

# Healing

## *lifestyles & spas* magazine

Featuring: Grail Springs Spa

## Deep Clean

By Tanya M. Williams

Preservatives, pesticides, pollution, parabens—our bodies are subjected to a multitude of toxins every day. As modern society becomes more aware of these health and environmental threats, detoxifying therapies from dietary cleanses to infrared saunas are becoming more mainstream. Spas have been instrumental in educating individuals about the importance and benefits of regular detoxification and have made this regimen both nurturing and therapeutic through state-of-the-art skin and body treatments. As Terri Rothwell, esthetician at Golden Door Spa at the Boulders notes, “The spa can play an essential role in ‘kick starting’ an overall wellness program. Detoxing is very important as people are trying to clean up and improve the quality of their lives.”

To kick-off my own spring cleanse, I booked a Detoxification Wrap with Lymphatic Drainage Massage at Westglow Spa in Blowing Rock, North Carolina. The treatment began with an application of hydrated kaolin clay and volcanic minerals, blended with aloe vera, jojoba oil, and grapeseed extract. Fully coated in the pale green clay and wrapped snugly in plastic to increase heat and absorption of nutrients, I was lulled into relaxation with a gentle scalp massage. After a hot shower, the service concludes with a lymphatic drainage massage using a vitamin-rich cream called Skin Food. After a glass of detox tea, I departed feeling relaxed and light with firmer, smoother skin.

My experience epitomizes the new wave of detox treatments. Timeless natural ingredients and components including clay, algae, seaweed, essential oils, volcanic ash, infrared light, heat, and hydrotherapy make up the nuts and bolts of today’s detox therapies. Although Moor Mud and seaweed wraps are now something of a spa standard, new

technology such as the infrared sauna and pure, nutrient dense ingredients, like organic seaweed and volcanic ash (a source of bentonite, a powerful internal and external cleanser) are bringing more sophistication and even greater benefits to these services.

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