



Though men en masse are discovering the stress-releasing benefits of spa-going, many still welcome etiquette tips and information on what to expect.

**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 >>

## ask the editors

coach creates a safe space where the client can explore, stretch, and grow. And each session concludes by identifying steps the individual commits to taking before the next meeting." According to Clemens, the real productive power comes from a shared purpose and sense of accountability.

### How often should I get a facial?

"While all skin types are different, I recommend a facial every three to five weeks," advises esthetician Kate Somerville, founder of the eponymous product line and skincare spa in Los Angeles. When to have one is a matter of simple self-diagnosis. "While washing your face, pay attention to how smooth your skin feels," she says. "When you begin to detect tiny bumps beneath the surface, patches of dryness, or breakouts – it's time." Travel will also take a toll,

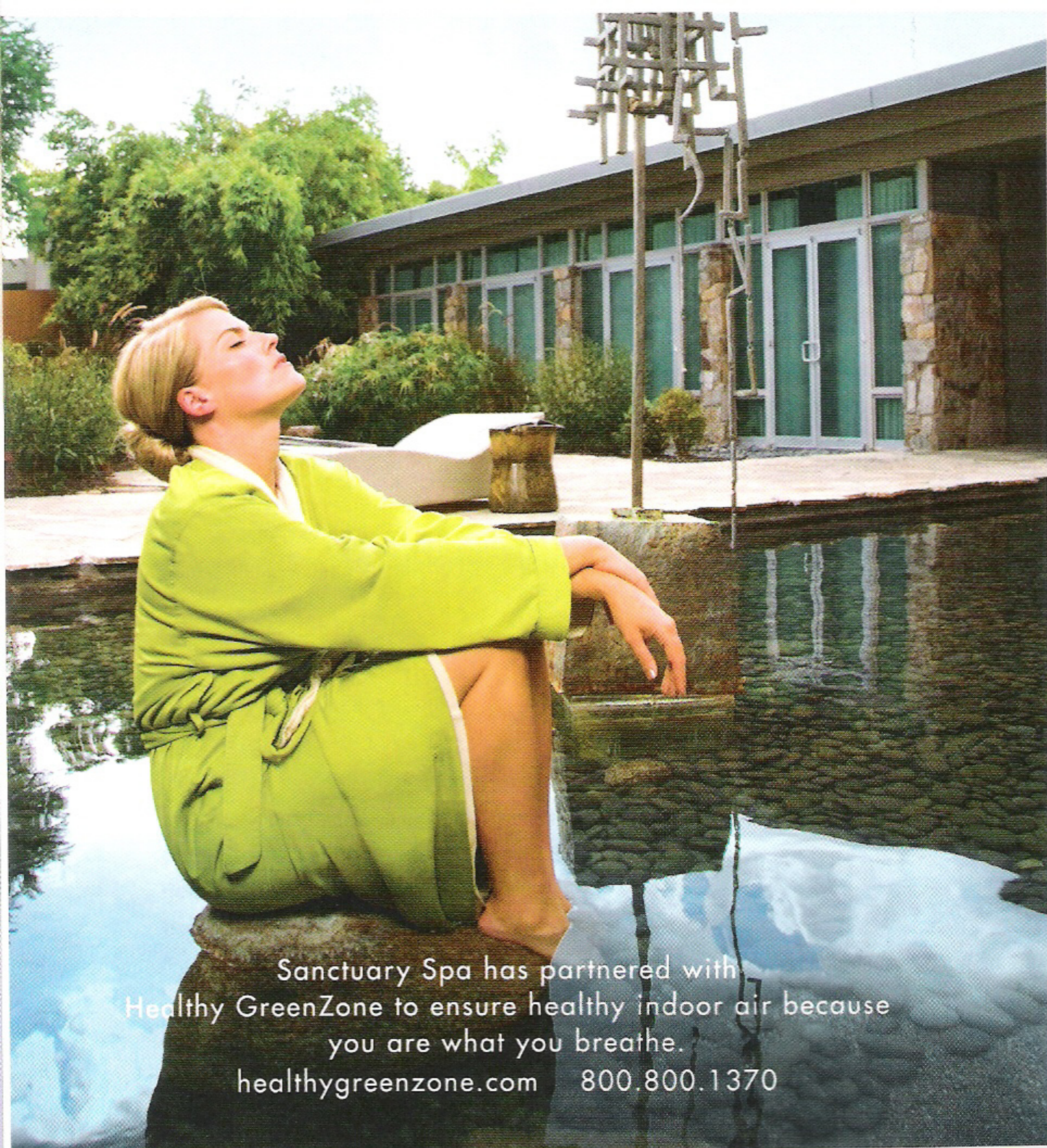
because "environmental changes can wreak havoc on the skin, and it's necessary to restore moisture, life, and pH balance," says Somerville. Having a facial this time of year presents a seasonal safeguard. "If you've been slathering on sunscreen while on vacation, a facial is a must in order to clean out everything that is trapped in your pores." But just as overmedicating can weaken your immune system, facials performed too frequently (more than every couple of weeks) can, according to Somerville, upset your skin's natural forms of renewal and defense.

### Should I give a gratuity after a fitness or nutritional consultation?

With the legion of attentive attendants and caregivers that insure your spa stay is delightfully memorable, leaving a gratuity can get gratuitous. In this case,

you can save a pre-treatment trip to the ATM. "Tipping a fitness trainer or nutritionist is like tipping your doctor; I am sure that this would be nice, but it is completely unnecessary," says Theresa McQueen, fitness center director for the Biltmore in Coral Gables, Florida. "Trainers and nutrition advisors are healthcare professionals, and therefore their fees are usually billed per session or as a series," she adds. However, if you are a regular recipient of a particular consultant's services, feel free to give a gift of gratitude (monetary or otherwise) when moved to do so. VIJU MATHEW

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