

Day Spas Not Just for Facials Anymore

Contributed by admin
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Day spas aren't just limited to facials and massages. A trip to the day spa these days can be part of an integrated approach to mental and physical health. Many day spas offer, not just exercise classes, but classes on nutrition and a wide variety of health issues. They may also have dieticians on staff to consult on weight management and physical therapists to help implement doctor recommended therapies. Acupuncture and acupressure have long been standards at many day spas. Aromatherapy, cupping, hot/cold massage and hypnosis are relative newcomers to the day spa menu.

When considering a day spa for services above and beyond the routine, one should always begin by having a physical. Discuss with the doctor any alternative therapies being contemplated. Unless a particular health problem dictates otherwise most doctors will be enthusiastic about plans to embrace a healthy lifestyle.

Be sure to use a day spa that is properly licensed to provide the services it advertises. The individuals actually performing the services should also hold appropriate certifications. Most day spas that have holistic health programs will want to have an initial consultation. During this sit down a trained day spa consultant will help a client discover just what he/she needs and wants from the facility. After the first meeting an ongoing personalized day spa routine will be designed.

A weekly massage or facial can go a long way toward relieving the tension in a person's life. Some day spa clients want a more all inclusive experience. For some people, a day spa regimen that integrates nutrition, education and a full array of services may provide the solution they seek.