

## **Are You Getting the Most Out of Your Spa?**

When choosing a spa; first visit various spa locations. To find the right spa for you, make sure you are getting treated courteously and that your spa fits your personality.

Notice how the customers are being treated. Check out the spas standards of cleanliness. Note the professionalism, knowledge and courtesy of the therapists.

Modesty of the client should always be kept. The therapist should have a robe and slippers available for you. Your therapist should respect your boundaries and areas of your body that are sensitive.

Massage therapists should not be chatty with the client. Massage therapists should notice and be sensitive to the amount of pressure that they are exerting on their clients. If you ever feel uncomfortable, do speak up. Feel free to ask questions.

Your therapist will guide you through each phase of your treatments. The therapist will also leave the room and allow you privacy to dress and undress and give you time to get comfortable on the table. The lighting should be low and soft. Ambience is key for a spa.

Spa treatments usually include massages, facials, and perhaps, manicures and pedicures. There are also spas that offer services, such as acupuncture, hydrotherapy, mud wraps, reflexology, saunas and many other treatments.

Find out what little extras a treatment includes. Many spas today enhance basic treatment: a head massage included in a body treatment, or a hand or foot massage included in a facial.

At Longwood Healing Center and Spa we cater to the "green" client. We use organic and natural skin and body products. We practice recycling in house and pride ourselves in using linens and robes that are made of organic materials.

Kimberly Koru is the Center Director at Longwood Healing Center & Spa located in Historic Downtown Longwood at 212 W. Bay Ave., Longwood, FL 32750. They are a full service healing center and spa that has built its' reputation on high standards of excellence. To speak with a representative or to book an appointment they can be reached at (407) 265-1888. Thank You.