

## FEATURES

# Revitalize, Refresh, Rejuvenate

*Spa treatments keep you  
at your best when the  
weather is at its worst*

BY RALPH M. NEWMAN

“Touch is a powerful healer,” said Stephanie Hershkowitz, general manager of Tranquility Spa in Scarsdale, “and therein lies the vitalizing benefit of massage therapy.”

Having a knowledgeable massage therapist transmitting that energy to you with their expert, trained hands can have a major effect on how you feel and function. The most commonly recognized benefit of massage is relaxation, which many of our guests regularly tell us helps them cope with the times we live in. Plus, there's the added benefit of having some personal down time away from your phone and requirements to be constantly available.

Not to mention the feeling you get after a day (or even just an hour) at the spa, which can be hard to put into words. You float away from your appointment, happy and peaceful, ready to take on whatever the next moment brings.

## Give the gift of relaxation

All of the spa services are available to be given to others via gift certificates, including many varieties of massage, spa facials, laser skin treatments, laser hair removal and waxing, plus custom spa packages bundling these services in numerous combinations. Gift certificates can be ordered in-store, for personal delivery to recipients in festive gift bags, or easily ordered online with print-at-home capability and delivery. With the holiday season upon us, this is not only extremely convenient, but an ideal solution for, literally, last-minute gift giving! Visit [TranquilitySpa.com](http://TranquilitySpa.com).

## BENEFITS OF MASSAGE THERAPY

Massage therapy can support heart health and help improve sleep and circulation. Abdominal massage, combined with the intake of water, can help improve digestion, flush the body of toxins, and contribute to an overall feeling of improved well-being. Deep tissue massage can relieve headaches caused by the tension in one's shoulder muscles, a cause and effect not commonly understood by those who suffer such pain.

"In extreme cases you can actually hear the 'crunch' and feel a sort of 'pop' as the knots in the muscles dissipate during the treatment. In fact, deep tissue massage is becoming one of our most popular offerings, due to the stress level prevalent in society today," said massage therapist Louisa Borell. "For example, take people who work at computers all day and are on constant call. They don't realize that their shoulders are up, their arms are in typing position for hours, while their muscles are becoming increasingly tense and leading to pain. With deep tissue massage, you get to 'melt away' and put the day behind you. A slight soreness may follow the next day, such as after working out, but overall you feel much better."

Paraffin, Seaweed and Dead Sea Mud wraps can provide additional benefits, including relief from psoriasis, joint aches, muscle aches and arthritis. One facet of body wraps that guests say are extremely enjoyable is the swaddled feeling they

provide: a very comforting, soothing, womb-like, security-inducing experience that allows them to relax in a deeper way. And, during the coming winter months, adding in hot stone massages can be particularly warm and comforting.

## BEYOND SKIN DEEP

As we all learned during our elementary school science classes, our body's largest organ is its skin. With each change of seasons come issues relating to skin, and this is particularly true of the face. In addition to summer sun damage and dryness of skin during winter, year-round environmental factors and seasonal changes in temperature, humidity and wind are constantly impacting one's complexion and skin health. Spa facials deliver a significant benefit, exfoliating and cleansing the skin, opening the pores, and thereby catalyzing the effectiveness of the various skincare products that people regularly apply at home. These treatments include a form of facial massage, which helps relax the facial muscles that the stresses of daily life can render extremely tight and affect one's appearance.

"Above all facials are exhilarating—they can make you feel especially good and produce immediate results," said Tranquility's front desk manager Natalia Leon. "While having frequent, regularly-scheduled facials is ideal, it is recommended at minimum to have a spa fa-

cial at least four times per year, once per season. To help you enjoy the continuing effects and benefits between spa visits, your esthetician can recommend a program of home skincare, using products such as exfoliating cleansers, hydration formulations and various types of masks."

According to Hershkowitz, a particular benefit of Tranquility Spa is that the facility has a stable, resident team of estheticians and therapists—many a fixture there for over 15 years—who grow to individually know their guests and their particular needs, form caring relationships with them, and act as a year-round support resource to help them always feel and look their best.

"They know how your particular body functions, how it moves, what you do in life, while our guests know that 'their' esthetician or massage therapist will be here and ready to fulfill their individual needs," Hershkowitz explained. "People tell us that having these relationships are as much of a benefit to them as the treatments themselves. We have guests who have gone through cancer, come out the other side successfully, and come here to feel better and discover the warmth of the same support team they had before. Tranquility helps them celebrate their success and support their emotional recovery. Even during cancer treatment, it is OK for patients to enjoy massages, as long as they are not undergoing radiation." 