

## **SPA: Great Way To Pamper Yourself!**

By: Karina Jacobsen

Why do people go to a spa? They go to loose weight or they go to relieve stress. But what does everybody who goes to a spa have in common? They all go to be pampered. They go to have some time that is there own. When you go to a spa you are getting away from it all for a little while. There are many ways to be pampered while you are there.

There is the massage, be it sports, deep tissue, Swedish or one of the other types available at the spa. While it is true massage helps relieve stress, reduce toxins, and allows your joints to maintain flexibility amongst other things there is also the added benefit of feeling like a queen. Aside from you physical toxins that get worked away there is also the mental dimension that gets taken care of in the process.

Then there is the facial which is a deep cleansing of the face. Your skin is exfoliated and it feels smooth and is tighter but the feeling of having some care being focused on you, not to mention the way you look after a facial can only be described as pampered. You feel like you are renewed. This can be symbolic, in a way, as you are washing your mind and stimulating yourself.

You can get a manicure or a pedicure at a spa. It is different from your regular visit to the local nail salon. At the spa there are trained and well paid technicians who would help you select a color, apply the polish without chips or bubbles and be courteous throughout the whole experience. If you are looking for great service then a manicure or pedicure at a spa will give it that extra special feeling of being treated well.

If the spa you are visiting offers it, you could go for a body wrap. The body wrap works by having the body wrapped in a formula of oils, fragrances or herb or minerals. These formulas are different and are designed to pull toxins out of the body and to absorb them. The wrap helps push the body together so that if there are any gaps between the tissue in your body, they would be decreased. Some wraps may help with weight loss. Body wraps make you feel taken care of. It can be a good thing to have just before a massage.

Arrive early for your spa day, so you can get the best out of everything. If you start early you will start the day on a slower pace and that will help you relax through your various treatments. After your spa treatment you will feel much more relaxed and ready to pick up where ever you left off. You will have more energy to be with your family, get back to work or even go out with your friends.

### **About The Author:**

Karina Jacobsen is a staff writer at <http://www.everything-spa.com> and is an occasional contributor to several other websites, including <http://www.wellness-digest.com>.

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