

“Answering a phone call whilst you are undergoing a facial will distract your attendant and you will not get the full benefit and enjoyment from the service”



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GUIDE TO... **PART 2** Spa etiquette

Planning on unwinding in a spa? Here are some tips to keep you in check

1 AFTER SPA TREATMENT

After your relaxing treatment, you may take a few minutes to relax. Most treatments would have involved various therapy oils, so it is not advisable to take a bath immediately after, especially for facial treatments as the pores are still very tender. Also remember that with facials, no make-up should be applied for at least 24 hours to allow your pores to relax and absorb all the creams and oils for maximum effect on your skin. A good spa may offer you water or juice after the treatment. Some may also prepare assorted fruits for you while you relax in the lounge.

2 NO PHONE ZONE

Most spas try to create a serene environment by playing soothing music. Be careful how you use your phone in such areas, your tone of voice should be low and controlled. Remember spa treatments can be between one to two hours or even more depending on what you want done. Let this time be dedicated to you and you alone. Keep your phone safely, preferably on silence, you may revisit all missed calls and text messages when you have finished.

Just imagine receiving a lengthy phone call whilst undergoing a facial. You will distract your attendant and become a nuisance. Eventually, you will discover that you did not get the full benefit and enjoyment from the service.

Don't take work pressure to the spa, leave it at the door step; you will be happy you did.

3 KEEP IT CHILD-FREE

Some spas are attached to gyms, so provide a day-care service or crèche facility at an extra cost. This is not really common so it is important to realize that spa centres do not allow children. Arrange to have a sitter for the duration of your treatment. Respect the rules of the spa.

4 STEAM, SAUNA OR JACUZZI

Having a body steam or sauna using extreme heat is a good cleanser. The steam room uses hot steam to allow your pores to open up, release dead blocked areas and cleanse your skin, the sauna uses heat to achieve the same thing.

The protocol of the steam room or sauna is that you wear your swimming costume or bikini. Nudity is not allowed. Be careful how long you spend inside to avoid breathing difficulties. Sometimes a large sauna will allow more than one person. Be courteous and share with others.

A Jacuzzi creates bubbly waves in a relaxed form that works on the body. Wear your swimming costume in the Jacuzzi, too. Do not try to dominate the usage allow others to feel welcome as they join you. Thirty minutes is a good time to spend in the Jacuzzi to give others an opportunity too.

5 BE FRIENDLY

As much as you have gone to the spa to be revitalized or to the gym to be re-energized they are also friendly zones. Be approachable and polite to all you meet. Enjoy your experience and learn from others, use every experience in life to better yourself. Your health, fitness and wellbeing is a journey which you cannot make alone.



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