

DAY SPA[®]

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Spa-Ahhh Massages

28 Extraordinary
Body Treatments

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Nature's Best Tips for an
Eco-Friendly Day Spa

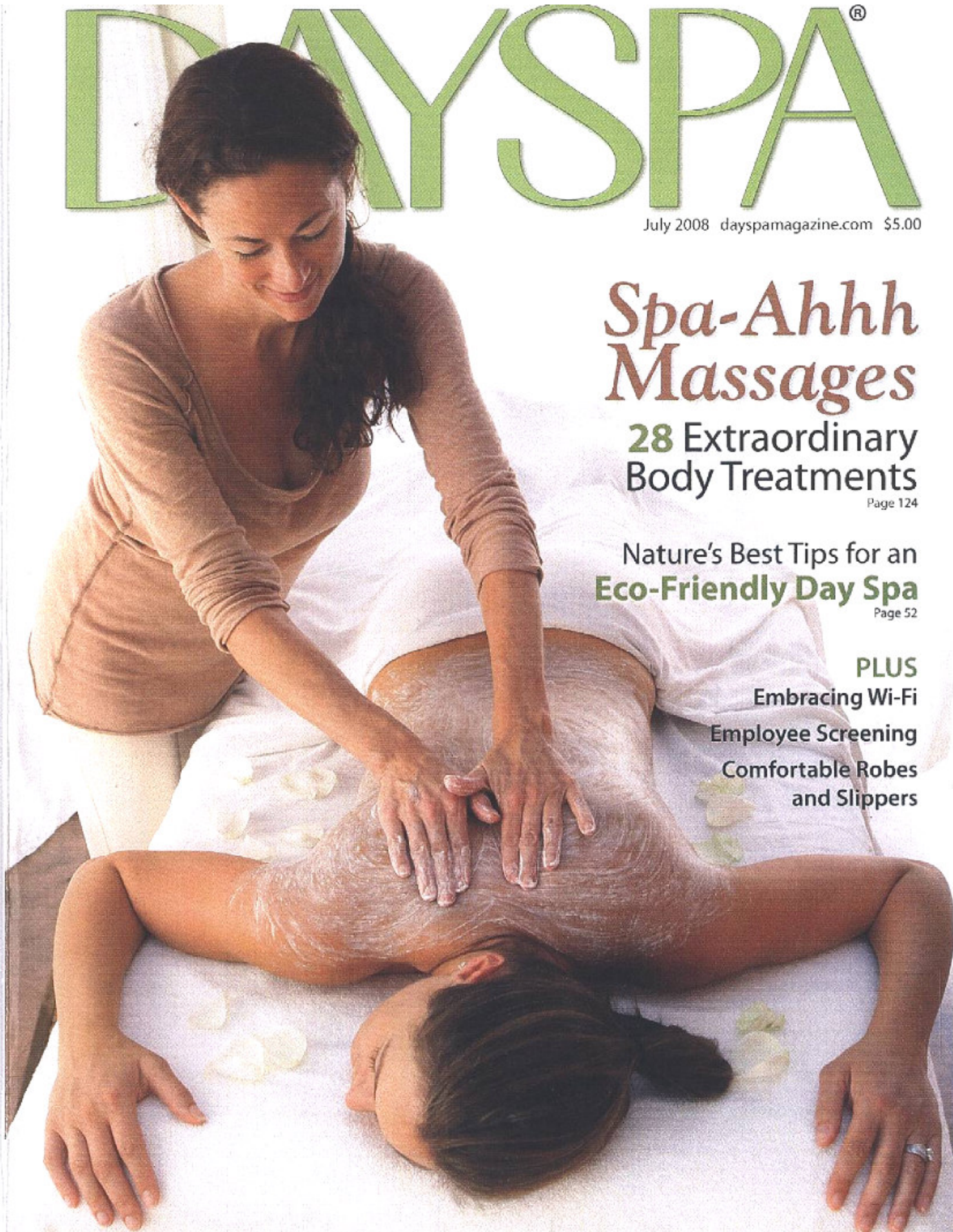
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PLUS

