

Five Spa Treatments for Seniors

Spa treatments help people relax in mind and body, treat or identify underlying ailments and offer health benefits that last beyond the treatment itself. Here are some of the most popular treatments recommended for seniors.

Lymphatic Drainage

A properly functioning lymphatic system is essential for overall health as the fluid helps to remove waste and toxins from the body. Unlike a typical massage, a specially trained practitioner uses a series of gliding, compressing, stretching and cupping motions across your entire body to stimulate the lymphatic system without compressing the vessels.

Mud & Muscle

Fango (an Italian word for mud) consists of pure volcanic dust and water blended into a warm, buttery composition to detoxify skin and reinvigorate muscles. It is inspired by a method used since the Roman Empire to relieve joint discomfort, muscular tension and arthritic pain. This soothing and relaxing treatment consists of a mud wrap followed by a back massage to stimulate circulation and reduce inflammation.

Reflexology

Reflexology is based on the theory that certain points within our feet are connected to certain organs and body systems. Starting at the toes and working down the foot, a reflexologist uses many different techniques to work on all points of the feet. If they find any pain, congestion, or tightness during the session they will apply pressure to bring the body back into balance.

Canadian Glacial Clay Wrap

As your body's largest organ, your skin is subjected to chemicals, pollutants and environmental bacteria through daily life. Glacial clay's high absorption makes it ideal for drawing out impurities and toxins from the skin. The clay is antibacterial and has significant anti-aging skincare properties from over 60 natural minerals, micronutrients, and vitamins.

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