



DAYSPA DICTIONARY

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Acupressure - Oriental technique applying pressure to specific "pressure points" on the body to improve the flow of energy.



Acupuncture - Oriental technique inserting needles into specific points on the body to stimulate healing and balance.



Aesclepiions - Greek center for healing and nurturing, named for its founder, Aescleopios, who was a revered healer and philosopher of pre-Trojan Wars. These centers may have very well been the forerunners of our centers for wellness and spas.



Aerobics - Exercise & Training regimen which increases the heart rate; stimulates blood circulation, strengthening heart and lung, and excellent for weight loss through the fat burning.



Algotherapy - A form of thalassotherapy where thin layers of heated seaweed are applied to the skin; infra-red lamps may also be used in the treatment to maintain the heat of the prepared seaweed. Reduces pain and acts as an anti-inflammatory treatment.



Anerobics - Exercise regimens that do not support blood circulation or deliver oxygen to the muscular system, such as weight lifting and/or body building.



Abhyanga - Ayurvedic daily ritual of giving and receiving a massage to improve hydration and relaxation without targeting specific areas. Traditionally its purpose is to optimize total well-being and relaxation.



Aquaerobics/Acquacize - Exercises done in water using resistance, which helps to strengthen body and tone the muscle.



Aromatherapy - Based on the ancient practice of utilizing essential oils to heal by "therapeutically" stimulating the nasal/olfactory senses, mental responses, circulatory and respiratory functions.



Asanas - Various Yoga postures.



Aslan Therapy - Developed by Dr. Ana Aslan of Romania, Gerovital Therapy based on the drug Novocain is believed to combat the aging process.



Ayurveda - Eastern Indian philosophy and practice of utilizing herbal and hot oil treatments, combined

with meditation, to create a balance between the internal and external self.



Bad - German for bath.



Baden - German for "bathing".



Baden-Baden - A spa town in Germany



Baden by Wien - A spa town in Austria



Balneotherapy - Water therapies used to "cure" a variety of ailments, such as stress, arthritis, circulation, etc. Employs mineral, salt or purified water.



Basti - Ayurvedic herbal purification treatment.



Bindi - Ayurvedic treatment, which includes exfoliation, herbal infused topicals and light massage.



Biofeedback - Tracking method of physiological responses and behavioral reaction to various situational stimuli. Used as an attempt in understanding human behavior and developing programs of modification to restore well-being.



Body Composition Analysis - Methods (caliper, electro, etc.) used to determine the percentage ratio of body fat to lean muscle. Used to aid in weight reduction/management program.



Boreh - Balinese cleansing and exfoliating body treatment using herbs, seeds, grains, special oils and grated carrots. Stimulates and increases circulation. Not suitable for pregnant women.



Brush and Tone - Dry brushing of skin to remove dead cells by exfoliating and to stimulate circulation, followed by an application of hydrating oils or moisturizing agents to soften the skin. The dry brushing technique may also be used as a preparatory step for other treatments such as a seaweed wrap or fango/parafango.



Cathodermie - Low-voltage electrical stimulation of facial area used to oxygenate the skin, stimulate and revitalize the circulation.



Cell Therapy - This therapy involves the injection of lamb embryonic cells - believed to regenerate cell growth and reverse the aging process. This therapy is not FDA approved and not "legally" available in the U.S.



Chakra - Ayurvedic for energy center. It is believed that there are seven chakras, which are all interconnected. When balanced, the physical, mental and spiritual aspect of "self" is in a state of harmony, contributing to a state of health and well-being. Chakras run along the base of the spine to the crown of the head. When imbalanced, therapies such as Reiki, color and light therapy, crystal and stones are believed to re-balance the chakras. Yoga and meditative disciplines also contribute to re-balancing the chakras.



Circuit Training - Exercise regimen using a series of weight training devices combining resistance with aerobics.



Clinical Esthetician - Skin care specialist trained to work in a medical environment, but not necessarily with a physician, on the treatment of skin related ailments.



Colonic - Irrigation of the colon for the purpose of cleansing trapped debris, which is believed recycle toxins back into the system.



Complementary Medicine - Non-traditional forms of medical therapies used to aid in the treatment of a variety of illnesses/deficiencies; these include vitamins, herbs, aromatherapy, meditation, massage, etc.



