

October 2018 Newsletter

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MEMBER



Spa Parties

Indulge in Well-being

Darren Buford

You love a day at the spa; your friends will, too. The next time you're planning a party, instead of hosting a get-together where guests are checking their watches, throw one that will have them begging to stay. One surefire way to spoil them is with a spa party. Imagine inviting 10-15 of your closest friends to experience a luxurious day of pampering at a day spa, or even having them over to your home where you've hired your regular skin care professional and massage practitioner to cater to every bodywork whim.

Spa parties are gaining popularity because they provide an exciting variation to traditional celebrations and events such as birthday parties, wedding

your guests coming early, staying late, and thanking you for your terrific idea every time you see them thereafter. Here are a few ideas about how enjoyable--and easy--it can be. Feel free to ask your spa for suggestions or customizations for your group.

Replenishment Ritual

Let's be frank. Most people love to party. And most love to spa. The combination of the two sounds like hedonism defined, doesn't it? On the other side of the coin, many people despise being accountable for arranging a killer soiree. Because some people would like to be nearly free of the responsibility when it comes to

*You only die
once, YOU
LIVE
everyday!*
-Unknown



Both spa parties and at-home spa providers offer an enjoyable, memorable experience.

and baby showers, bachelorette parties, corporate conferences, seminars, and book club meetings. With very little effort on your part, you and your friends can enjoy a variety of massage and skin care treatments that are important facets of well-being.

It's likely that with the different amenities spa parties offer, you'll have

organizing a spa party, one option is to turn to the trained staff of professional day spas like TallGrass Spa and Salon in Evergreen, Colorado. "All of our parties are custom-designed to meet the needs of each group," says Melissa Rackliff, Sage Room Coordinator at TallGrass. "The Sage Room is our group booking

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suite," which comes complete with secluded patio and fireplace, and can easily accommodate up to 25 people, but can also be reserved for smaller groups of four to eight.

At TallGrass, spa parties can be scheduled for as short as 30 minutes in length, allowing for a gift exchange, hand massage, and paraffin dip. The spa also conducts longer parties up to five hours in length. This includes a hand and foot relief ritual, massage, pedicure/manicure, and a catered luncheon. No party is restricted to certain services, and each can be structured around the various requests of the incoming guests. "I build them their perfect group spa day," Rackliff says.

Rackliff says her responsibility as hostess includes taking away all the stress associated with structuring and catering a party. She guides parties through the day's procession, explaining the services each guest will experience, and fields any questions they may also have, such as "Do I need to remove my clothing under the robe?"

Whether it's the seasoned spa-goer or the bodywork beginner, Rackliff says spa party attendees will get something from their day. The spa specifically keeps in mind the varying amounts of "spa experience" each guest has within the group. She wants to make the curious wallflower just as comfortable as the professional spa guest. The former will have a great introduction to the profession and the latter will be exposed to both familiar and more exotic services.

Mobile Spa

While some people have the let's-go-to-the-spa mentality, others wish to control the space of their spa party by having it at home. This approach requires either hiring your skin care professional and/or massage therapist by the hour, or outsourcing a one-stop mobile spa consultant or group.

Located in Boston, Massachusetts, mobileSpa is glad to bring their blend of home comfort to the East Coast spagoing community. Where exactly will mobileSpa perform their magic? Well, according to partner Smita Majumder,

anywhere. "We get calls from people even in their hotel room."

MobileSpa brings "the works" with them to conduct a thoroughly relaxing party--from massage tables, to towels, to manicure/pedicure kits, to facial tables--everything you would find at a regular spa. According to Majumder, "We take little things like oil and music to make the whole experience special for the clients," including a bottle of champagne and chocolates for their most heavenly party, simply called Goddess' Night Out.

This package includes a skin analysis of the person, and a facial that reflects her disposition, a back facial, massage, and pedicure and manicure. But like TallGrass, mobileSpa also customizes treatments specific to each party and offers rates that are reflective of the services requested.

Whether you decide to plan a party, or simply partake of spa services on your own, don't hesitate to ask your skin care therapist about his or her background, training, and experience--especially as it relates to the treatments you are

considering.

As a member of Associated Skin Care Professionals (ASCP), your skin care professional's state licensing credentials and/or core training have been verified. ASCP members follow a code of ethics, ensuring you're treated responsibly, confidentially, and with utmost respect. As an ASCP member, your skin care professional has comprehensive information on changing trends and treatments at his or her fingertips, so you'll be receiving current information and care.

