

Nutrition in the Day Spa

Serenity, relaxation, wellness... these words are synonymous with beauty, health and longevity. People come to the spa to beautify, unwind and rejuvenate their over-worked systems even if it is on a temporary basis. In our modern society, we live a frenzied lifestyle with so many schedules to meet and despite the sociologists earlier prediction of a more leisurely lifestyle in the millennium, most of us are constantly pushed to our limits with high levels of stress in our daily lives. In fact, many of us don't know how to simply relax and do absolutely nothing! Regular high levels of stress activate the release of excessive cortisol hormones into the bloodstream and this is detrimental to our health and can lead to cardiovascular diseases such as high blood pressure.

The primary services offered in the day spa are helping to develop clear healthy skin, nails and hair and promote relaxation. It should come as no surprise that proper nutrition enhanced with dietary supplementation has finally been established as the underlying principle for a healthy mind and body. The health mandate for the millennium stipulates that nutrition should be taught within the training curriculum of all health care professions and this certainly includes aesthetics.

In aesthetic school, we are taught that if we clean, peel and moisturize, moisturize moisturize... the skin will become healthy and beautiful! Admittedly, this external care is very important as an extrinsic factor for clean, smooth skin, but nutrition is now recognized as the main intrinsic factor for developing healthy skin, nails and hair. It is not sufficient to diagnose the needs of the client's skin, but also try to assess their basic nutritional needs so that you can provide a more holistic approach to developing healthier skin and body.

By understanding and practicing proper dietary habits, aestheticians can not only enjoy the health benefits themselves but also help to improve their level of service to their clients.

by
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health



