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Luxury Living in Tampa Bay



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JUST SAY AHHH...

Massages to relax, energize and make you feel like you're ready to take on the world.

By Susan B. Barnes

Today's spas offer several types of massage techniques, many of which have come to be standard for spa-goers—albeit thoroughly enjoyable—including Swedish and hot stone massages. As with any business, the spa industry is constantly evolving, and different techniques are being introduced with regularity.

According to SpaFinder® Wellness' "2013 Top 10 Global Spa & Wellness Trends Forecast," authentic Ayurveda and other ancient treatments will be gaining in popularity this year.

"Best known is the 3,500-year-old, Indian-born Ayurveda, a complex medical system identifying imbalances in a person's 'doshas,' and prescribing a personalized, detoxifying regime of diet change, exercise, meditation, massage and herbal medicine," reads the forecast.

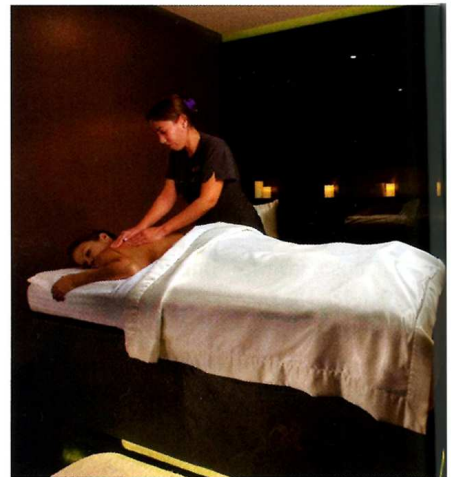
The Thai Yoga Massage offered at the Oasis Therapy Center at Hippocrates Health Institute in West Palm Beach is one such treatment. Though Thai massage has been around for more than

2,000 years, it's a relatively new technique to many spa-goers.

Unlike many massages, you are fully-clothed as your therapist uses yoga-like movements and a meditative approach to stimulate your internal organs, realign your body structure, and increase flexibility, digestion, energy flow and immune support. At the end of the two-hour session, you'll feel relaxed, energized and ready to take on the world.

Harking back even further, the Egyptian Ritual at Auberge du Jeu de Paume in Chantilly, France, incorporates an Egyptian massage, which was the beauty secret of Queen Nefertiti. Warm jasmine oil is drizzled over your body and pressure applied to specific areas, effectively eliminating any tight muscles or nervous tensions, essentially ridding the body of any stress or anxiety.

The Intercontinental Miami's Raindrop Experience, designed by mySpa Director Brandon Materre and exclusive to the Miami property, also focuses on relaxation and detoxification. Through the use



of aromatic essential oils applied directly to your spine—a blend of basil, thyme, wintergreen, cyprus, marjoram, clary sage and peppermint—your therapist will use various massage techniques, personalized just for you, depending on where any physical or emotional blockages may lie. The massage treatment also includes stretching that focuses on the abdomen and digestive tract.

"Wellness and immunity originates in the core, or abdomen, area of the body," said Materre. "The core portion of the Raindrop Experience is timed about an hour into the massage in order to maximize the benefits," she continued.