Craniosacral Therapy - Massage therapy focusing on the head and neck areas.



Crenotherapy - Any treatment incorporating mineral water, mud and vapor.



Dancercize - Aerobic regimen utilizing dance steps or routines.



Dead Sea Mud Treatment - This type of fango is nutrient and mineral rich and known for its detoxification and exfoliation properties.



Doshas - Ayurvedic body functions; Vata for blood, circulation and healing; Pitta for heat and metabolism; and Kapha for the structure of one's spiritual and philosophical self.



Dulse Scrub - Exfoliating body treatment utilizing dulse seaweed powder, which has been rehydrated with either water or essential oils. Removes impurities and dead skin cells and re-mineralizes the skin.



Duo Massage - Synchronous massage treatment done by two therapists; done properly, the sense of touch isn't discernible that four hands are performing the treatment.

■
Endermologie - Developed in France, this massage therapy significantly reduces the appearance of cellulite, while defining the figure; performed by an esthetician specifically trained in this therapy.

■
Effleurage - Massage technique of quick long strokes used in the preparatory stage and the conclusion of the treatment.

■
Essential Oils - The aromatic (liquid) substance extracted from roots, bark, flowers, grasses, etc., which are then used as part of a cosmetic or "therapeutic" treatment, such as aromatherapy.

■
Esthetician - Skin care specialist who focuses on the treatment of the skin as part of both for beauty therapy such as a facial, or the treatment and maintenance of "healthy" skin.

■
Exfoliation - The process of removal and sloughing of dead skin cells. This process also aids in improving circulation through stimulating blood flow. The pressure used to generate the process, further aids in relaxation and stress reduction.

■
Fango Therapy - Treatment utilizing various types of mud, which are rich in minerals and nutrients. Mud removes toxins from the body through the skin's pores, and aids in the exfoliation process as well.

■
Flotation Tank - A tank filled with enough salt water so a person can float in it; lights are either dimmed or turned off. The combination of a darkened room and the floating process is an aid to relaxation and stress reduction. Music & light therapies are often combined with this treatment.

■
Golden Spoons - A product utilizing twenty-three karat plated "spoons" used as part of a facial; one is hot (actually warm to the touch) and the other is cold. The facialist applies alternately each one to generate efficacious penetration of the creams and lotions, and also to open and close pores, stimulating circulation. Based on the Kneipp Treatment Principle of alternating hot/cold, cold/hot.

■
Gommage - Various creams applied in long massage-like strokes to the body and used on the face with short, quick strokes to cleanse and rehydrate the skin.

■
Hamam - Turkish/Middle Eastern communal bathhouse.

■
Henna - (Middle Eastern)/**Mehndi** (Indian/Pakistani) - decorative application of this natural plant substance is usually applied to women (occasionally men) as part of a ritual (e.g. marriage). Henna is mixed with a liquid and painted on various body parts; images are often intricate with elaborate patterns. Extremities that are often "hennaed" include feet, ankles, shins, hands, wrists and forearms. It also used in hair color.

■ **Herbal Wrap** - Herb soaked linen sheets are wrapped tightly around the body. The person is then covered with a blanket and has a cold compress applied to forehead. Treatment lasts between twenty and thirty minutes. Stimulates circulation, detoxification and relaxation. The treatment process elevates body temperatures and heart rates. Not recommended for those with heart conditions, high blood pressure, or when pregnant.

■ **Herbalism** - A health alternative to treating certain non-life threatening ailments with plants and plant extracts. Often referred to as "folk remedies".

■ **Holistic Medicine/Health** - Has its roots in "herbalism" and "all natural", but also incorporates other forms of non-traditional approaches/beliefs such as Eastern disciplines, meditation, etc. The relationship of being one with all elements such as environmental, physical, spiritual, emotional, etc., and the balance between them.

■ **Homeopathy** - A form of medicine whereby patients are treated with natural substances, in minute doses, to create symptoms like those of the disease being treated. Based on the theory "like treats like".

■ **Hydrotherapy** - Another term for balneotherapy - any treatments utilizing water as the primary facilitator (hydro). Water is generally fresh/spring, as opposed to seawater (thalassotherapy).

■ **Inhalation Therapy** - Treatments involving the inhalation of steam vapor, which may have been treated with medicine or natural herbal or contain curative mineral substances; used for respiratory, pulmonary or sinus related ailments.

