you completely eliminate them, you may experience headaches. If you have a high caffeine intake, you may prefer to cut down rather than stop.