



SPA SERVICES MAKE THE CHOICE

When you've decided to indulge in that much-needed treatment, where do you go? Always choose a spa that offers the service you need first. Whatever treatment you decide on, make sure the therapist fully explains what is involved, and that you are aware of the different types of treatments on offer to make an informed choice.

“GO WITH AN OPEN MIND, RELAX AND FEEL REJUVENATED. IT WILL BE WORTH IT”



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GUIDE TO... **PART 1** *Spa etiquette*

While not all of us have had the opportunity to pamper ourselves in a spa, it can be a wonderful place to visit when you are stressed out or want to regain some vitality after a hard week. The services offered can help relieve tension, pain, skin disorders and much more. Generally, the key areas a spa attendant will focus on are the back, shoulders, legs, feet and face. Extra beauty therapy areas include the hands, nails and hair.

You may not know what to expect the first time you visit a spa. Some people assume you have to parade around naked, and prefer to opt out before they even visit. But if that's what you think, don't fear! Spas are about making you comfortable, not the other way round.

It is important to determine why exactly you want to go to the spa. If you have been experiencing chronic fatigue and exhaustion with body pains here and there, a visit will relax and rejuvenate you. From the moment you walk through the doors of a good spa, the general ambiance should make you feel calm and serene.

Like every other public place there is a recommended code of conduct which you should aim to follow every time you visit. Read on to find out our *HealthyWoman* essential tips.

1 THE APPOINTMENT

When it comes to booking an appointment at the spa there is no such thing as 'five minutes late': you will run the risk of losing your booking. In fact, protocol requires you to arrive at least 15 minutes early so you can release your mind and prepare to be in the right mood.

If it is your first visit you will be asked to fill out a form, essentially for the attendant to get to know a

little more about you, your health and your beauty regimen. Arriving early also allows you to prepare for your treatment by getting undressed and in the right attire, as well as relaxing in the calm surroundings, and perhaps using the facilities, such as sauna or Jacuzzi, depending on what's available.

2 SPA DRESS CODES

There is no hard and fast rule about what you should wear to the spa, the choice is solely yours. However, when inside the rules are to be followed, but don't be afraid as it's all for your comfort and relaxation. Generally, no clothes are allowed while in the treatment room, where you will be offered a white robe and slippers, and some spas will give you disposable undies as well. You are expected to remove your bra and wait with your robe on. During your treatment you will be covered with a large towel so that only the facial parts of your body will be exposed. I highly encourage you to go with an open mind, relax and feel rejuvenated; the experience will be well worth it.

For jewellery or valuable items, it is expected that you remove all and remain with just your bare essentials. Make sure you put them in a safe place and don't forget them.

3 PREPARATION TIME

It is not unusual for the therapist to ask you to take a shower before treatment, but I'd suggest that you take a shower before you arrive, so that you don't waste any more time while there. Have a glass of water preferably with slices of lemon inside. Don't bother about removing any make-up if you are having a facial as this will be done for you during the treatment.