



# SPARRSH

## MASSAGE SAUNA SPA

### BODY TREATMENTS

#### SLIMMING & DETOX BODY WRAPS - SEAWEED BODY WRAPS AND DEAD SEA MUD WRAP

##### BENEFITS:

- DETOXYFIE THE BODY BY ELIMINATING TOXINS.
- REMOVES DEAD SKIN AND MOISTURISE THE BODY
- IMPROVES SKIN ELASTICITY AND REGENERATION
- REDUCE CELLULITE AND IMPROVES BODY CONTOURING
- REDUCE JOINT ACHE AND PAINS
- IMPROVES CIRCULATION
- LOOSE INCHES
- TONES SKIN
- MUSCLE RELAXATION

SINGLE VISIT

VIP PACKAGE HOLDER

\$100

\$80

#### BODY POLISH SPA TREATMENT

SINGLE VISIT

VIP PACKAGE HOLDER

##### FULL BODY POLISH

\$85

\$65

##### BACK POLISH

\$65

\$45

##### BENEFITS:

EXFOLIATION IS THE REMOVAL OF DRY/DEAD SKIN CELLS ON THE SURFACE OF THE SKIN AND IS ONE OF THE MOST IMPORTANT ASPECTS OF YOUR SKINCARE ROUTINE

##### - DULL SKIN

EXFOLIATION NOT ONLY HELPS MANY SKIN PROBLEMS, IT ALSO INCREASES BLOOD CIRCULATION, WHICH IN TURN HELPS YOU TO ACHIEVE HEALTHY AND GLOWING SKIN

##### - BLEMISHED SKIN

IT IS IMPORTANT FOR PEOPLE WITH BLEMISHED SKIN TO USE AN EXFOLIATOR ON THE FACE OR BODY AT LEAST TWICE A WEEK. SOME PEOPLE BELIEVE THE BEST WAY TO STOP A BREAK-OUT IS TO STRIP THE SKIN, KILLING BACTERIA, BUT, THIS WILL ALSO DRY OUT THE SKIN AND CAUSE IRRITATION. WE WOULD SUGGEST REMOVING DEAD CELLS WHILE KEEPING THE SKIN CLEAN AND HYDRATING WITH A GOOD MOISTURISING LOTION - LIGHTER THAN A CREAM - MAKING SURE THAT YOU APPLY THE LOTION WITH CLEAN HANDS TO PREVENT BACTERIAL INFECTION AND SPOTS.

##### - POST-BREAKOUT, RED AND DARK MARKS

AFTER HAVING A BLEMISH ON THE SKIN THERE CAN SOMETIMES BE A DARK MARK LEFT FOR A WHILE. THE BEST WAY TO FADE THESE DARK MARKS IS TO EXFOLIATE TWICE A WEEK TO REMOVE THOSE DAMAGED SKIN CELLS AND ENCOURAGE NEW HEALTHY SKIN TISSUE TO GROW THROUGH.

##### - CLOGGED PORES

IF YOU SUFFER FROM CLOGGED PORES, EXFOLIATION HELPS TO DRAW OUT CONGESTION, OTHERWISE KNOWN AS BLACKHEADS AND WHITEHEADS. MOST COMMON AREAS FOR BREAKOUTS ARE THE NOSE, CHIN AND FOREHEAD. REMEMBER, TWICE A WEEK MAX.

##### - PIGMENTATION

PIGMENTATION IS THE DARK AREAS THAT COME FROM AGE, PREGNANCY AND CHANGES IN YOUR HORMONAL BALANCE. THESE AREAS TEND TO BECOME MORE APPARENT AND DARKER AS THE SKIN AGES.

EXFOLIATION IS BENEFICIAL FOR BREAKING UP PIGMENTED CELLS, ENCOURAGING THEM TO FADE. REGULAR TARGETED FACIALS AT YOUR SALON ARE ALSO GOOD TO HELP PROMOTE HEALTHY SKIN REPRODUCTIONS, HELPING THESE AREAS TO FADE.

WEBSITE  
SPARRSHSPA.COM

PHONE  
(803) 746-4657

#### LOCATIONS

##### FORT MILL

CROWN PLAZA  
3150 US-21 SUITE 103,  
FORT MILL, SC 29715

##### INDIAN LAND

REDSTONE  
9695 REDSTONE DRIVE,  
SUITE 300 INDIAN LAND, SC

#### GET SOCIAL





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### - DRY SKIN

IF YOUR SKIN IS DRY OR DEHYDRATED, YOU MAY FIND SCALY OR FLAKEY AREAS WHICH WOULD BENEFIT HUGELY FROM EXFOLIATION. ONCE YOU HAVE EXFOLIATED AN AREA OF DRY SKIN YOU CAN APPLY A MOISTURISER TO THE NEW SKIN CELLS.

### - INGROWING HAIRS

WHEN YOU HAVE YOUR LEGS OR BIKINI LINE WAXED YOU ARE PULLING THE HAIR FROM THE ROOT. ALTHOUGH THE HAIR WILL EVENTUALLY GROW BACK WEAKER, IT SOMETIMES CANNOT PIERCE THROUGH THE SKIN AND A RED SPOT WILL APPEAR AROUND THE HAIR. THIS IS AN INGROWING HAIR - EXFOLIATION THE AREA YOU WILL REMOVE DEAD SKIN AND ALLOW THE HAIR TO BREAK THROUGH THE SKIN.

### - GENERAL HEALTH AND WELL BEING

WHEN YOU EXFOLIATE THE BODY YOU ARE INCREASING THE BLOOD CIRCULATION AND LYMPHATIC SYSTEM WHICH IS VERY BENEFICIAL FOR THE BODY, THIS HELPS ENCOURAGE NEW SKIN CELLS, BREAKS DOWN FATTY TISSUES, AND BREAKS DOWN AND DRAINS TOXINS FROM THE SKIN. AFTER EXFOLIATING THE SKIN IS LEFT BEAUTIFULLY SOFT READY TO ABSORB A GOOD MOISTURISER.

### - SUN TANNING

EXFOLIATING DEAD SKIN CELLS FROM YOUR BODY IS ESSENTIAL FOR SUN TANNING AND IS IDEAL AS A PRE-HOLIDAY SKIN BOOST. BY GETTING RID OF DEAD SKIN CELLS THE SUN WILL BE AFFECTING THE NEW SKIN CELLS, WHICH WILL LAST LONGER AND LEAVE YOUR TAN LOOKING MORE EVEN. MAKE SURE YOU MOISTURISE AND KEEP YOUR SKIN PROTECTED SAFELY WHEN TANNING, AND ALSO HYDRATED THROUGH BODY MOISTURE LOTIONS.

### - FAKE TANNING

A GOOD TANNING REGIME (WHETHER CREAM TAN OR SPRAY TANNING) SHOULD START WITH EXFOLIATION. REMOVING DEAD SKIN CELLS FROM YOUR BODY WILL LEAVE AN EVEN AND CONSISTENT SURFACE TO YOUR SKIN FOR APPLYING THE FAKE TAN. THIS WILL ENSURE YOUR TAN LOOKS AMAZING AND LASTS LONGER.

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