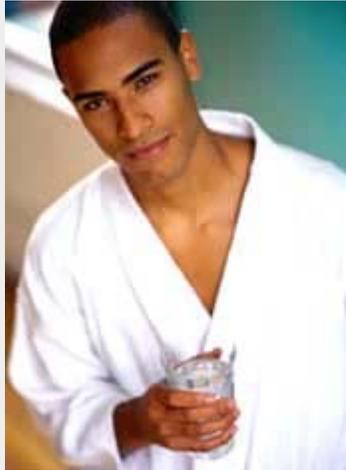




## ►► Grooming Features

### Spa Etiquette: Tips Just for Men

Saturday May 12, 2007



Another Do: ask if the man comes included with your complimentary robe

We know you boys like your spa treatments - I mean, who wouldn't? But it seems sometimes (and this is just what I've heard, ya know, on the street) that some of you aren't on your best behavior in the spa. So we have brought you a few tips from Enrique Ramirez, Spa Director at face to face nyc day spa in New York on what men need to know before they hit the spa:

1. Shave before a facial.

Although not a major requirement, it does make a difference to your facialist. A smooth beard area gives the opportunity to treat any signs of razor burn, ingrown hairs, or neck irritation caused by use of an old razor. Otherwise, these concerns will go unnoticed.

2. Arrive 10 minutes early before your appointment.

This will allow you a stress-free check in. Many spas require an intake form to be filled out before your scheduled treatment. It also gives you time to change, freshen up or decompress.

3. Underwear is a choice.

For those shy fellows, you do have a choice to keep on your tighty whities or go commando during a massage or body treatment. Whatever you choose, it will be fine with your professional spa technician. No need to explain!

4. Shower before a massage.

Make a point to arrive early so you can hit the shower; a squeaky clean scent will make your masseur want to rub instead of run!

5. Tip your spa technician.

Show appreciation to your spa technician with a 15-20% tip. Your spa technician will remember and will take extra special care of your face next time you're in the spa.

6. Turn off cell phones and mobile hand-held devices.

Spas create a soothing, relaxing and mellow environment to help you whack crazed nerves or tension, which can be ruined with the piercing sound of a mobile phone. Show that you're a guy with good manners and shut them off.

7. Don't put on body lotion before waxing.

It will make your back waxing less painful and easier to remove the strip wax. Also, it's very important that you inform the technician if you are using Retin-A or Accutane, as this will avoid an awkward moment when your skin is being removed along with your hair.

8. Keep voices down when entering the spa.

Calm and reflective tones are welcomed! You're not at the Super Bowl.

9. Be open with your spa technician.

Inform your technician of any body, mental or skin 'imbalances' such as allergies, medications that may affect your skin, torn ligaments, claustrophobic etc. Your spa technician will then customize your massage, facial or nail treatment.

10. Don't work out after a spa treatment.

You've just paid all that money to relax your muscles. Why would you want to then go and tense them up again?

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