

## FAQ

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What is a Spa?  
 'Spa' is the millennium buzzword for health, beauty and relaxation. It is a mantra for people who know the benefits of self preservation.  
 Yet despite its current popularity in the lives of jet setters and health fanatics, the 'Spa' is a concept as old as the hills it springs from.  
 It was in the 17th century that the health benefits and curative powers of water were formally recognized by the Romans and today a Spa is set to offer some solutions for those who want to LOOK GOOD, FEEL GREAT AND REJUVENATE THE MIND, BODY AND SOUL.  
 "The mind and the body are like parallel universes. Anything that happens in the mental universe, must leave tracks in the physical one" What is a Day Spa and how does it contribute to Health and Wellness?

It is a place that you come to give your body a holiday and get back in touch with your sensuality!  
 This could be for a few hours, half a day or even a full day.  
 Day Spas are an important part of your health and beauty routine. At Aromatics Spa we provide a comprehensive, well integrated, holistic & nurturing approach to health. How does one get a "Spa Experience"?

The best way to do this is to come and visit the Spa and our experienced therapists will guide you to choose the appropriate package for you.  
 For first timers it is always easier to come with a friend.  
 Many people have their first Spa experience when they are given a GIFT CERTIFICATE to a Day Spa.  
 Others have their first experience while on holiday at a resort or hotel. People who are interested in weight loss or jump-starting a healthy life style often choose a destination Spa. Are there any health benefits from Spa visits?  
 Some of the benefits of a Spa are Stress Relief, Detoxification, Improved circulation and Cellulite reduction, Relief of sore joints and muscles, improved immunity and not to mention beautiful skin.

Spa therapies are a healing experience for the giver as well as the receiver and there is an intrinsic flow of life energy between the two. What is a Spa Treatment?  
 Spa treatments are the services that a Spa provides and are basically facials for the whole body. The most popular body treatment is a body scrub which is an exfoliating treatment that rubs off the outermost layer of dead skin cells, leaving your skin feeling velvety soft. The body scrub is often combined with a detoxifying or hydrating body wrap. What Spa treatment should I choose?

That's a good question. How does a world weary soul decide between an Aromatic Bliss, Perfect Peace, Tranquility Touch, Coffee Body Polish or Spa Radiance? At Aromatics Spa we recommend that you stick with whatever takes your fancy first. Your intuition will decide what is right for you. It may be honey, mud, sea salt or herbs that are rubbed on your body with a little dose of love, which is the most important ingredient. We believe that love is what is needed most in modern lives that are so alienated by gadgets and material objects. Does one have to get naked?

First time Spa goers often feel anxious about taking their clothes off for a body treatment. At Aromatics Spa we take our Clients to the changing room where they are provided with a robe and slippers. We usually recommend that a swim suit be carried should the Client want to use the steam room or the hydro bath. Our therapists are professionally trained in the art of draping so that the client feels confident all the time during the treatment. What are the benefits of Spa Treatments?

Aromatics Spa Body treatments such as exfoliations and wraps  
The massage therapies bring the body back into harmony by  
your holistic balance. cleanse and purify the body.  
helping you to relax and restore

Our Aqua treatments like Steam and heat treatments, Thalassotherapy  
you to reconnect to the cleansing and refreshing properties of water. and Hydro bath help  
What is  
Unique about Aromatics Spa?

At Aromatics Spa we offer treatments, facilities, and cuisine  
Spirit using ingredients and materials from Nature i.e herbs and mud from the Earth, Algae  
and minerals from the sea, plants, rocks, sand and stones from the desert. Products like mud, algae or  
seaweed detoxify because they stimulate your circulatory and lymphatic systems. This helps  
your body's own ability to carry away waste products. What is a "Hot Stone  
Massage"?

A massage done using special volcanic stones that are heated and then used with special  
aromatic oils like juniper, lemon grass, cyprus to deeply relax the muscles.

The heat from the stones is deeply penetrating and helps to improve circulation and remove of  
toxins from the body through the Lymphatic system. What is a "Body Polish" and a  
"Body Wrap"?

Sea salts or sugar scrubs are applied all over the body to gently exfoliate dead skin cells  
leaving your skin radiant. Warm body moisturizer is then lightly massaged into the skin to  
replenish hydration and renew elasticity.

A body wrap helps to detoxify and stimulate the blood, skin and lymph to rejuvenate the  
mind and body. It is excellent in improving your general health, energy level and mental  
clarity.