■ **Ionization** - A form of thalassotherapy in which seawater has been ionized with negative ions and is sprayed and/or inhaled; aids the upper respiratory tract.

■ **Japanese Enzyme Bath** - Wooden tub filled with fibrous material (such as wood chips) and plant enzymes, which naturally ferment creating a heated substance. Person is submerged in the mixture to sweat out toxins; aids in the relaxation process, improves circulation and boosts metabolism. Treatment time should not exceed one hour.

■ **Japanese Facial** - Energizing technique used to stimulate acupressure points through the lifting and toning of the face and scalp; believed to have a cumulative effect when used on a regular basis for firming the skin and preserving youthful appearance.

■ **Kinesitherapy** - Also referred to as physiotherapy, this treatment involves the active or passive movement of various parts of the body, and aids in the circulatory and improving muscle tone.

■ **Kneipp Baths** - Developed by Father Sebastian Kneipp in Germany. Herbal/mineral baths are part of a regimented therapy of healing; used in combination with nutrition and exercise. Changes from hot to cold baths are a key component of this form of therapy (water, stones, pebbles, etc.).



Kur - German for "cure". The "Kur" in European countries has always been for therapeutic and recuperative purposes; hence, to go to a spa, was to take or drink the waters - to take a "Kur".



Lomi-lomi - Hawaiian healing body treatment incorporating long and broad massage strokes, as well as a rocking motion; the therapist may occasionally walk on the recipient's back to enhance the affects of massage.



Loofah Scrub - Body treatment utilizing the dried loofah plant using the friction to implement massage and exfoliate dead skin cells. Aids in the improvement of circulation.



Lulur - Indonesian (Japanese, to coat the skin) body treatment traditionally involving a massage, then an exfoliation using spices, as well as grains and seeds; followed by a hot shower (to open the pores); afterwards the body is slathered with yogurt. The treatment ends with a leisurely soak in a flower petaled and scented, essential oil infused bath.



Lymph Drainage - Massage treatment of the lymphatic system, which stimulates circulation, reduces edema (water retention) and frees up stored toxins, encouraging them to "flow" out of the body. Treatment is done either through manual massage, or as part of a hydrotherapy massage.



Mandi Susu - Indonesian bathing ritual using regular milk or buttermilk, sometimes yogurt.



Marine Hydrotherapy - A form of thalassotherapy, where water jets propel the seawater; massages, stimulates circulation and reduces pain/inflammation.



Medical Esthetician - Skin care specialist who works in a medical environment along with a physician usually in pre-operative and post-operative situation.



Meditation - Any form of eliminating all thoughts, concentrating on breathing, which encourages one to relax and achieve a greater sense of inner-self; to connect and balance the internal with the external-self.



Moor Peat Bath - Organic material, nutrient rich used as ingredients in bath to alleviate stiffness and pain in localized areas.



Morphology - Attributed to Hippocrates. Specialized form of massage targeting specific digestive areas; massage is done in combination with essential oils. This procedure requires specialized training and may be barred from practice in some states. The therapy is used to improve digestion and eliminate waste from the colon tract.

■
Naturopathy - The discipline of natural medicine and healing through the power of nature and natural substances.

■
NIA (Neuromuscular Integrative Action) - Free form of exercise combining yoga, martial arts and indigenous dance movement routines.

■
Oleation - Ayurvedic treatment using friction massage with blended essential oils (similar to an aromatherapy massage).

■
Onsen - A Japanese natural mineral thermal spring.

■
Oxygen Facial - Oxygen and other nutrients applied topically or sprayed onto the face to stimulate and reinforce the collagen level of skin; aids/prevents premature aging.

■
Oxygenate - A facial treatment where pure oxygen is used for cleansing and revitalizing the skin. Recommended as part of an anti-aging facial regimen.

■
Panchakarma - Ayurvedic cleansing and purification treatments using essential oils, massage and meditation techniques.

■
Parafango - A combination of paraffin and fango (mud). Used to detoxify and exfoliate.

■
Paraffin - Heated/melted wax that has been infused with hydrating/emollient substances such as menthol, oils, etc. Used to ease pain and/or rehydrate.

■
Parcours - Outdoor exercise trail, usually less than two miles, with interspersed specific, increasingly difficult exercise stations.

