

Pampering 101

by Blythe Thimsen

WHEN YOU THINK OF perfect skin, what comes to mind? Smooth, flawless, uniform color and vibrant texture. What *doesn't* come to mind are veins; unsightly, painful and visible veins. Vein Clinics Northwest offers the best of both worlds, providing a medical office in a spa-like setting. That means clients are getting quality, safe, medical treatments, but reap the benefits of a relaxing and pampering spa experience. Many medical spas, like Vein Clinics Northwest, provide medically necessary services in addition to aesthetic services.

Skin rejuvenation options are very popular. With limited recovery time, and the ease of in-office procedures, this is one of the top ways to pamper oneself. The results can be stunning, as rejuvenation brings back healthy glow, eliminates redness and brown spots, facial spider veins, and tones and tightens skin, decreasing wrinkles and pore size.

Smart Lipo, offered at Vein Clinics Northwest is a laser body sculpting procedure that can eliminate areas of unwanted fat and it can also tighten loose areas.

One of the most sought-after forms of pampering is hair removal. Excess hair and stubble should be reserved for bad boys on their motorcycles, not for upper lips, arms, legs and bikini areas. Smooth is the name of the game. Medical spas offer laser hair removal, which is a great permanent option.

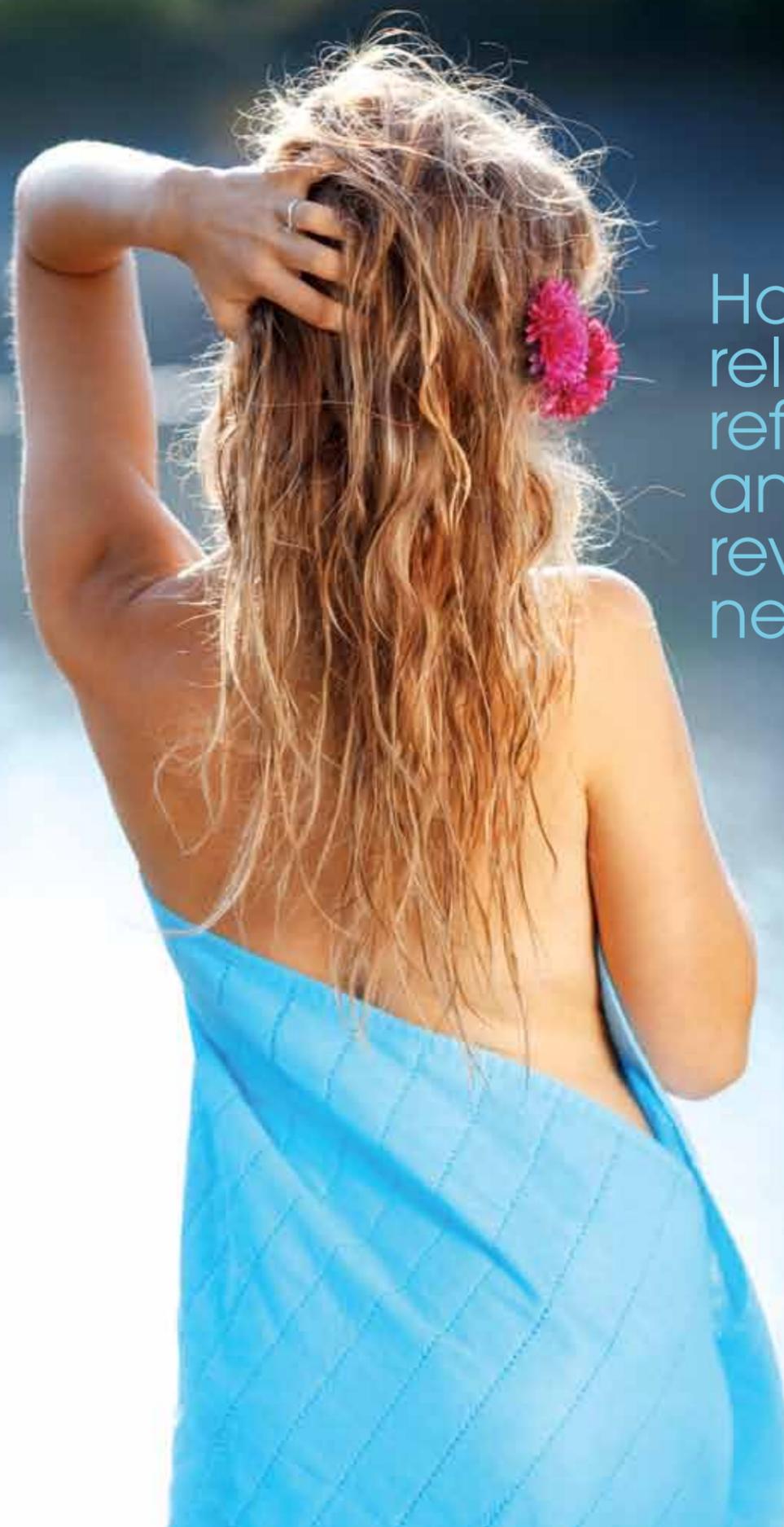
If you are not ready for that step, waxing at your favorite spa or salon is a great choice. Grassroots Wellness Spa & Fitness Studio, on Spokane's South Hill, offers a variety of waxing treatments, with everything from eyebrow shaping to

Brazilian waxes.

As a total spa and wellness center, Grassroots focuses on alternative treatments for illness and the mind-body connection. In addition to traditional waxing, manicures and massages, they also offer reflexology, yoga, biofeedback, hyperbolic treatments and more. One of their most unique services is Footzonology, which is "an advance version of reflexology" – the science of the signal system in the feet. Your Footzonologist will "utilize the signals in the feet to balance, restore, rejuvenate and repair" the body. It makes your toes tingle just thinking about it!

Before you go pamper those feet, make sure they've had a good workout. That's right, pampering isn't just about sitting back and letting someone else do the work for you; one of the best ways to pamper yourself is to take care of yourself with regular exercise. If you are not naturally motivated or disciplined, it may be worth it to work with a personal trainer, such as Justin Rundle, who works with clients at North Park Racquet Club. He can help you create and stick to a workout that, while grueling at the time, will help your body be toned, trimmed and healthy – the ultimate pampering!

Whether it is a specific skin procedure, a surgical solution, a relaxing treatment at a spa or a workout with a trainer, take time to pamper yourself this summer. You are, after all, worth it!



How to
relax,
refresh
and
reveal a
new you