Embracing Wi-Fi

Employee Screening

Comfortable Robes
and Slippers



The “Most” in Massages

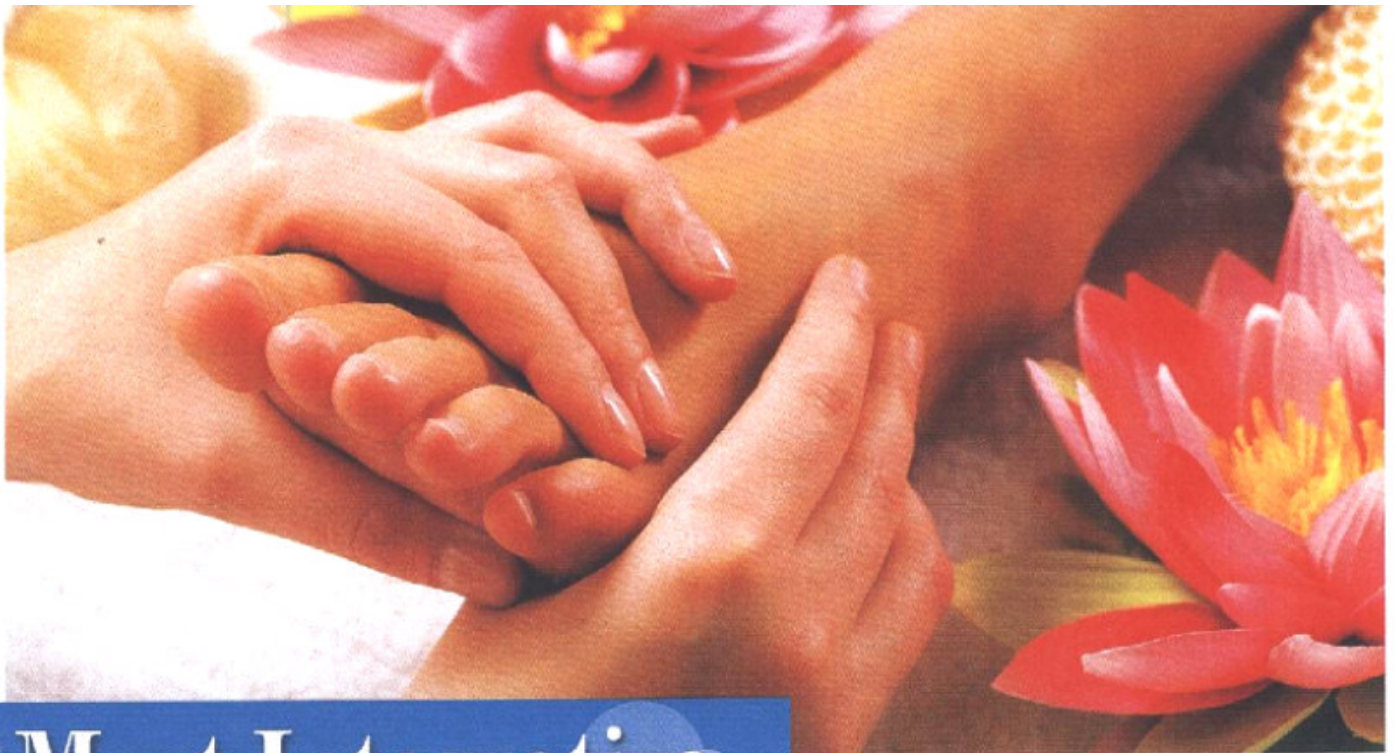
By Andrea Sercu

Gone are the days when the only massage on spa menus was the basic Swedish. Today, spas offer a selection of massages that are versatile, sophisticated and exotic—something to tempt any client. Perhaps more than other treatments, massages allow spa professionals to capture the essence of specific themes or regional influences, which make for memorable experiences.

Not only are massages enjoyable, they help heal or lessen the severity of a variety of ailments. In fact, some make cancer patients more comfortable and relaxed while undergoing chemotherapy. Others incorporate chocolate, vanilla or coffee as the main ingredient to satiate clients' cravings.

