



Flush Out Toxins with These Detoxifying Services

“According to Anna De La Cruz, director of brand development at Glo Skin Beauty, detox treatments include options for both the face and body and focus not just on products and ingredients but also on tools and techniques. She cites steam, which helps open the follicles and softens debris, and dry brushing, which sloughs away dull

surface cells and promotes circulation and drainage, as examples.

Spas should remember to incorporate heat therapies and Vichy and hydrotub treatments to enhance the detoxing effects of wraps and facials,” says Comfort Zone’s Elisabeth Nehme “And it’s especially important to educate guests about the remarkable benefits of massage.”