

Choosing A Spa Break

When choosing a day spa for your spa break, there's a lot to be said for convenience. Find the day spas in your area, or an area you are keen to visit, [spa seekers](#) will travel far and wide to find their perfect spa, pick up a menu of services to see what your impending spa break can offer you and check the prices out. While you're there, ask for a tour. You should be able to look at the changing rooms, though treatment rooms might be off limits.

Observe how you and other customers are treated, which will indicate whether you'll have a good spa break. Look in the changing rooms to make sure the spa has safe, sanitary conditions. If you have any reservations or see anything unsanitary then it is probably best to avoid.

Another factor in choosing a spa for your spa break is size and atmosphere. Day spas can be as homey as a bed and breakfast or a multi-million dollar facility. See if the spa's style (and prices) suits you.

Look at the menu of services.

Day-spas tend to offer as many services as possible, sometimes small day spas overreach. If you're interested in specialities like Ayurveda or Thai Massage, ask what kind of training the therapists have had. You do not want your spa break to be anything less than perfect.

If the facility is a medical spa, is it run by a physician? Is there always a physician or registered nurse at the facility? Ask what type of training the technicians have been given to do advanced procedures like laser hair removal or chemical facial peels.

The most important component is the quality of the personnel. A good massage therapist or aesthetician should be able to put you at ease from the start. Some people are more gifted and committed than others. I can feel the difference between the people who are going through the motions and the people who love what they do, and I rebook with the people who do the best work.

Questions To Ask When Choosing A Day Spa

- * How long have you been in business?
- * Are you licensed by the state? Are all the therapists and technicians licensed?
- * What are the benefits of the treatments?
- * Are any contraindications to the treatments you are interested in?
- * Look over the spa's intake form. Is it comprehensive?

About the Author

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