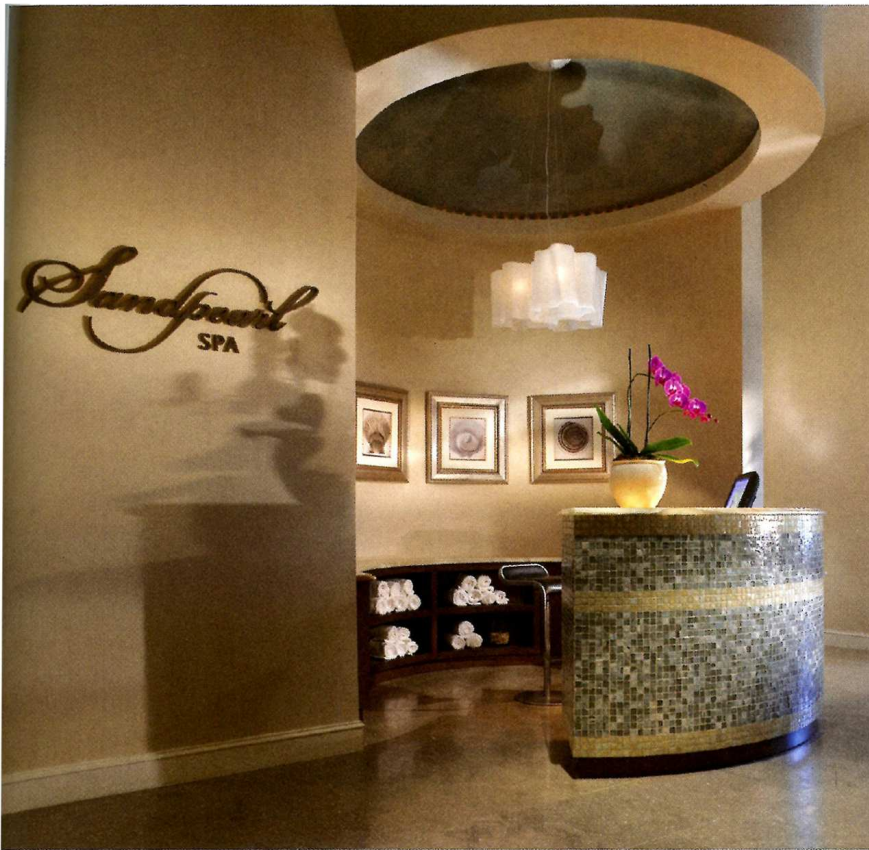
Closer to the Tampa Bay area, the Sandpearl Spa offers Mind • Body • Spirit treatments that incorporate a complete, full-body Ayurvedic massage. The Ayurvedic technique includes your hands, feet and scalp, which may be overlooked in other full-body massage techniques.

"The benefit of focusing on these extremities is that the body is treated as



Above: The Raindrop Experience at the Intercontinental Miami's mySpa.

Left: Thai Yoga Massage is given in individual huts at the Oasis Therapy Center at the Hippocrates Health Institute in West Palm Beach.




a whole, improving circulation, stimulation, detoxification and relaxation,” said Maureen Vipperman, director, Sandpearl Spa.

In addition, according to Vipperman, Sandpearl Spa’s Mind • Body • Spirit treatments yield even more benefits, including the slowing down of the adrenal glands, which reduces stress and also helps the body produce cortisol, bringing about easier weight loss and putting the body into a better balance.

“With less energy being relegated to deal with stress, the body can attend more to healing itself and exerting itself in better ways,” said Vipperman.

Even closer to home—is there anything more luxurious than an in-home massage? Fortunately for those of us in the Tampa Bay area, several highly sought-after therapists, like Massage by Jaime, do offer personalized in-home massages.

If you want to fall asleep in your own bed whilst being massaged, you may want to look into the Amazing Bed—a décor-friendly bed that provides a relaxing, full-body massage. And when the massage is over, the massage system essentially melts away, leaving a comfortable, fully-supportive bed for a good night’s sleep.

Whichever massage technique you choose—it does a body good! 

Above: The inviting reception area at the Sandpearl Spa.

Left: Laze upon the Amazing Massage Bed, and fall asleep totally relaxed.

Sandpearl Spa
www.sandpearl.com/Spa

Auberge du Jeu de Paume
www.aubergedujeudepaumechantilly.fr/en/spa

Massage by Jaime
 813.748.5198

mySpa at the Intercontinental Miami
www.icmiamihotel.com/mySpa

Oasis Therapy Center at Hippocrates Health Institute
www.hippocratesinst.org/mindbody-therapies

Amazing Bed
www.myamazingbed.com