

Beauty Beat: Day Spas

A day at the spa is ultra relaxing and sometimes even a little spiritual. Soft music, low lights and a Feng Shui atmosphere that quickly melts away our earthly cares. Add to that a couple of treatments, a spa lunch and the day of rejuvenation will reset your system. Our busy lives are taken up with so many things to do, people to see and places to go that we're often too busy to spend time on ourselves. Pre-schedule a monthly spa day and you'll never lose your charge.

Did you know the word "spa" comes from the Belgian town of Spa. The Romans loved their baths and made this town a prominent destination for pampering. To this day, "taking of the waters" is a popular hydration treatment that heals, soothes and cleanses. Take a day for you and elevate your mind, body and spirit.

Day Spa Services:

Body Treatments

Wraps, salt scrubs, massages and a full array of other treatments will make your body sleek and sexy. Wraps release toxins, water weight and bloat, while salt scrubs exfoliate and leave your skin like butter. Try one of the latest: a chocolate-mint scrub that doubles as an aromatherapy treatment! Massage treatments are also high on everyone's list. Check out [massage treatments](#) and salons here.

Skin Treatments & Peels (this could be just Skin Treatments)

Our skin can always use a little help. Facials, peels and other therapeutic treatments help reduce uneven skin tone, large pores and other reactions our skin has to seasonal changes, hormones, aging and lifestyle. Gorgeous skin requires maintenance and a monthly trip to the spa is the best solution. Most salons offer discounts when you book a series of skin treatment which will save money and keep your skin on track, so don't forget to ask!

Waxing

Beautiful hair is your crowning glory and not something that belongs anywhere else on your body! Today's waxing and threading methods are fast, affordable and exfoliate in the process, leaving your pores tight and smooth. For most, waxing stunts hair regrowth. So schedule your appointments every 3-5 weeks. Eyebrows, face, bikini, arms, under arms and legs are the most common areas. However, don't be shy. If you have other needs, your waxing specialist can help!

Spa Packages

The beauty of a day spa is that you can arrange a full or half day of services with time in between treatments to sip aromatic tea or pop into the steam bath or jacuzzi. Package deals give treatment discounts and often include a light spa lunch. Plan a day with a friend, a lover or just for your own personal respite. In today's fast-paced world, everyone could use a monthly spa day.