

L.A. Massage and Spa Article – 8/8/07
Word Count: 850

Client: L.A. Massage and Spa

Project: Suburban Women's Magazine Article – Final Draft

Submitted: August 7, 2007

Take Time for Yourself

Escape to *L.A. Massage and Spa*

Your head may be spinning with a laundry list (literally) of things to do for everyone else – for the kids, boss, husband, neighbor, parents... you name it – but step inside L.A. Massage and Spa on Route 30 in Oswego and it's all about you.

Even as you walk through the door, you'll sense the rare air of calm that fills the spa. From the modern, earthy décor and soft lighting, to the aromatic oils and gentle, elemental sound of refreshing spa music, each detail of the spa experience is exquisitely crafted to relax and invigorate.

Arrive early. Pampering starts the moment you enter and lasts well after your scheduled treatments have ended. When you arrive, the friendly reception staff will serve coffee, tea or water – and sometimes even a pastry – and show you to a private room or to the luxurious lobby where you can unwind into the wonderfully, soothing spa pace.

At your appointed time, you will be greeted by an experienced therapist (the spa prides itself on hiring only seasoned professionals who have established expertise) who will show you to the treatment area and discuss your needs. From massages and facials, to specialty treatments such as the new, popular eyelash extensions, you'll enjoy relaxing in decadent comfort as all of the attention focuses on you.

Following your treatment(s), you'll wrap yourself in a plush spa robe and move to a private shower steam room where you may select one of twenty aromas to enjoy as you soak in the warm comfort of revitalizing steam. Finally, enjoy showering and dressing at your own pace – pampering yourself with complementary lotions that will help make your experience linger long after you've left the world of the spa behind.

A Full-Service Spa

“Our goal is to improve the quality of life of everyone who passes through our doors,” says Nick Patel, President of L.A. Massage and Spa. A steep goal, but one met daily with expert professionals and meticulous care for customer service and the overall guest experience.

The Spa features a full range of services including massage, skin, beauty, body, nails and hair removal. Guests schedule treatments individually or pair them in lavish combinations – and not only enjoy the skilled care they receive during their treatment, but revel in the sense of total escape that comes from simply walking into the calming spa world.

Here are three popular treatments:

Massage – An ancient treatment offering tremendous benefits to mind and body, massage is a cornerstone of L.A. Massage and Spa. The Spa offers massage in a variety of styles, each addressing different needs.

- **Swedish Massages** use short, vigorous strokes to relax muscles and improve circulation.
- **Deep Tissue Massage** loosens muscle fibers and connective tissue in order to reduce muscle pain and restore structural balance.
- **Hot Stone Massage** literally involves the placement of hot, rounded river stones on key pressure points in the body to relax and energize muscles while the body is massaged.
- **Pregnancy Massage** caters to the changing shape and needs of the body to relieve aches and pains in mothers-to-be.
- **Sports Massage** relieves activity-related pain by loosening muscles and improving blood flow.
- **Chair Massage** reduces shoulder and neck tension while guests sit in an upright massage chair for a short, yet invigorating 15-minute massage.

Skin Care –L.A. Massage and Spa provides five specialized skin therapies to cleanse, refresh and revitalize the skin.

- **Classic European Facial** combines cleansing, exfoliation, a nutrient-rich mask and massage to invigorate the skin.
- **Mini-Facial** includes an abbreviated, 30-minute version of the Classic European Facial.
- **Anti-Acne Facial** utilizes active enzymes, peels, a hot mask and cooling tonic to dissolve oils, reduce inflammation and shrink pores.
- **Four-Layer Anti-Aging Facial** hydrates and revitalizes skin utilizing seaweed hydrates, hydrating creams, a seaweed mask and a mineral mask.

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- **The Paraffin Facial** utilizes a warm paraffin mask to open pores and provide intensive hydration following light cleansing and exfoliation.

Eyelash Extensions – The newest service offered by L.A. Massage and Spa, this specialized treatment literally adds extensions to each individual lash creating long, dark, natural-looking eyelashes. Extensions last one month, and with regular touch-up visits, lush lashes can be maintained indefinitely.

First-Class Service, First-Class Value

L.A. Massage and Spa differentiates itself by offering true, top-of-the-line value at a very fair price. In fact, new clients are invited to come in for a first-time 60-minute massage – complete with pampering from beverages to steam showers – for an introductory special of \$49.99. The regular price is \$60.

“Helping people feel good about themselves is a wonderful business to be in,” said Ken Patel, Vice President of L.A. Massage and Spa. “We believe anyone should be able to take time for themselves and enjoy a first-class day at the spa.”

L.A. Massage and Spa is located at 2400 Route 30 in the Townes Crossing Shopping Center in Oswego and is open seven days a week. Call 630-859-8300 for information or to schedule an appointment. A second facility is located at 5411 N. Broadway in Chicago.