



Don't Sweat the Spa

Going to the spa is supposed to be a relaxing, cleansing, and rejuvenating experience. But some, especially spa virgins, can find themselves filled with anxiety rather than serenity at the prospect of having a day at the spa.

In honor of Stress Awareness Month this April, Mario Tricoci Hair Salons & Day Spas assembled five common spa questions and expert answers to help guests enjoy a more carefree experience.

Q: Eek! Will my therapist or technician see me naked? I don't want to be judged!

A: During a massage, you are able to disrobe to your comfort level – whether you'd prefer to keep your undergarments on or go au natural. Your therapist will drape a sheet around you and will only reveal the parts of the body he or she is working on. Talk to your therapist beforehand to understand how they drape and what makes you comfortable. If you're experiencing a body treatment such as a scrub, polish, or wrap, expect more exposure as many of these involve wet elements like a Vichy shower. Make sure you ask plenty of questions up front when booking the appointment, so you can enjoy the therapeutic benefits and avoid any nervousness. And remember, much like your physician, a spa therapist is professional who sees all different shapes, sizes and ages every day.

Q: Can I talk during my massage or body treatment?

A: If you want to converse during your massage or other service, you absolutely can and should. Communicating with your technician will create the best possible experience for you, whether you prefer complete silence or some conversation during your service. Feel free to speak up during your session if you want more or less pressure, have specific aches and pains, or a preference in the scent of your aromatherapy. Or let it be known that you prefer a very quiet environment. Your therapist won't be offended either way, they want you to enjoy the best possible experience.

Q: Will getting a facial make me break out?

A: There is a chance that the facial may bring out some impurities in your skin that last in the days after your treatment, but this doesn't have to be the case. Talk to your esthetician beforehand to discuss any skin allergies or sensitivities you have. It's also important to disclose any allergies to aspirin, as many beauty products contain salicylic acid. If you have a special event coming up, tell your esthetician, and she can perform a more gentle treatment to minimize any redness or blotchiness that may occur.

Q: Are all those extra products and amenities for everyone to use?

A: Whether it's separate rooms for relaxation or changing, specialty products, or food and beverage, the little luxuries in the spa area are all part of the experience you're paying for. Wrap up in a robe and slippers, take an extra 15 minutes after your facial in the relaxation room, try the body lotion in the locker area, or enjoy a cup of water or juice. These amenities and more are meant to enhance your retreat – so be sure to take advantage of them.

Q: Sometimes I feel like the spa is an exclusive place where I really don't fit in. How can I feel more comfortable in the spa environment?

A: Sure, the spa is an exclusive club, but it's your club to enjoy. Knowing a little bit about basic spa etiquette can help you feel more comfortable and relaxed while there. Keep talking to a minimum, and always switch your phone off while in the spa. Arrive a few minutes early so you can change and relax before your service begins. Feel free to use the products and amenities provided in the spa area, but do not take them home with you. Talk to guest services to match you with the right technician, and give feedback on your service during and after. Aside from these tips, be prepared to leave your worries at the door, relax, and truly take pleasure in your experience.