

# Great Treatments

## GREAT BODY TREATMENTS

It is just as important to cleanse, exfoliate, and hydrate the skin on your body as it is the skin of your face. Read the treatments on this page and the next to gather a few great ideas on treatments you can add to your menu.



### **Volcanic Clay Purifying Treatment**

**\$122 for 75 minutes**

This detoxifying dry volcanic clay wrap purifies, revitalizes, and tightens the skin. Volcanic ash absorbs toxins. Chinese clay stimulates blood flow, exfoliates, and cleanses. Botanical elixirs restore, hydrate, heal, and soothe. Hawaiian Noni tightens and lifts the skin for a more youthful glow.

**Kanani Pearl Spa in Portland, OR**

**503-242-5500**

**[www.kananipearl.com](http://www.kananipearl.com)**

### **Buff and Glo**

**\$65 for 45 minutes**

This gentle, dry exfoliation treatment is great for all skin types, especially sensitive skin. In addition to activating the pores and releasing toxins from the body, this relaxing treatment helps to smooth the skin and contributes to better muscle tone. The treatment will finish with an all over body lotion.

**B Roman Skin & Body Therapy in Cary, NC**

**919-851-2255**

**[www.b-romandayspa.com](http://www.b-romandayspa.com)**

### **Spirulina Intense Purifying Body Wrap**

**\$90 for 90 minutes**

This heat treatment aids in detoxifying the body, while encouraging cellular metabolism. It remineralizes, revitalizes, and tones the body with ocean minerals. The client is wrapped in a specialized thermal blanket, heated to 102 degrees. This treatment is beneficial for reducing swelling and cleansing.

**Rosarito Beach Hotel in Rosarito, Baja California**

**866-ROSARITO**

**[www.rosaritobeachhotel.com](http://www.rosaritobeachhotel.com)**

### **Wynne Elixirs Organic Sugar Scrub**

**\$105 for 60 minutes**

A vigorous full-body exfoliation polishes away dull, dry skin with a blend of organic sugar and exhilarating aromatic oils. Enjoy the steam canopy while savoring a scalp massage, followed by a finishing massage with skin-nourishing emollients. This is a great way to get a sexy "vacation" glow.

**Preston Wynne Spa in Saratoga, CA**

**408-741-5525**

**[www.prestonwynne.com](http://www.prestonwynne.com)**

### **Vichy Shower Massage**

**\$25 for 20 minutes**

Relax the mind, body, and spirit under the warm pulsation of a Vichy shower. This treatment is great for soothing tired muscles.

**Cooper Spa in Dallas, TX**

**972-392-7729**

**[www.cooperaerobics.com](http://www.cooperaerobics.com)**

### **Cellulite Treatment with LED**

**\$120 for 50 minutes**

A licensed massage therapist trained in the cellulite massage modality will smoothly move a pressurized suction cup over areas of excess, dense, and stubborn fat to stimulate blood flow. By doing so, it creates more oxygen circulation to help release toxins from areas where it is trapped. This action allows toxins to flow naturally out of the body. A series is recommended for best results.

**Suddenly Slimmer Spa in Phoenix, AZ**

**602-952-8446**

**[www.suddenlyslimmer.com](http://www.suddenlyslimmer.com)**

**Wild Lime Scalp and Body Treatment****\$180 for 80 minutes**

This treatment is zesty, aromatic, and perfect after long flights or long nights. Lime, ginger, and sandalwood are applied vigorously to the scalp, neck, and shoulders. The treatment is followed by a full body massage with lemongrass and ginger oils to invigorate the client from head to toe.

**Four Seasons – Philadelphia in Philadelphia, PA****215-963-1500****[www.fourseasons.com](http://www.fourseasons.com)****Lavender Crystal Mud Ritual****\$125 for 75 minutes**

This treatment begins with the therapist stretching the client, using shiatsu techniques to initiate relaxation to body and mind. A soak in the invigorating crystal mud is then performed, followed by a rinse and relaxation in a private steam shower.

