

## Spa Therapy - Frequently Asked Questions

### What is Spa Therapy?

Spa therapy can be for the entire body, using different types of soaks, exfoliates, scrubs, masks, oils, moisturizers, hot/cold stones, and paraffin treatments. Spa therapy revitalizes not only the skin but the body itself.

### How is Therapeutic Spa Therapy Beneficial?

All natural body products feed and nourish the skin helping to exfoliate, rehydrate, unclog pores, and increase skin tone, texture and vibrancy. Spa therapy not only affects the superficial layers of the skin but also penetrates into the entire body stimulating circulation, detoxification, mineralization, and increases skin respiration

### Who can receive Spa Therapy?

First time visitors need to arrive early so a Client information form can be filled out. All information is then evaluated to determine if your health condition is appropriate for Spa Therapy, and which services and products should be used.

Specific body conditions to consider are:

- Sensitive skin
- Dry skin
- Oily skin
- Acne prone skin
- Psoriasis
- Inflammation
- Toxic build up
- Seafood/iodine allergies

Spa therapies are great alone or combined with other service. Feel free to browse our packages or customize your own treatment.