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Spa parties provide a fun and relaxing way to celebrate many of the important events in your life.

Stay Hydrated

Jennie Hastings Stancu

Has your therapist told you about the importance of drinking water? After all, our bodies are composed of approximately 60 percent water, and all of our bodily functions are sustained by water. Dehydration is one of the most common detriments to our health, and one of the easiest problems to fix. Make staying hydrated simple and seamlessly interwoven throughout your day.

START EACH DAY OFF RIGHT: Start your morning with a tall, room-temperature glass of water with lemon squeezed into it, before you start taking any tea, coffee, or food. Front-loading hydration is helpful to the body. And be luxurious with your water--for a special treat, add mint, cucumber, or lemon.

HALF YOUR WEIGHT: It is difficult to know how much water is enough. One rule of thumb is to take half your body weight in pounds, and drink that many ounces of water per day. So if you weigh 150 pounds, this would equal 75 ounces of water. If you are working hard, or you

live in a particularly dry climate, you might need to drink even more than this.

WHAT ABOUT BPA?: You've probably seen the phrase "BPA free" on water bottles. BPA stands for bisphenol A, which is a chemical found in polycarbonate plastics and epoxy resins.

According to Mayoclinic.org, some research has shown BPA can seep from a container into foods and beverages, and this is concerning because of possible health effects BPA has on the brain and behavior. Look for non-plastic bottles, or look for the "BPA free" logo.

OTHER DRINKS: Drinking herbal tea is a good way to stay hydrated. You can also augment your hydration with electrolyte-fortified water or sports drinks. However, be aware that a lot of these drinks have incredibly high levels of sugar in them. Hydration isn't a healthy habit if you drink a day's worth of sugar in every glass. So check the label before you buy.

Jennie Hastings Stancu is a licensed massage therapist and author.



Stay hydrated to keep your body performing optimally

Probiotics for Skin Health

Trust Your Gut on This One!

Shelley Burns, N.D.

Digestive health plays an important role in how skin appears on the surface. When digestion is not working optimally, it allows toxins to be reabsorbed in the body instead of being eliminated. The body then mounts a state of emergency as it's overwhelmed by toxins, some of them bad bacteria. These manifest directly on the surface for all the world to see, in the form of wrinkles, blotchiness, skin rashes, and acne.

This is where probiotics come into play. Probiotics contain potentially beneficial bacteria found in the digestive tract--what some call good gut bacteria. They help strengthen the digestive system but they also play an important role in skin health. Probiotics consist of *Lactobacillus acidophilus*, *Lactobacillus bulgaricus*, and *Bifidobacterium bifidum*. They have anti-inflammatory, anti-pathogenic, and antiallergenic properties and can be used prophylactically and therapeutically.

There have been many studies showing

benefits of probiotics to skin health. For example, there's a correlation between an imbalance of good and bad bacteria and the onset of acne. When bringing natural bacteria back into balance with a probiotic intervention, acne improves, in some studies, as much as 50 percent of the time.

There is no recommended daily intake for probiotics, but good food sources include buttermilk, kefir, miso, tempeh, yogurt, and other fermented foods. Supplements are generally higher in potency and are used for therapeutic purposes in treating irritable bowel syndrome, Crohn's disease, colitis, and many other conditions.

While probiotics are essential for healthy skin and digestive health, there are many other appealing benefits to encourage their use, such as strengthening the immune system, replacing good bacteria after a course of antibiotics, and contributing to general health and well-being.

One note: Some probiotic supplements come from dairy sources and may not be suitable for individuals with dairy allergies or sensitivities.

*Once you
replace negative
thoughts with
positive ones,
you'll start
having positive
results.*

-Willie Nelson

Happy Halloween From Affordable Spa!
This month's feature:

Affordable Spa offers a variety of modalities products, and treatments to reduce stress, and anxiety. For example CBD topicals, massage therapy, mineral baths, and natural health consultations to reduce inflammatory foods in your diet. It is important to find what is right for you. During the month of October we are offering 20% off your CBD product purchase. We have CBD infused lotions, oils, and bath salts. Send me an email, and ill set you up with a complimentary consultation, and see if CBD products may be right for you. affordable2012@gmail.com

Mention coupon code CBD20 at checkout for discount on your product purchase. www.AffordableSpaServices.com

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