

The Day Spa
has several
highly qualified
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Body Treatments

Body Scrub

Hot Oil Body Wrap

Hot Stone Back Facial

Therapeutic Scalp Massage

WHAT IS A BODY SCRUB?

A body scrub is a popular exfoliating and hydrating treatment that is like a facial for the body. This is not a massage.

BENEFITS:

This process removes dry skin, leaving behind softer skin.

WHAT TO EXPECT:

The therapist will start by gently applying a mildly abrasive blend of sugar and massage and fragrant essential oils. She will rub the exfoliant on your back, arms, legs and feet. You may be draped with a towel so only the part she is working on is exposed. Your therapist will then use steamed towels to remove the scrub and lotion will be applied to seal in the moisture. Then you turn over and she does the other side.

WHAT IS THERAPEUTIC SCALP MASSAGE?

Literally...a massage of the head. The technician may include the use of essential oils or, for an additional cost, the high frequency light.

BENEFITS:

This very relaxing service releases endorphins, increases blood flow and reduces stress. It has been found to help insomnia, fatigue and sinusitis.

Some people have reported this technique has helped with hair loss.

WHAT TO EXPECT:

The client will recline on the table fully clothed for this service unless it is done in conjunction with another service. An appropriate amount of pressure is applied as the technician works across the scalp creating a relaxing effect. Aromatherapy and high frequency may be added.

CONTRAINDICATIONS:

While this service is considered generally safe, it would not be recommended for:

- Someone with a cerebral shunt
- Someone who cannot sustain any cerebral pressure.

WHAT IS A HOT OIL BODY WRAP?

This wonderfully relaxing service infuses moisture into the skin through the use of essential oils and heat.

BENEFITS:

Body wraps are hydrating treatments that soften and hydrate the skin.

WHAT TO EXPECT:

First you will be dry brushed to remove any dead skin cells. Then a layer of essential oil will be

applied to the skin and you will be wrapped in a cocoon of warmth to seal in the moisture. This service is wonderful in combination with a body scrub, a massage or bronzing.

WHAT IS A HOT STONE BACK FACIAL?

A hot stone back facial is a soothing service that cleans and moisturizes the back by using techniques used in facial skin treatments.

BENEFITS:

Men and women enjoy the relaxing nature of the hot stone back facial. Not only does it moisturize, it also targets issues such as clogged pores and acne in a region of the body that is difficult for people to reach on their own.

WHAT TO EXPECT:

Typically, a back facial starts with a deep steaming which is designed to open the pores and soften the skin. An esthetician may use various treatments such as an exfoliating scrub to remove dead skin from the back, and may perform extractions on clogged pores.

Hot Stone Massage is then done to release tension in the back. After steaming and exfoliation, the back can be covered in a rich moisturizing mask.

Back facials are not recommended for pregnant women, since clients must lie on their stomachs.