



What Does SPA Include and Who Is It For

Mini-brochure: essentials, services, who benefits, safety, and how to prepare

In brief: SPA combines water and heat rituals, massage, and targeted face/body care to promote relaxation, ease muscle tension, and improve circulation and skin condition.

What Is SPA

A classic SPA program blends thermal circuits (sauna, steam, contrast pools), massage techniques, body wraps, exfoliation, and face treatments. The goal is recovery and deep relaxation.

Core Principles

- Water and heat as the foundation of recovery.
- Gentle, safety-first approach.
- Personalisation to health status and goals.
- A holistic focus on body, emotions, and sleep.

Key SPA Services

Thermal circuit: sauna, hammam, contrast pools, relaxation zones.

Massage: classic, lymphatic drainage, aromatherapy, hot stones.

Body care: exfoliation, wraps (algae, mud, clay), hydromassage.

Face care: cleansing, masks, manual massage by skin type.

Extras: phyto-barrels, salt rooms, outdoor cedar tubs.

Who Benefits

- People with high stress or sedentary work.
- Athletes during recovery (gentle modes).
- Anyone seeking better sleep and overall wellbeing.
- Seasonal maintenance and self-care.

Contraindications (consult a professional)

Acute inflammation or fever, severe cardiovascular disease, active cancer, first-trimester pregnancy, individual sensitivity to heat or essential oils. For chronic conditions, visit only after your doctor's approval.

How to Choose a SPA Center



- Check staff qualifications and hygiene standards; ask about disinfection routines.
- Review the menu and durations: an effective 2–3 block program over 2–3 hours.
- Clarify contraindications and request oil/allergen patch tests where needed.
- Assess quiet zones, lighting, showers, and hydration/relax areas.
- Compare official reviews and before/after photos.

Preparation Checklist

Avoid alcohol and strenuous workouts 24 hours before.

Bring a swimsuit, flip-flops, and hair tie/cap if required.

Remove jewellery and contact lenses; minimise gadgets.

Eat 1.5–2 hours before; keep a water bottle at hand.

Tell your therapist about sensitivities, allergies, pregnancy, or chronic issues.

FAQ

How long is a basic visit?

Usually 120–180 minutes: thermal circuit, 45–60-minute massage, and a short care block.

How often can I go?

Once every 1–2 weeks works for most people.

Any after-care tips?

Hydrate well, skip intense workouts for 12–24 hours, and let the skin recover.

Read more tips and procedures on Beauty Club



Scan the QR to open the English article and recommendations.