

spa bella

Treat Yourself Well

Eighty percent of Americans are stressed out these days. This problem is made worse by the increasing numbers of people who turn to anti-depressants and other drugs to cope; however, there is a safer, healthier solution: massage therapy.

"I can see and feel the change in people who come in regularly," said **Liz Lee**, massage therapist and owner of **Spa Bella** in Monroe. "They are more flexible, have more mobility, and are visibly more relaxed."



Liz, a therapist for over five years, credits her earlier work in a chiropractor's office with teaching her the therapeutic benefits of massage. "I had to learn about many medical conditions and injuries. When specific problems arose, I was required to do my own research so that I could treat them. This experience gave me invaluable insight into healing massage applications."

Spa Bella offers several massage techniques, but Liz says they can be broken down into one of three categories: therapeutic, for people who have physically demanding lives; medical, to treat specific injuries or conditions; and relaxation, for overall stress relief.

Whichever massage technique you choose at **Spa Bella**, you can count on a number of significant benefits. "Massage promotes improved circulation," said Liz, "which is important to overall health and function of the body. Diabetics, who have circulation problems, can particularly benefit. I can also relieve physical conditions such as frozen shoulder, sprains and strains, tennis elbow and carpal tunnel."

Liz is particularly enthused about massage's ability to relieve sciatic nerve entrapment. "I have clients come in here who have suffered from sciatica for months and can barely walk. In just a few minutes of treatment, they get real relief." Other benefits of massage include physical and psychological calm, clarity of thought, better workouts, greater energy level, better sleep patterns, and emotional balance.

Spa Bella also features infrared sauna, in which dry heat detoxifies the body from the inside out, as opposed to a steam sauna, which only warms the skin. Recommended by Dr. Mehmet Oz on a recent Oprah segment for its health benefits, the infrared sauna purges the body of toxins and can burn as many as 700 calories an hour.

You'll also find a line of custom beauty products at **Spa Bella**, including soap, lotion bars and lip gloss. Liz is also adding oatmeal, salt and sugar scrubs made to her specifications exclusively for **Spa Bella**.

Liz offers body treatments such as paraffin wax treatments of the hands and feet. This treatment softens and smoothes rough skin, helps with circulation and exfoliates the skin. For the whole body, **Spa Bella's** salt, oatmeal, and sugar scrubs are great exfoliates as well, polishing and smoothing the skin.

You can indulge in a Spa Day package (about three hours), which includes a 30-minute sauna, full body massage, body scrub of your choice, paraffin of hands and feet and a light lunch. Or you can create your own Spa Day package from her menu of services (see www.yourspabella.com).

Liz has a special interest in treating caregivers, such as those who care for a loved one with Alzheimer's. "It is such a stressful, often thankless task. When they get just an hour massage, it makes a world of difference."

Perhaps more than anything, it is Liz's genuine concern for her clients that makes **Spa Bella** so special. She tailors each massage to her client's specific needs, treating only one client at a time for maximum relaxation. "I have a reverent regard for massage," said Liz. "It is life-giving, both for the client and me. I get a lot of gratification from helping people feel better."

Relax, Release, Restore
The Power of Touch Massage



Spa Bella

Elizabeth Lee

massage therapist License LA2801

348.2915 | 215 Bres Ave. | Monroe

www.yourspabella.com

spabella@yahoo.com