**The Green Spa in Brooklyn, NY****718-921-6100****[www.greenspany.com](http://www.greenspany.com)****Chocolate Fix****\$45 for 30 minutes**

After thorough exfoliation, a masseur will apply a rich chocolate mud over the entire body! Once the client has settled into the chocolate cocoon of warmth, the chocolate will be rinsed off the body with a Vichy shower. A full massage, given with chocolate oil, will conclude this most savory sensorial experience that will leave you intoxicated from the aromatic energy for weeks to follow.

**@ease Spa in Hillsdale, NJ****201-722-8848****[www.at-easespa.com](http://www.at-easespa.com)****Pregnancy Massage****\$60 for 60 minutes**

This maternity massage is done with a special pillow, allowing pregnant women to lie on their stomach. It is total relaxation for low backache and general relief from swelling. Massage can help relieve backaches, decrease edema, and increase circulation. Postpartum massage can also help a woman's body adjust after the pregnancy and birth experience.

**Sanctuary the Body Spa in Huntington Beach, CA****714-846-7111****[www.sanctuarythebodyspa.com](http://www.sanctuarythebodyspa.com)****Pineapple Papaya Exfoliating Treatment****\$35 for 20 minutes**

With pure pineapple extracts, and potent papain enzymes, this exfoliate will remove dead and damaged skin cells while revealing the new and healthy cells. Smooth, glowing skin emerges. It is also pH balanced.

**Faina European Day Spa in New York City, NY****212-245-6557****[www.fainaeuropeanspa.com](http://www.fainaeuropeanspa.com)****Thalasso Therapy-Detoxifying Seaweed Wrap****\$95 for 60 minutes**

Detoxify, remineralize, and balance the body and spirit with this designed head-to-toe treatment. The therapist uses special blends of algae and aromatic oils to massage the face, followed by a seaweed mask over the entire body. The client will be wrapped in a specially heat controlled blanket which facilitates the penetration of the product's ingredients for even greater benefits.

**Totto Spa & Salon in Toronto, ON****888-698-8988****[www.tottospa.com](http://www.tottospa.com)****Deep Tissue Massage****\$70 for 60 minutes**

Deep Tissue Massage is a technique that focuses on the deeper layers of muscle tissue. It aims to release the chronic patterns of tension in the body through slow strokes and deep finger pressure on the contracted areas, either following or going across the fibers of the muscles, tendons, and fascia.

**Personal Best Massage in Ferndale, WA****360-312-9410****[www.personalbestmassagetherapy.com](http://www.personalbestmassagetherapy.com)****Anti-Oxidant Crush Body Treatment****\$145 for 50 minutes**

Escape to Napa's Wine Country with this skin renewing grape seed exfoliation treatment packed full of potent polyphenols, which stimulates new cell growth and collagen restoring the skin's vibrancy. The hydrating grape seed concentrate nourishes, tightens, and protects the skin from environmental toxins and fights against free radical damage, leaving the skin silky and replenished.

**29 Spa in Atlanta, GA****404-995-7500****[www.rwmansiononpeachtree.com](http://www.rwmansiononpeachtree.com)****Autumn Rub****\$140 for 75 minutes**

Feet and body exposure to the sun, ocean, and chlorine creates a dead cell build-up which creates a 'crunchy leaf' texture. With warm hydrating and relaxing sage and fig oils, face to face nyc will massage the entire body while the client lays on a blanket of fresh-cut, thin-sliced apples, which gives skin a natural exfoliation. Warm Cider is included from our local urban 'farm.'

**face to face nyc in New York, NY****212-633-0404****[www.facetofacenyc.com](http://www.facetofacenyc.com)**

Do you have an alternative therapy treatment that you would like us to consider from your spa? E-mail Amanda Strunk at [amanda@dermascope.com](mailto:amanda@dermascope.com) and let us know.

