

**NEWS** from

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# NEWBEAUTY®

Summer-Fall 2010

THE  
ULTIMATE  
**BALANCE**

> SPA MENUS ARE CONSTANTLY TRANSFORMING TO MEET THE TIDE OF THE TRENDS. TODAY, HOLISTIC TREATMENTS THAT TARGET THE MIND, BODY AND SPIRIT—ALSO KNOWN AS ENERGY TREATMENTS—ARE BECOMING INCREASINGLY POPULAR AS MORE AND MORE SPA-GOERS SEEK A MORE BALANCED STATE OVERALL. BUT, WHILE THESE TREATMENTS ARE FASCINATING, WHAT THEY ENTAIL IS NOT ALWAYS CLEARLY DEFINED. WE BREAK DOWN THE TOP ALTERNATIVE SPA THERAPIES AND WHAT YOU CAN EXPECT FROM EACH.

WRITTEN BY ELIZABETH RITTER

# chakra treatments

CHAKRAS ARE BELIEVED TO BE AFFECTED BY LIFE EXPERIENCES—FROM DAILY STRESSORS TO TRAUMA. CONSISTENT TREATMENTS CAN BE HIGHLY BENEFICIAL AND EFFECTIVE AT BALANCING CHAKRA ENERGIES AND HELPING THE BODY MAINTAIN OPTIMAL HEALTH.

## what the EXPERT SAYS

Konstantine Varvaris, massage therapist at New York's Exhale Spa, says to do some homework before an energy treatment—especially if you are not well-versed in this area of treatment. "Most guests do not end up liking—or are disappointed in—energy work the first time," he says. "It is no different than first time spa-goers who get a deep tissue massage; it is too hard to handle for their first massage."

# craniosacral therapy

ALSO KNOWN AS CRANIAL OSTEOPATHY, CRANIOSACRAL THERAPY TARGETS THE SPINE AND SKULL TO IMPROVE THE FUNCTIONING OF THE CENTRAL NERVOUS SYSTEM AND BOOST THE BODY'S SELF-HEALING PROPERTIES.

#### BEST FOR

Helps to alleviate everything from headaches and scoliosis to autism and fibromyalgia.

#### WHAT IT TREATS

Performed by chiropractors, massage therapists and doctors, "craniosacral goes beyond treating symptoms, and focuses on locating and healing the sources of problems," says Robyn Walpert-Rose of Intentional Wellness Center for CranioSacral & Integrative Therapies in Altamonte Springs, FL.

*For the seasoned...*

#### EXHALE SPA



[exhalespa.com](http://exhalespa.com)

## HEALING WITH CRANIO

> WHERE TO FIND IT | Exhale Midtown, New York, NY

> LOCATION DETAILS | With five locations in Manhattan (and additional outposts in Boston, Chicago, Dallas, Florida, Los Angeles, and Turks and Caicos), **Exhale Spa** is a fitness and spa mecca that focuses on workouts coupled with wellness. The Midtown location spans more than 12,000 square feet and includes an area specifically devoted to the spa's Asian-inspired treatments.

> THE TREATMENT | Like the traditional treatment, Exhale's 60-minute **Craniosacral Therapy** (available at three of the Manhattan locations) works to remove accumulated blockages that restrict the flow of cerebral spinal fluids—but the spa suggests that anyone interested in having it done consults with a therapist first to learn more about energy work so they approach the treatment with realistic expectations. "I would suggest that craniosacral be reserved for the more seasoned spa-goer," says Varvaris. "It's really a detailed healing session that's specific to one's needs; it addresses conditions such as migraines, TMJ, lower back issues, headaches, sinus conditions, vision problems, fatigue, depression and other emotional issues." \$130 **MB**