Technology recently entered the massage realm, with heating elements and light-emitting diodes (LEDs) boosting the efficacy of treatments. In addition, therapists are experimenting with unusual tools and techniques, such as using bamboo stalks or their feet instead of hands, to perform massages.

Regardless of method or function, all massage services share a common goal: to heal the mind, body or soul through the power of touch. On your service menu, are massages being offered as a main course or treated as a “side?” Here's a sampling of what DAYSPA considers the “most” in massages.



Most Integrative

Blended Massage

Phoenix Family Fitness & Speciale Spa
(phoenixwomensfitnessandspa.com), Phoenix

Using a variety of approaches is often the best solution, and this spa's blended massage is no exception. Classic massage techniques, such as Swedish, deep tissue, sports and shiatsu, are paired with reflexology and aromatherapy to alleviate headaches, muscle tension and more. After a full assessment of the client's concerns and expectations, the treatment is customized to create an individualized modality of emotional and structural balance. *60 min/\$85 (\$10 off first visit)*

Hot Poultice Lymphatic Massage

Allure MediSpa (alluremedispa.us), Avondale, Arizona

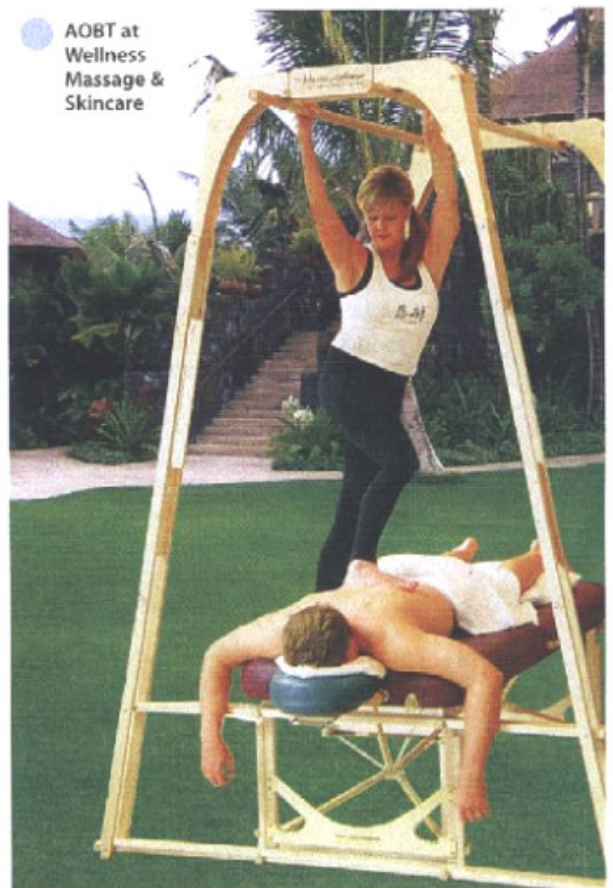
Pain and discomfort are shown the door, and a new realm of relaxation enters the body with this unique lymphatic treatment, according to Allure staff. Therapeutic massage complements heated muslin bags filled with fragrant lavender, chamomile and other subtly floral herbs and spices. As lavender, bergamot and other calming essential oils are drizzled onto the client's body, the therapist massages sore, stiff muscles in a slow, synchronized sequence. Pressure points are lightly manipulated with poultice bags warmed in the oils, and lymphatic drainage manipulation is applied to coax toxins out of the body. *75 min/\$115*

Ashiatsu Oriental Bar Therapy (AOBT)

Wellness Massage & Skincare (wellnessmassage.com), Newton Centre, Massachusetts

According to this spa's website, AOBT is "the deepest, most luxurious massage on the planet." It combines deep-tissue and myofascial techniques with the addition of bars on the ceiling. Therapists grip the overhead parallel bars for balance and leverage while using their body weight and feet to deliver a unique form of barefoot effleurage.

On lubricated skin, the gliding motions of AOBT are intensely deep and relaxing. Developed by Ruthie Hardee, this trademarked, copyrighted technique is safe and effective for areas where hands-on techniques are applied. It's particularly effective for treating back pain. *75 min/\$135*



AOBT at
Wellness
Massage &
Skincare