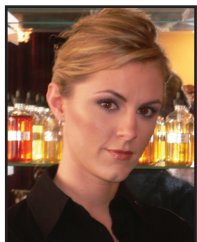


## “IT’S MY FIRST TIME VISITING A DAY SPA - WHAT SHOULD I EXPECT?”

- JESSICA, CAMARILLO

the experts weigh in



**KEZIA EDWARDS**

Owner  
Cara Mia

You have a favorite restaurant, as well as caffeinated (difficult to say) concoction at a favorite coffee shop – but here comes something different. An opportunity to pamper yourself at a spa, and after excitement wears off, something sets in – what should I expect? No stress allowed, here are a few tips: Check the spa out via the web, even if there is no website, chances are there is one that ranks facilities by feedback. Get to the spa at least 10 minutes early for your appointment! Several reasons for this, but most importantly running late means less pampering! Expect a comfortable waiting area and be prepared to fill out a client information form – a must do. Also, use this time to ask questions and inquire about procedures. Most importantly spas are a personal services business, their job is to cater to your needs. You should expect a very relaxing environment, there will be some questions but minimal chatter during the treatments, as this is about relaxation, but don’t be scared off from communicating with the therapist if need be. Remember, this is your time to unwind and push off all those worries - enjoy, you deserve it!



**JANET KAROLUS**

Owner  
Janna K Day Spa

A trip to the spa is one of the most self indulgent and relaxing experiences that you can do for yourself. First timers can expect a wide variety of services including personalized skin care, spa body therapies, and expert body massages. These general services are available for both men and women and many are designed according to the needs of the individual. Spas that offer a myriad of services will also create spa packages in addition to a la carte services that combine several luxurious treatments. This can be a great way to take advantage of all the best the spa has to offer and is also usually more economical. There are several types of spas that offer services so you should consider your objectives before deciding which one is best for you. Types of spas include Day Spas, Destination Spas like the ones offered at resorts and Medi or Medical Spas. Whichever setting you choose, be sure to ask about the products that were chosen based on your spa questionnaire. Most reputable places will offer the same products for sale so that you can continue to enjoy that fresh, radiant feeling that you will have at the end of your visit.



**ROBIN RAMOS**

Body Treatments  
John of Italy

A visit to a local Day Spa is a convenient way to get a refreshing and relaxing escape from the day to day stresses of life. If you have never taken advantage of this opportunity, you may have some questions: Choosing a Day Spa: Choose a spa with a quiet, relaxing environment and a friendly and nurturing staff. Most spas are happy to give a tour before you book an appointment. Choosing your treatments: The most universally popular treatments are massages and facials. Some clients choose to enhance their experience with the addition of a body scrub, body wrap or hydrotherapy bath. Manicures and Pedicures may also be available. Some spas offer spa packages which may include several different treatments. Enjoying the Spa Experience: It is recommended that you arrive in advance of your scheduled appointment time in order to relax in the steam room or relaxation area. A robe and slippers are usually provided for your visit and a locker for your personal items. Feel free to ask your therapist any questions you may have as they are there to help you feel comfortable and relaxed. Remember to take the time to treat yourself to a spa visit. It can be both satisfying and enjoyable.