

## Beyond Pampering: The Health Benefits of Spa Treatments

Before I go into the health benefits of spa services, let me share a few important things to think about when booking spa services. You may have noticed lately there have been more reports of spa injuries. Let me share a few important things to think about when booking spa services.

The spa industry is currently not legislated. What that means, is anyone can decide to open a spa/nail bar etc, they are not required to have any certification, and there is no government agency to ensure that spa services are provided in a safe manner. The ONLY time a health inspector will visit a spa etc. is when someone reports an injury. I can't say this strongly enough, spa services can seriously harm you if they are not provided safely. It is up to you to be diligent, to ensure that you receive your services in a safe manner. You can check out our website for questions to ask and what to look for so you can relax and enjoy your spa treatments.

Now let's talk about the wellness benefits of spa treatments. In a world that is becoming increasingly stressful, between work, family, and a cell phone that is beeping and ringing all day long, it is hard to find time for uninterrupted peace and quiet. So what do you do in times of urgent need to unplug from the outside world...stay calm and have a spa treatment. Regardless of the spa treatment you select, it will give you the opportunity to relax and disconnect from the commitments in your daily life. Even an hour once a month of UNINTERRUPTED "ME" TIME can have a big impact on your personal wellbeing and peace of mind.

Stress is a major component to a number of mental and physical health issues. Stress can manifest itself in different ways for different people and can arise out of a number of life events. Chronic stress, aches and pains, health problems and other issues can all effect how we feel in our daily life. Elements in our environment such as pollution in the air as well as chemicals and toxins in the food we eat can decrease our body's ability to maintain good health. The gradual buildup of these environmental factors can lead to illness down the road. Spa treatments including; Body Wraps, Body Scrubs, Relaxation Massage, Therapeutic Massage, Facials and yes even Pedicures help your body repair itself and detoxify.

Allowing yourself the opportunity to relax is key to keeping those stress and anxiety levels under control. Spa treatments and massage therapies, which are quick and relatively affordable, create both mental and physical health benefits. In fact, studies are showing that the frequency of visiting a spa directly correlates with better quality sleep, fewer sick days, reduced absenteeism from work and fewer hospitalizations.

Spa treatments stimulate the circulatory and lymphatic system helping your body to flush out harmful toxins. Circulation is improved, which when compromised leads to health problems like high blood pressure and heart disease. Muscle and joint flexibility is improved when muscles are relaxed, head-aches are reduced with less stress in the neck and head. It has been proven through scientific research that touch therapy involved in spa treatments releases a hormone

called Serotonin that enhances the body and mind's "feel good" state. Spa treatments can help with pain management in chronic conditions such as arthritis, sciatica, fibromyalgia and muscle spasms and help improve the ability to sleep so your body can work to keep you healthy.

The majority of spa treatments can help people feel better not only physically but emotionally as well. When you feel rejuvenated and stress free the feel good factor can reverberate and improve the quality of everyday life, allowing you to carry on with your busy life! In today's stressful world it is important for everyone to find a way to relax and relieve stress.

Grab someone you love and enjoy wellness together. Some of the stress in life can be due to trying to find time to care for others. Enjoying a spa treatment with that someone not only helps relieve some of the pressure but your body is enjoying relaxation and wellness while caring for someone else.

*The time to relax is when you don't have time for it!*

*RELAX, enjoy and love yourself too!*