

Health, Wellness & Modern Green Living

organic spa
MAGAZINE

SKIN CARE GUIDE

850+

Organic & Natural
Skin Care, Hair Care
& Makeup Brands

LEA MICHELE

Beauty from the Inside Out

A Guide to
Ayurvedic Beauty

**THE HEALTHIEST
SUNSCREENS**

DISPLAY UNTIL

\$5.99



A Lifestyle Publication
www.organicspamagazine.com



ABCs of MASSAGE

With so many massage options on the spa menu, it's easy to get confused. Here, a guide to top techniques with skin care benefits.

By **Sandra Ramani**

If you've ever found yourself staring blankly at a spa menu, overwhelmed by all the massage offerings and unsure of the jargon, we feel your pain.

"Spas try to be informative, but it's easy for the details of what to expect—and the specific therapeutic benefits—to become lost," says Brad Drummer, co-owner of Washington, D.C.'s eco-friendly Nusta Day Spa (nustaspa.com) and massage therapist and teacher with over 20 years' experience.

No matter what style you choose, you'll also enjoy the added benefit of improved skin care. "Massage is great for circulating blood flow to the skin," explains Drummer, "while the motions used in massage help the therapeutic, plant-based oils—many with moisturizing, detoxifying and anti-aging properties—penetrate more deeply into the skin."

To help you find your way, we've compiled this list of popular massage styles, with tips on the various benefits and techniques. →

DEEP TISSUE This style "focuses on realigning deeper layers of muscles and connective tissue using warming, light-but-firm strokes to increase circulation, followed by firmer strokes performed with the therapist's elbow, forearm or finger pressure," describes Carol Epstein, spa manager at Casa Madrona Hotel & Spa in Sausalito, CA.

GOOD FOR: Easing chronic pain, increasing blood flow, reducing inflammation and alleviating tension resulting from tight tissue clusters. **TRY:** The excellent Therapeutic Massage at Casa Madrona (\$105 or \$155); casamadrona.com