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Spa Tips for Men

by Lillian Africano -- New York City

A few years back you would rarely, if ever, hear a man say: "I'm busy this afternoon—I have an appointment for a facial." But times have changed and a great number of men are now enjoying the pleasures of a spa experience. Historically, men have been coaxed to a spa with their partner or spouse (often with a gift certificate), but once they've been introduced to the spa experience, they tend to return voluntarily.

According to Allure, one out of every three spa visitors is a man, and the numbers are increasing rapidly.

"With 85% of his clients male, Enrique Ramirez, Spa Director at face to face nyc day spa, shares tips for men with Lillian Africano."

Enrique Ramirez, Spa Director at face to face nyc day spa, located in New York City's Flatiron district, says that 85% of its patrons are men. But men don't always understand spa etiquette, which can lead to embarrassment and discomfort for them and those around them. Here are ten tips from face to face nyc day spa on what men need to know before they go to 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.**
If you're shy, you can choose to either 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

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- explain.
4. **Show 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 ease stressed nerves or tension; this can be ruined by 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 having your skin removed along with your hair.
 8. **Keep voices down when entering the spa.**
Calm and reflective tones are welcomed. You're not at a ball game.
 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, claustrophobia, 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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