



TRUST YOUR STYLE

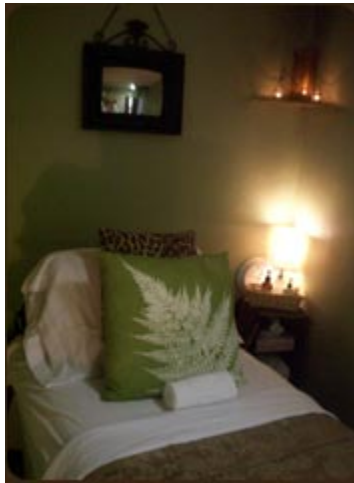
Monday, September 10, 2007
a day at the spa



Why is it that it's always the hardest to do good things for our bodies when we most need it? Covering spas is part of my work as a writer, but since moving last month, pampering my aching muscles has been the farthest thing from my mind. Luckily, **Xynergy Mind, Body, and Soul**, owned by Shannon Byars on Orange County's Gold Coast in Corona Del Mar offered to have me try a sampling of their spa treatments. The beauty of a visit to a day spa is that it's the perfect solution when you desperately need some relaxation but aren't in the mood to travel far from home.



Although the space is just 600 feet, the approach at Xynergy Mind, Body, and Soul is all about personalized one-on-one attention and there is a wider range of services than I have seen at many larger spas. I should also let you know that Xynergy Spa is not limited to just the Orange County area. It is a mobile spa capable of picking up and moving to New York, Florida, or the premises of any corporate event or private party. Currently two of Xynergy's massage practitioners are in China working on Olympic athletes. Xynergy regularly travels to corporate events such as Playboy Golf Tournaments as well as weddings and parties. Their clients include Olympic competitors, NFL players, NFL cheerleaders, Iron Man competitors, athletes, doctors, lawyers, students, teens in sports, surfers, kids, babies, medical and cancer patients, and more.



I drove along the coast in the morning and arrived at Xynergy ready to indulge in a day of pampering. I was not disappointed! I was greeted with fruit, juice, and pastries as I made my final spa choices for the day.



For sheer, gentle relaxation Shannon recommended that I start my spa day with the Xynergy Flow, a relaxation massage that integrates hot stones to melt away tension as well as energy work. For those of you who have not experienced energy work, it's a technique that's been used for centuries that uses prayer and/or meditation and other healing techniques to create balance and harmony in the body.



Next, I was given a Sedona Red Clay body wrap, which is an anti aging, moisturizing treatment slathered on warm. I was wrapped, leaving my arms and hands free enough to feel comfortable, and left to nap for about twenty minutes. After a quick warm shower, it was time for a refreshing lunch.

Prior to my arrival, I had filled out a questionnaire detailing my favorite food and drinks. Since I was staying for all-day spa treatments, Shannon had arranged for my favorite lunch (an Italian grilled sandwich) complete with my favorite drink (mango-lemonade). Talk about service!



Next, I tried the Micro-Dermabrasion and Oxygen Facial. To be honest, I had no idea what I was in for. Micro-Dermabrasion, as many of you know, sloughs away dead skin and leaves it looking younger. I fell in love with the high-end oxygen facial that followed. Using state-of-the-art equipment, (it looks and feels like an air brush) your skin is infused with topical hyperbaric oxygen therapy that feels like cool air being lightly brushed over your face and neck. In one thirty minute treatment your skin will look and feel years

younger. It smooths and nourishes the skin, visibly reduces fine lines and blemishes. Apparently Madonna is now the spokesperson for this treatment and I can see why.



I left the treatment room glowing and experienced my first ear coning detox. Again, I had never tried this treatment, although many doctors recommend using ear coning rather than Q-tips. As long as you have no ear problems or infections, it is a safe and painless treatment. My ears are cleaner than they've ever been and I am now a convert. Shannon, who is also a massage practitioner, then gave me a quick lymph drainage facial massage, followed by a Rosemary scalp massage. The rosemary stimulates the scalp and is a healing, relaxing, yet invigorating treatment. This was the perfect treatment for me, since Nelson Chan, who worked on my hair last week told me that I needed more scalp massage to keep my hair healthy.



Finally the day ended with a Reflexology/hand and foot scrub using a mild and heavenly citrus polish that felt like a yummy marshmallow cream. After a relaxing hand and foot paraffin dip to smooth my dry skin, I was ready to face the world again and I have to say, I was sad to leave. Everyone at Xynergy is so sweet, skilled, and accommodating, I know you will not be disappointed if you hire them for an upcoming event. To schedule a corporate event, party, or private session you can email info@xynergyspa.com or call 949-701-0688. For more details, please visit XynergySpa.com. Xynergy Spa is located at 2721 East Pacific Coast Highway, Suite 108, Corona del Mar, CA, 92625

Labels: [Body and Soul Spa](#), [Xynergy Mind](#)

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