



How to choose a spa

*Enjoy deep relaxation with a day spa
experience that truly meets your needs.*

WORDS / LAUREN CLARKE

A trip to a day spa can help release any physical and mental aches and pains you may be experiencing. It's a place for indulgence — a place where you can nourish your body and mind while someone else does all the work for you.

"Usually when someone is looking for a day spa, they are looking for somewhere to escape to," says Louisa Hollenberg, CEO of Earth and Skin day spa and beauty shop. "They want to feel special and have a break from whatever

is happening in their lives." Indeed, the very best day spa experiences will give you that post-vacation feeling — where lightness lifts your step and your smile comes easily.

Yet not all day spas are created equal. Selecting the right one is crucial to ensure you not only achieve the ultimate state of relaxation, but that you also look as good as you feel when your treatment is complete. Here are some considerations to keep in mind when selecting the day spa of your dreams.



Consider your own values and make sure your day spa experience falls in alignment to ensure your soul feels as nourished as your body does during the treatment.

Day spa expectations

You know what you want from your visit to the day spa — but what do they want from you?

- ✓ Before visiting your day spa, it's recommended you take a shower. Good hygiene works both ways and no one wants to be working on a body slicked with sweat instead of massage oil.
- ✓ Arrive at your appointment on time or a few minutes early. This common courtesy ensures your practitioner won't be feeling rushed and that they will be able to dedicate the maximum amount of time for your treatment.
- ✓ Finally, turn off your mobile phone prior to the commencement of your treatment. Not only is this for the enjoyment of other clients relaxing at the spa, but also for you. This is a chance for you to completely escape and unwind. You don't need your phone tethering you to reality.

1. Check the menu first

Before you visit a day spa, it's important to check the menu. You want to visit a place that offers all the services you desire. Common offerings include facial treatments, full-body wraps and a variety of massage types, both therapeutic and medicinal. Some day spas will offer additional treatments such as Botox or microdermabrasion, so consider what it is you want to achieve out of your visit and narrow your choice accordingly.

2. Consider the day spa's products

Each day spa will use a different suite of products in their treatments. While most will cater to specific skin needs such as products for sensitive skin or those to minimise the signs of ageing, not all beauty brands are created equal. Ask your chosen day spa what brand of products they use

Price wars

When choosing a day spa, try to look beyond the price. A cheap service may result in a cheap offering that will leave you feeling dissatisfied. Alternatively, just because a place is expensive does not mean it offers the very best. Find a happy medium and remember to consider reviews not just online, but from friends and family.

and do your own research. Does this brand use natural ingredients? Are they sustainable? Do they test on animals? Consider your own values and make sure your day spa experience falls in alignment with your beliefs to ensure your soul feels as nourished as your body does during the treatment.

3. Consider the reviews

Social proof is everything. Evaluate the day spa's online reviews to get a feel for the venue prior to your visit. "Google is a great place to view these as most businesses will have a Google account," says Louisa. "It's great to read reviews from clients who have experienced what the spa is offering and who can give you a glimpse of what to expect when you're there."

Keep in mind, too, that one negative review does not a bad day spa make. We're all different and what's important in a day spa experience to you may not be the same for someone else. Also, serial negative reviewers have been known to target businesses that appear to be doing well.

4. Meet and greet

If time permits, visit the day spa before your treatment. Consider the customer service. Is the person manning the front desk friendly and helpful? Do they promote a feeling of calm? What is the ambience like? "Try not to be swayed by how beautiful the spa looks," advises Louisa. "We've all been influenced by pretty photos, but if the customer service is terrible, it doesn't matter how pretty the space is — you won't feel special in it."



Medical treatment

Some spas offer medical treatments that can assist with a variety of conditions. *WellBeing Experiences* recommends consulting with your doctor prior to engaging in any medicated activity designed to heal your ailments.

5. Review the procedures and policies

Cleanliness has never been more important. When making your day spa appointment, search the website or ask the staff about their hygiene policies. Information on a day spa's cleanliness can also often be found in the business's online reviews. Many day spas will book appointments back-to-back, so you want to ensure the towels and sheets are regularly changed and the tools are cleaned or replaced. In this warm environment that's all about touch and close contact, bacteria can spread

very quickly — choose a day spa that prioritises the safety of its clients with high hygiene standards.

6. Check the fine print

Entrust your relaxation to the hands of a qualified therapist. Don't be afraid to ask questions to ensure you will be working with a licensed professional who truly does know their craft.

Pregnant pause

If you are expecting, it's recommended you tell the practitioner before starting any treatment. Many day spa treatments involve excessive heat and some can involve lying in a specific position for an extended period of time, which can be uncomfortable or even dangerous for your baby. Luckily, many day spas offer packages specifically designed to treat pregnant women safely, allowing you a chance to rest and recharge prior to your baby's birth.

7. Have realistic expectations

Some day spas promote services that claim benefits that are not rooted in reality. These will be easy to spot — think claims such as a guarantee that you'll be slimmer within one week of treatment commencing, or have a more youthful face in five days. When attending a day spa, keep your expectations realistic. While the best day spa practitioners will have your best interests at heart, a day spa is still a business that aims to make money. Don't feel pressured by any miracle services or claims — trust your gut. You'll know what's best for you and your body. 🌿

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