



## [Spa Etiquette for Men \(and women\)](#)

Author: CT

The next time you book a spa appointment, invite your boyfriend or a boy-friend. According to *Allure*, 1 out of 3 spa visitors is male and the numbers are increasing rapidly. Of course, men are still understandably apprehensive about going to a spa so [Face to Face NYC](#) put together some tips for guys that addresses some of the most frequently asked questions.

Actually, some of these tips are helpful for us girls as well — a lot of women avoid going to full-service spas because they are intimidated by them. How much do you tip? Do you shower before or after a massage? If you are booking a spa appointment for the first time, take a quick peek at this cheat sheet first!

### 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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## 3 Comments so far

#### 1. Jen on April 26th, 2007

Hey CT, I'm thinking about joining Bodies in Motion (probably their Century City club), but couldn't find any info on rates/packages on their site. If you have some info on the rates, can you share? 😊

#### 2. liz on April 26th, 2007

when do you tip the spa technician? especially if it's for a massage. do you get up quickly right after they've finished, clutch your towel around your naked body, while you fish around for cash in your purse? i've avoided these experiences just to avoid that awkward tipping moment! lol

#### 3. [closettherapy](#) on April 27th, 2007

Jen~ I pay \$89 a month. I believe if I refer you, I can get you a discount on the initiation fees and possibly the same monthly rate. E-mail me if you want me to find out for you.

Liz~ I typically tip them when I pay for my bill... when I'm about to leave. They usually have little tip envelopes by the cashier. I usually write a little note on the envelope so they remember who I am in case they don't remember my name... I'd comment on either a topic we discussed or just thank them.

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