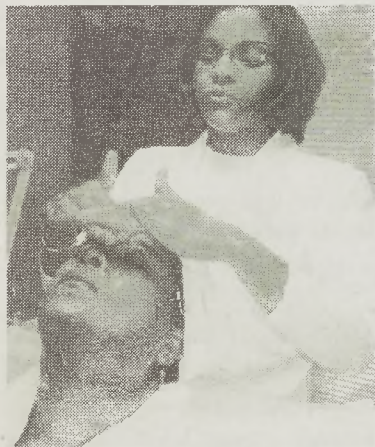


## Trip To The Spa Offers The Ultimate In Spring Cleansing



*Esthetician Melissa Scott gives Miriam Johnson a facial*

By: Judy M. Willis

Springtime is nature's invitation for renewal. It's a time to shake off the winter blues, and ready your body and mind for summer's more hectic schedules.

To help prepare for sunnier and busier times, many people turn to spas – places synonymous with luxurious pampering and head-to-toe make overs. This is where therapeutic and restorative treatments stimulate the senses and revitalize and rebalance the body from the outside in.

Choosing a spa with trained professional staff, state-of-the-art equipment and an esthetically-pleasing environment will intensify the experience.

Treatments which range from foot soaks to scalp and full body massages and detoxification, can reduce stress, relieve pain, improve circulation and nutrition to the joints and tissues, and eliminate waste and toxic debris.

Colon and skin detoxification treatments are also important spa protocols.

Certified colon therapists and licensed estheticians specialize in detox therapy.

"Staying healthy makes being beautiful possible."

Spas specialize in detoxification programs, colon therapy, full body massage and extensive skincare strategies such as chemical peels, deep pore cleansing and skin discoloration therapy. Service is provided by appointment only at most spas.

Proper cleansing of the colon stimulates restful sleep, improves mental disposition, lubricates stiff and achy joints, and freshens the breath.

The spa experience also includes skin treatment.

Depending on your skin's levels of collagen, elasticity and overall health, chemical peels, deep pore cleansing, skin discoloration therapy or a basic facial may be recommended.

Spas also offer medi-spa services such as laser treatments, a non-invasive wrinkle reduction procedure which heats the tissue under the skin with intense pulsed light waves to stimulate new collagen growth.

Proper nutrition and adequate intake of water will lengthen the effects of these treatments.

Spas may also include salon services that surpass the beauty shop experience. Hair replacement, particularly for clients suffering from alopecia or extreme hair loss is a specialty. Proper hair care does a world of shoring up a woman's self esteem.

Being able to provide clients with alopecia with natural, beautifully styled hair immediately enhances their inner and outer beauty.

### Spa At Home

When you can't make it to a spa, creating the experience at home is simple as simple as 1-2-3.

Some spas carry a collection of lotions and potions that will help you mimic a day at the spa. They sell soothing body and shower gels, body satin, or body polish that drenches the skin with rich moisturizers and help delay the aging process. They also have aromatherapy soaps – glycerine, shea butter with lavender and wildflower, and olive butter with avocado and green tea leaves – that can heal the body from the outside in. They include handmade blends of massage and love oils, incense, candles and intimate music to set the mood for love.

### The Spa Experience

Your visit to the spa might begin with an invigorating foot soak and cup of herbal tea and end with a face, scalp and full body massage, a manicure and pedicure or a detoxification treatment. Many spas also offer full-service salons. A dry brush exfoliation, restorative hydrotherapy (water treatments that stimulate the skin) and phytotherapy (curative herbs and plants) treatments may be introduced prior to any of the following:

- Basic Massage – facilitates relaxation through the manipulation of the skin, muscles and joints (usually by hand);
- Acupressure – rebalances energy by using pressure to open the energy channels at specific points where blockages occur;
- Shiatsu and Jin Sin – stimulates energy levels to promote better health and vitality;
- Reflexology – prevents ill health and assists in relaxation by stimulating points on the hand and foot, which correspond to internal organs;
- Polarity therapy – returns the body to a balanced state; while
- Zone therapy – relieves pain and restores health to any part of the body through manipulation and/or applied pressure.

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