

# Making Life More Enjoyable

## Your Spa Experience Success Story

(NAPSA)—Spas are supposed to be relaxing, but many first-time spa-goers feel too intimidated by all the options to get the most from the experience. To help, Robin Desha, hospitality industry expert and spa director, offers 10 simple “pre-treatment” tips:

1. Take a tour. View the locker room, treatment rooms and pool areas. Find out what’s available to you before and after your treatment.

2. Request a menu of treatments, costs and procedures.

3. Think male or female. For some, having a male or female therapist makes or breaks the experience. Make your request in advance.

4. Ask questions. Are tips (which range from 15 to 20 percent) included? Should I eat before my treatment? Do I wear a swimsuit during hydro-therapy? The only way to know is to ask.

5. Book early. If space is not available, ask about alternative treatments. A facial can be as therapeutic as a full-body massage.

6. Pack a light bag. Robes, slippers and bathroom amenities are offered at most spas, but not your favorite scent or book. Bring them in a small tote that will fit in your locker. Also, if you plan to take a swim or exercise, you may need additional clothing.

7. Dress comfortably. Wear what makes you feel your best to the spa and under your robe. Spa therapists only expose the portion of the body they’re treating.

8. Arrive 20 to 30 minutes early to try added spa benefits such as dip in the whirlpool—a great relaxer and preparation for treatment.



**When you visit a spa, learn what to expect before you arrive.**

9. Communicate with your therapist. If you have any ailments or special needs, make sure he or she knows.

10. Provide feedback. Fill out customer surveys. If a therapist was excellent or the service needs improvement, say so.

For first-time spa-goers, Desha recommends basic treatments such as a facial, a Swedish massage, a manicure or pedicure. A basic facial usually includes massaging, cleansing, toning, steaming, exfoliating and moisturizing. A Swedish massage uses oil or lotion to lubricate the skin and reduce friction. A manicure or pedicure can be a great first-time treatment, especially for men.

For more information on spa packages and treatments, visit [www.marriott.com](http://www.marriott.com) or call a travel agent.

• *Ms. Desha is spa director of the award-winning JW Marriott Ihilani Resort & Spa at Ko Olina in Oahu, Hawaii. The Ihilani Spa was ranked as one of the “Top 40 Spas” and “Top 25 Resort Spas” in North America and the Caribbean by Condé Nast Traveler magazine.*