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**Can you offer some helpful spa hints for guys?**

Enrique Ramirez, spa director for Face to Face NYC Day Spa in Manhattan, notes that though men en masse are discovering the stress-releasing benefits of spa-going, many still welcome etiquette tips and information on what to expect. Ramirez offers the following pointers on spa decorum: Wearing underwear during a treatment is optional (however boxers may

be cumbersome), and your therapist does not require an explanation; shower before a massage; keep your voice down – you don't want to disturb other treatments in progress; turn off the cell phone; and, finally, don't work out immediately after a treatment – you've just paid to be relaxed.

**What is a life coach?**

Just as athletes on a team need someone to guide them toward a specific purpose,

help identify areas for improvement, and maximize potential, a life coach offers the same when it comes to optimizing performance in career and personal arenas. "Life coaching involves weekly or biweekly sessions that focus on goals and life strategies to be learned," explains Cindy Clemens, the life coach at Red Mountain Spa in Ivins, Utah. "By listening, asking probing questions, and mirroring back what is being said, the >>

