

# Spa Treatments: What's So Great About Body Scrubs?

By: Cherisa Chapa

"Receive a salt glow treatment and start looking and feeling great today," declares the advertisement. "Enjoy silky soft skin from our body scrub," states another. So what is special about these spa treatments? Depending upon what you are trying to achieve - everything.

## What is a Body Scrub?

A body scrub entails using a granular substance mixed with a specific liquid with essential oils which will cleanse, exfoliate and hydrate by removing dead skin cells and moisturizing the skin. The primary base of the body scrub is usually Dead Sea salt, Epson salt, sugar, or baking soda generally mixed with massage oil, essential oils, honey, milk or milk-like product. Some spas or massage therapists will call their version of a body scrub a "salt glow" since the primary base of the scrub is a type of granular salt or combination of salts.

This scrub is then used on the body to improve circulation, stimulate the metabolic system, increases the body's ability to carry waste products for elimination, and assist with skin care issues. It also gives the skin a very healthy, vibrant look and a silky softness that is divine!

## Preparing for the Scrub

The same medical precautions for massage are applied to a body scrub as it will have a similar affect to the body. It is highly recommended that if you have high blood pressure, that you not receive a scrub that has salt in the product as it could raise your blood pressure, or if you are a diabetic, a honey and sugar scrub since it could raise your blood sugar.

Scrubbing product variations could be made so that you will still be able to experience a body scrub. If you are in doubt about the body scrub product used, ask the massage therapist or spa coordinator regarding their particular body scrub and if it will be accommodating for you.

In preparing for your treatment, you will not want to shave any areas, such as your legs, on the day of your treatment. Otherwise, you may experience a stinging sensation to these areas when the product is applied.

## Getting Scrubbed

In general terms, a basic body scrub can either be done in a wet room where the table used is designed to get wet or in a dry room where you generally get your massage. The type of equipment will depend upon the spa or massage therapist.

You will need to completely undress for a body scrub. However, your personal dignity will be protected by either disposable undergarments or the therapist will use towels or sheet placement to cover the areas not worked. You may be lying either on a sheet, towel, or a thin piece of plastic.

After the scrub, the therapist will either gently remove the remaining, unabsorbed scrub from the areas treated or direct you to a shower where you will be able to rinse off. You will not want to actually shower with soap since it will remove the oil residue from the scrub and ruin the treatment. Then you will return to the treatment room that has been prepared by the therapist to begin the portion of the treatment designed to moisturize your skin with a cream.

## Enjoying your Scrub

You will notice after you receive your body scrub the difference in your skin. To preserve the 'glow' for awhile, you will need to refrain from activities that affect your skin such as go swimming at the beach directly after the treatment since the sand and sunlight will change your skin's exfoliation and hydration and effects.

Also check with the massage therapist or spa coordinator concerning the after affects (if any) of the essential oils used in the body scrubs; such as restricting your sun exposure after your treatment to reduce light sensitivity and/or sunburn.

There are literally hundreds of body scrub products that are used by spas and massage therapists providing body scrubs treatments. Experiment, if you will, by receiving a body scrub at different establishments and then decide on your favorite.

If you have never received a body scrub before, I hope that you try it. It is an experience in pampering that is hard to duplicate, especially if you follow your body scrub with a therapeutic massage. *Enjoy!*

## About The Author:

Cherisa Chapa, LMT is the owner of Nature's Paradise Spa where you can learn more about relaxation techniques, massage therapy services, spa treatments and pampering products that you can use at home. Visit us at <http://www.naturesparadisepa.com> - Finally Pampering Just for YOU!

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