

# Combination Spa Treatments

## Skinfully delightful!

**GG.marlene**  
SKINCARE PROFESSIONALS

Stress has added undue burden to many of us in recent months -- taking its toll on the body and our ability to relax and enjoy being in our own skin. In times of stress, people need to feel good and sometimes this requires help from others. A customized facial or massage/body treatment and a little pampering may be just what the doctor ordered! Here are some suggestions.

### **Facial Combined with a Mani/Pedi**

A very popular treatment is a 90-minute facial of choice and a manicure and pedicure at the same time. Apart from being a relaxing experience in a peaceful environment, it is also a great treatment for those on the go.

### **Reflexology/Facial**

Another favorite is reflexology while enjoying a facial. Reflexology is a natural and gentle form of relaxation which promotes harmonization of the body, mind and spirit. By gently stimulating reflex points located in the feet, tension and stress can be relieved giving a feeling of peace and well-being.

### **Body Treatment**

We are all familiar with body scrubs. These may be taken to a higher level with the combination of an infrared Sudatonic heat blanket and GX99 percussion massage treatment. The Sudatonic helps to break down the fat reserves utilizing infrared heat and sea-based creams to promote fat mobilization and detoxification, while improving blood circulation. The GX99 reduces the appearance of cellulite by increasing local blood circulation and gently stretching the vertical connective fibers without damaging the collagen and elastin layers or the subcutaneous tissues.

### **Treatments From Around the World**

The Japanese Kobido facial is like no other. The Shiatsu movement and therapeutic techniques, developed centuries ago in Japan, unblock blood flow restrictions allowing fresh blood to circulate and enter the surface of the facial skin. This action removes toxins, provides oxygen and nutrition to the skin cells and allows the skin to rebuild itself.

The Indian facial is customized and created specially for each skin type using wheat dough, fresh fruit and vegetables which naturally exfoliate the skin, increase blood circulation, tones facial muscles, removes toxins and relieves stress leaving the skin extremely smooth and soft.

The Thai herbal ball facial is a delicious, soothing and healing treatment that uses a special formula in small herbal cotton balls. These warm steamed herbal balls cleanse the face, stimulate the blood flow, remove toxins and tone the face. By stimulating energy points in the face, this treatment opens up the energy flow and relaxes facial muscles

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*Gigi Fisher is the owner of GG.Marlene ([www.ggmarlene.com](http://www.ggmarlene.com)), a Spa located at 4600 Military Trail, Suite 109 in Jupiter, specializing in skin care, massage therapy, hair removal and body treatment.*