■
Physiochneitherapy - Therapeutic use of heat, light, electrical and mechanical means and movements to regenerate strength and flexibility.

■
Pilates - Invented by German born Joseph Pilates and brought to the U.S. in 1923, the program was originated for athletes and ballet dancers. It is a conditioning program using corrective exercises and specialized equipment to lengthen, tone and stretch the body. Performed on a specifically designed machine called the reformer, as well as a floor mat.

■
Plunge Pools - Also known as Roman pools. Deep pools one filled with hot and one with cold water.

Alternating "plunging" into each will improve and revitalize circulation.



Polarity Massage - Through gently rocking, holding and massaging this technique with stimulate relaxation, restore energy flow and encourage revitalization.



Qigong - Oriental discipline, incorporating body movements with specific patterned breathing and mental concentration. Believed to improve overall health, circulation and body movement fluidity.



Radon Therapy - An inert natural gas found in some European spas and used as part of a treatment process believed to stimulate organ functions and promote improved secretions of the glands, without any harmful effects of radiation.



Rassoul - Mineral rich earthen compound native to Morocco. Used as mud it is applied to either the hair or face, or both. Re-texturizes and conditions hair; used on the face, it exfoliates and detoxifies. The compound is often part of a ritual, performed in a traditional women's Hamam.



Rassoul Chamber - Designed for couples, this western-based affectation places the individuals onto elaborately decorated and heated porcelain "thrones". The partners then applied "rassoul" mud to each other and wait until it dries. During the drying process, mood- inducing elements such as music, special lighting and effects are used to stimulate the emotion or psyche.



Rasul - A specific body treatment, which begins with a shower using seaweed-based soap, followed by a mud application. After this is rinsed off the treatment is concluded with an herbal steam bath. Detoxifies, exfoliates and improves circulation.



Reflexology - Ancient Egyptian, Chinese and Indian therapy focusing on the reflex points in the feet that correspond to specific body organs. Hands and ears have similar reflex points and can be substituted.



Reiki - Massage technique using subtle stationary hand positions on points of tension or injury; the therapists hands are usually fully extended, and palms applied to the affected area.



Rolfing - Deep muscular manipulation for the relief of rigid muscles, bones and joints. It is designed to improve energy flow and relieve stress often related to emotional trauma. Could at times be experienced as painful due to the deep manipulation. A basic series of 10 sessions is recommended, each one building on the last.



Roman Bath - In ancient Rom numerous baths were used alternately hot, warm and cold. The varying temperatures aided in stimulating the circulatory system.



Salt Glow - Small amounts of oil and coarse salt are applied to dampened skin in circular or elongated strokes to create a hydrating and exfoliating treatment. Aids in circulation.

■
Sauna - Originated in Finland. Dry heat in a wooden structure forces sweating and the elimination of toxins, open pores. Followed by a cold shower (or in the case of Finland, rolling in the snow) will close the opened pores and to stop the sweating process.

■
Scotch Hose - A water therapy treatment in which an attendant uses a hose targeted at specific pressure points of the body; water temperature fluctuates between hot and cold. Stimulates circulation and relieves tension.

■
Shiatsu - Japanese massage technique of acupressure used on pressure points to improve energy flow.

■
Shiro Dhara - Ayurvedic treatment of warmed oil slowly pouring over the middle of one's forehead, where the "third eye" resides. Induces total relaxation.

■
Siddha Vaidya - Ayurvedic medical discipline based on the five senses, or elements, which correspond to earth, water, fire, air and ether (space). Only plants and plant-based derivatives are used in the treatment of imbalances to one's dosha (Kapha, Pitta or Vata), because of their inherent purity as it relates to the five elements.

■
S.P.A. - Latin for "solus per aqua" or to enter by means of water. Other interpretation: "health through water".

■
Spa - A town in Belgium where the Roman soldiers discovered the curative powers of the towns' mineral springs.

