



WellSpa 360SM

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FUN IN THE SUN

Skin and body treatments that prime guests for summer

Do's and Don'ts
of Summer Retail



Slimming Services

Industry experts share techniques, benefits and holistic approaches to body slimming treatments.

What are your favorite summer slimming treatments and techniques?

Stephanie DeCuir, director of spa and wellness at SpaTere at Kona Kai Resort & Spa, San Diego:

Hydrating body wraps that contain horsetail, horse chestnut or caffeine to reduce the look of cellulite, support collagen production and tone the skin are my favorites. Adding infrared sauna helps increase the heart rate to boost metabolism, which burns more calories and helps detoxify the body.

Cupping also helps improve metabolism and circulation of blood and lymph, which decreases waste, inflammation and stagnations. Handheld percussion massage devices like Hyperice Hypervolt are amazing tools that increase blood flow to improve metabolism in

specific areas, while providing the benefits of massage.

Stan Kapica, president of Skin Science

Solutions: For anyone wanting to get in shape in a hurry, I recommend fat reduction using Pagani STAR combined with frequent icone Roboderm treatments. The STAR uses thermal shock to eliminate fat in select areas, and icone provides lipolysis, skin rejuvenation and lymphatic drainage on the entire body. It's a 360-degree approach to get the entire body in shape for summer.

Lisa Anctil, spa director at the Rittenhouse Spa & Club, Philadelphia: I love the Epicuren Espresso Limón Slimming Body Treatment-Slim + Detox + Anti-Cellulite treatment. It is a detoxifying and firming treatment that begins with dry body brushing to stimulate lymphatic drainage and detox. The guest is then covered

in a European-inspired Espresso Limón Slimming Oil to purify and tone the body. Dry brushing is one of my favorite techniques because not only does it exfoliate, it also stimulates lymphatic drainage and detoxifies impurities in the skin.

Marie O'Connor, CEO of NoMad Exhale Spa, New York

City: We recommend cryolipolysis and electrical stimulation of the muscles. Our favorite summer slimming treatments are Cryo TShock, Accufit, icoone Roboderm and Microstimulator.

Are there holistic options or benefits?

Kapica: Body slimming devices can perform skin rejuvenation, silhouette remodeling and lymphatic drainage. It's important not to kill cells, but instead relieve them of their lipids to maintain a natural balance in the body.

DeCuir: There are many holistic benefits of hydrating or restorative body wraps, dry brushing, cupping and infrared saunas. These include improving overall well-being and relaxation, skin exfoliation, breaking down cellulite, increased circulation and metabolism, and decreasing inflammation.

Debra Sarp, president of Body Balance System: I love red light therapy treatments for body slimming. It is a holistic approach to body slimming that it takes into account and treats the entire body—not just one specific area—by stimulating the red blood cells.

Anctil: Heat therapy! When you sweat, you release toxins and waste from your body. You also improve circulation, which leads to an increase in blood oxygen levels and warms your muscles. Body wraps and exfoliating treatments all provide this kind of heat therapy.

What after-care do you recommend?

Kapica: The best thing anyone can do while undergoing a series of body slimming treatments is hydrate, exercise regularly and eat responsibly (e.g., less carbs and sugar).

Anctil: I tell guests to detox by drinking plenty of water and to hydrate their skin with coconut oil. My favorite DIY is to mix two cups of seaweed powder with olive oil, then wrap the area with saran wrap. For a more relaxing experience, add some heated towels, rest with eyes closed for one hour, then rinse.

O'Connor: We recommend drinking a sufficient amount of water, doing at least 30 minutes of moderate activity throughout the day and using compression garments.


DeCuir: It is fun and easy to maintain slimming therapy at home by dry brushing, using handheld percussion massage devices, or making exfoliating body scrubs with sugar, grape-seed oil and aromatherapy.

What nutrition components work well with body slimming treatments?

Sarp: For any type of body slimming system, device or supplement, it's important to drink approximately 1½ times your

weight in water, in addition to regular exercise and a nutritious, low sugar, low carb diet that is safe and suitable for everyone.

DeCuir: Proper hydration and getting essential vitamins and minerals from a fresh, organic, whole food-based diet will enhance any slimming therapy program. Eating spicy foods can also help improve metabolism.

Anctil: Berries are antioxidants, green leafy vegetables have lots of iron and legumes are high in fiber and protein. Everything should be eaten in moderation and well balanced. 



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