

# DAYS SPA®

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## The "Most" in Massages

By Andrea Serici



### Most Contemporary

**Cellulite Massage with LED**  
Sculpture Slimmer Spa ([sculptureslimmer.com](http://sculptureslimmer.com)), Phoenix

You wouldn't take on massage unless technology and touch combine to the delight associated with cellulite. As an LED penetrates the client's adipose layer of condensed fat, a specially trained therapist moves a pressurized suction cup over the cellulite. This dual process stimulates blood flow and produces oxygen, helping the body eliminate toxins. A series of 6 to 10 treatments is recommended for best results. While cellulite massage with LED doesn't guarantee permanent removal of the stubborn dimples, it's typical for skin to appear smoother after multiple treatments. 30 min./\$110; 60 min./\$175; 90 min. sessions/\$225; 120 min. sessions/\$300



### Most Feminine

**Luna Cycle Massage**  
Truly Kneaded Home Spa ([trulykneadedhomespa.com](http://trulykneadedhomespa.com)), Brooklyn, New York

Whether they're experiencing issues linked to their monthly "moon cycle" or menopausal women in New York and nearby states embrace the Truly Kneaded Home Spa massage for its truly feminine touch. The mobile spa creates its own highly concentrated blend of oil, using lavender, rose, jasmine, ylang ylang, sandalwood, clay sage and orange. Drops are placed on the acupressure points of females experiencing PMS or menopause. Swedish massage strokes are performed to relieve pain of the sacrum, abdomen, lower back and kidney region. The technique also helps alleviate pressure at the small of the back, irritability, water retention and mood swings. 60 min./\$145

### Arvigo Techniques of Maya Abdominal Massage

**Elizama Life Spa** ([elizama.com](http://elizama.com)), Philadelphia

According to Elizama owner Penny Odway, women who undergo this Mayan spiritual massage have more regular menstrual cycles. She also attests that it may help women conceive if they're having difficulty. The treatment begins with a discussion to uncover the client's health challenges. The therapist then performs the massage using strokes that "loosen" the broad ligament in the pelvic area, relieving tension, restoring nerve "throughput" and increasing circulation. This massage is ideal for women with menstrual or fertility issues, as well as lower back pain. This noninvasive technique is also used to treat men with prostate problems. 100 min. initial visit \$125; 30 min. subsequent \$85

### Wool Stone Therapy

**Always Pretty Salon & Spa** ([alwayspretty.com](http://alwayspretty.com)), Coopersburg, Pennsylvania

Hot stone massage is taken one step further with the introduction of wool stones. These stones are actually two paddles that are moved over the client's body in the same way therapists use their hands to massage. Carol Chenier, owner of Always Pretty, points out that wool stones are especially effective because the heat, which comes from an electrical source, is constant. This is unlike conventional hot rocks, which can lose heat over time, causing an interruption in service. In addition, the heating element in wool stones drives the warmth deeper into muscle tissue than ordinary hot stones. 30 min./\$45; 60 min./\$85

## 4th Trimester Healing Experience

**The Medical Spa at Nova** ([novamedspa.com](http://novamedspa.com)), Ashburn, Virginia

New moms can help get their prepregnancy bodies back with the help of this head-to-toe restorative treatment that targets common postbaby problems. The relaxing massage revitalizes while retraining muscles and connective tissue, toning overstretched skin and eliminating excess fluids. Stretch marks are minimized during a targeted massage using Tummy Rub Stretch Mark Oil, rich in essential fatty acids, antioxidants and vitamin E to heal damaged skin; a touch facial and relaxing eye compress reduce puffiness and relieve tired eyes; face and sinus massage reduces migraine discomfort, which affects 39% of women the week after delivery; and realignment techniques address carpal tunnel symptoms, musculoskeletal stress, and leg and back pain. 50 min./\$105

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