■
Spa - Facility where one goes for a variety of treatments and reasons, whether to relax, rejuvenate, exercise or get pampered. Types of spas include:

- DAY SPA - A clean, safe and nurturing environment offering an array of spa treatments administered by highly trained and licensed technicians. It is usually a self-contained facility, but may also be combined with a salon. Clients frequent this spa for a few hours or a day. Overnight accommodations are not provided.
- AMENITY SPA or RESORT SPA - A spa facility at a resort, where guests who enjoy the spa concept can also take advantage of traditional resort activities.
- DESTINATION SPA - All guests participate in a variety of exclusively structured programs, combining weight loss, nutrition, exercise, healing, meditation and pampering. Guests usually stay for a minimum of three to four days; some of these facilities offer only weekly programs. Rejuvenation, relaxation and revitalization are the goals of all of these three types of spas.
- MEDICAL SPA - Spa setting which combines various medically based therapeutic treatments that often blend Eastern and Western therapies. There is usually a Medical Director overseeing all treatments in combination with medical doctors of various disciplines, i.e. complimentary and alternative medicine, dermatology, plastic surgery, orthopedics, along with traditional spa treatments.

■
Spinning - Stationary bicycle group exercise regime guided by an instructor; often combined with a video projected image to give the illusion that one is cycling on an outside terrain.



Sports Massage - Technique of using quick and vigorous strokes, including deep tissue, on localized body parts where a specific activity may have caused exertion and muscle tightness.



Steam Room - Room of wet, hot steam promoting sweating, opening pores and ridding of toxins.



Step Aerobics - Fitness regimen of aerobic exercise in combination with a three or more inches high step platform.



Sweat Lodge - Attributed to the Native American Indians this is the North American equivalent of the sauna. Benefits include opening of pores and ridding the system of harmful toxins through sweating.



Swedish Massage - Massage technique employing the gentle but firm manipulation of pressure points and muscles; massage oil or lotion is used to lubricate the skin to promote friction and ease of manipulation.



Swiss Shower - A water therapy treatment combining the use of stationary water jets (12 to 16) which are aimed at pressure areas of the body; the water alternates between hot/cold. Stimulates circulation and relieves tension.



Tai Chi - Chinese martial art discipline combining slow sustained physical movements with deliberate/relaxed breathing and mental concentration.



Thai Massage - This massage incorporates acupressure and yoga manipulations by the therapist on the recipient, who is situated on a mat on the floor. Recipient remains passive to the therapist at all times. Improved relaxation, spinal and skeletal alignment, increased energy and circulation; often induces a meditative state for the recipient.



Thalassotherapy - Hydrotherapy treatment employing the utilization of seawater and marine by-products, which are mineral and nutrient rich with a curative or restorative properties, benefiting the internal and external. From the Greek "thalassa" or sea.



Therapies - In the context of a spa setting and/or environment, a set of prescribed processes designed to generate well being, healing, relaxation, behavior modification, etc., which may affect a variety of internal/external ailments or conditions. Specifically:

- PHYTO - plant
- THERMAL - heat (including natural mineral springs), wet and massage/manipulation
- BALNEO - water (collective adaptations/types)
- THALASSO - sea water and marine by-products
- RADON - inert gas
- AROMA - essential oils
- MASSO/PRESSO - manipulation of pressure points
- PHYSIO - any of the masso/presso, thermal and mechanical adaptations



Trager Massage - Massage technique of gentle rhythmic rocking movements to induce relaxation and relieve tension.



Tui Na - Oriental-based bodywork combining acupressure and massage to balance one's energy, while flushing toxins from the system and furthering the treatment of some ailments.



Ultra Sound - A therapy using sound waves emitted from a frequency-generating device. The device often also has the capability of utilizing heat as part of the therapy. Administered by a chiropractor as well as a physical therapist and is employed to alleviate pain and discomfort to injured areas of the body.



Vichy Shower - Multi-jet mechanism suspended over a wet-table/bed used as part of various treatments such seaweed wrap, dulce scrub, fango, mud, gommage, etc. Used to not only rinse any remains of the treatment's substance from the body, but also to and stimulate circulation.



Watsu - A massage treatment where the client and therapist are immersed in a pool of warm water. Treatment consists of pressure point massage, as in shiatsu, and rhythmic movements and stretches. Ideal in the treatment of stiffness and injured bone structure.



Waxing - Hair removal treatment using cold or hot wax.



Whirlpool - A heated pool with high pressured jets that circulate the water, targeting certain pressure point of the body; aids in reducing stiff joints and aching muscles; very relaxing.



Yoga - Eastern discipline using various positions/postures (asana), controlled breathing, focused/centered concentration in combination with various slow physical movements designed to improve circulation, flexibility, and strength.