

HOW TO CHOOSE A DAY OR DESTINATION SPA

5 things you need to know:

1. Location, day spa or destination.
2. Choose a service, 1 hour to full day or resort.
3. Type of spa, relaxation, health or medi.
4. Ask friends & associates for recomendation.
5. Research cost comparisons and services available by phone or internet.



This checklist for choosing a spa is a simple matter once you decide what you want, be it a relaxation moment, a romantic time, a maternity treat or a full day. (Facial, body massage, pedicures, manicures & hair styled). Day spas, destination spas, in-hotel spas- local, national or international- fit any need you have.

Money & time are important factors, naturally. Being pampered does help reduce the stress so schedule an appt. for yourself on a regular basis.

Then, once used to the pampering, relaxation & rejuvenation treatments give, plan a vacation to a destination spa or resort. Introduce friends and family to the lifestyle that European s have long indulged.

Begin by analyzing desires & needs.

1. Decide between a must have or a leisurely treatment or stay.
2. Choose a time of year.
3. Do you have time for a destination Spa? where you can eat right and practice

yoga.

Women make up the majority of spa goers although this is changing as men discover they have been missing lots of pampering, relaxation and rejuvenation. Spa services vary from spa to spa as do therapist and prices. destination spas which may include accommodation and meals can cost between \$200 a day to \$5000 a week.

Some spas offer cuisine choices to meet your health and wellness requirements.

Atmosphere and ambience factor heavily into a spa experience. Soft lighting and a lovely spa lounge helps the mind & body relax.

You can learn about specials or promotions by frequenting a website or by being on an email list. Remember spas are great places for gifts as well. Treatments can be relaxing or fun as you can bring a group of friends & spend the day together but remember when booking a group or multiple appointments you will need a credit card to reserve. A good spa provides not only

informative but excellent customer service and treatments.

Please advise your therapist of any health concerns before booking your treatment. All spas are smoke free environments. For the comfort of yourself and others we ask that you turn your cell phones and pagers off before entering the facility. Also a good idea is to leave valuables at home as the spa is not responsible for lost articles. Feel free to ask for a tour before booking. It is advisable to arrive 15 minutes prior to your service. Tipping is not mandatory but a personal choice.

Thousands of spas offer countless ways to relax and enjoy you need to decide what experience is for you.

Fitness, Stress management, Peace of mind, Health and Wellness, Cosmetic and medi spa.

With the busy lifestyles of today we feel spas are a necessity for the overall well being of the individual. Make your appt. today.

Warm hospitality. World class spa. Exceptional service. Be yourself. Be pampered, We'll take care of the rest.

Kingfisher Oceanside Resort and Spa



*Immerse your senses
Relax
Rejuvenate*

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