

DERMASCOPE

The Encyclopedia of Aesthetics

July 2008

Cellulite Reduction Water Therapy

\$120 for 40 minutes

The client reclines in the hydrotherapy tub, which contains mineral salts (Dead Sea salts; a choice of botanical bath oils and drainage oils that consist of rosemary, juniper, cypress, eucalyptus, sage, algae, grape seed, flaxseed, grapefruit, and vitamin E) and water between 95 degrees and 99 degrees. A water wand is used to apply a stream of water under pressure, targeting specific cellulite and lymphatic areas. The pressure breaks down fatty deposits between the skin and muscle, increases blood flow, and reduces the appearance of cellulite. The wand also allows the massage therapist to provide a deeper massage than normal. When properly applied, a patient loses between one to two pounds in water weight overnight.

The Medical Spa at Nova

Ashburn, VA

703-554-1130

www.novamedspa.com

GREAT TREATMENTS

GREAT HYDROTHERAPY TREATMENTS



Hydrotherapy...

It has been recorded in ancient Egyptian, Greek, and Roman civilizations. Egyptian royalty bathed with essential oils and flowers, while Romans had communal public baths for their citizens. The use of water to treat rheumatic diseases has a long history. Today, hydrotherapy is used to treat musculoskeletal disorders such as arthritis, osteoarthritis, or spinal cord injuries and in patients suffering from, spasticity, stroke, or paralysis. It is also used to treat orthopedic and neurological conditions in dogs and horses, and to improve fitness.

Does your spa offer hydrotherapy treatments? If not, maybe it's something you should be looking into adding available. With everyone in America suffering from the disorders mentioned above, along with many others, hydrotherapy treatments are very beneficial. Take a look at these pages to see what other spas around the US are providing their clients.

The Aquarisk® Heat Soak Spa

\$75 for 45 minutes
The original Heat Soak Spa helps to enhance your body, improve pH levels, and increase overall energy. After just 15 minutes, most clients report changes in the way they feel including increased overall vigor, improved healing of well-caring, sharpened cognition, more positive mood, and reduced pain. Your service includes a massage on your hands and one with a functional Follow-up Afterbath. They are then treated on a warm herbal foam bath. Your neck and shoulders are also covered with a warm herbal shoulder wrap. The course countermeasures of chloride and lavender will while you relax to a new level of relaxation while your body begins the journey of rising level of sugars to a healthier you.
Heat Soak LLC
Boseville, IL
312-939-6795
www.aquatrispa.com

The Wood Treatment

\$75 for 45 minutes
This is a natural, paraffinized water therapy treatment featuring a unique combination of warm, mineralized water, natural paraffin wax, and an invigorating massage that stimulates circulation and the lymphatic system while relaxing muscle tension. This water therapy can be used as a corrective treatment for body toning, cellulite, dehydration, muscle cramps, and stress. This process is enhanced by the use of organic products which soothe, promote, and aid in the reconditioning, nourishing, and hydrating of the body.
The Wood Spa LLC, Spa & Salon
Mesa, AZ
480-445-0282
www.thewoodspa.com

Hydrotherapy Body

\$85 for 75 minutes
This treatment provides deep hydration, freeing, and reconditioning of the body. A water-soluble body-moisturizing cream with Rosehip essence softens skin tissue and promotes skin elasticity. This is a wonderful stress-relieving for the mind, body, and spirit. Not stress-related, this treatment is not recommended if you are pregnant.
Sensu La Pierre
San Diego, CA
619-445-7617
www.sensulapierre.com

Green Tea Soak

\$45 for 30 minutes
Superb antioxidant relief and body hydration from a hydrotherapy bath. This health spa hydrotherapy bath treatment is customized for individuals or couples, unlike other spas in Los Angeles. The exclusive copper tub is the only one in LA, as the element of copper has been known to provide total skin detritus and healiness. Soaping pens for rich in antioxidants while soaking in your warm lavender hydrotherapy bath, is the ultimate in relaxation and soothing therapy.
La Playa Spa & Day Spa
San Agustin, CA
714-442-1219
www.laplayaspa.com

Hot Soak

\$35 for 30 minutes
Soak (Soak) back after your skin. Come to soaking in the hot tub, fully soak by soaking yourself in a warm water bath. The ingredients give your skin a silky smooth feeling, soothe skin tone and texture.
Spa Therapy
Hollywood, FL
202-547-0286
www.spatherapy.com

Thermal Underwater Massage

\$85 for 45 minutes
This is a relaxing, yet stimulating underwater massage using a high pressure handheld jet. Treatments can include lymphatic drainage, encourage elimination of cellulite, cellulite, and free the body, and accelerate healing of acute to chronic blood flow. This is an effective non-invasive alternative to liposuction and great after liposuction for leaving a smooth and soft skin to any weight loss program.
Sensu La Pierre
Houston, TX
713-422-7717
www.sensulapierre.com

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Do you have a unique spa/skincare treatment you would like us to consider from your spa? E-mail Amanda Strunk at amanda@dermascope.com and let us know!

A Legend:
Heathman

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