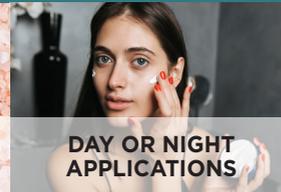




HIMALAYAN SALT
BENEFITS



DAY OR NIGHT
APPLICATIONS



GUA SHA MASSAGE

FEBRUARY/MARCH 2023

SPECIALS AT SPA BLU

Between whirlpools and hot stones, steam rooms and pedicures, feelings of energy and serenity surround you. New ways to enliven mind, body, and spirit await, right here at spa blu. Treat yourself or someone you love to a day of ultimate pampering. Go ahead - you deserve it! We have something for everyone!

Spa blu services are by appointment only. Reservations are made by calling 219.861.4812 or ext. 2583.



DO YOU KNOW THE BENEFITS OF HIMALAYAN SALT?

This salt was formed 250 million years ago in northern Pakistan. Buried for millennia, this salt oxidized when it came into contact with the iron present beneath the earth, which gives it its characteristic pink color. It's extremely rich in mineral salts, magnesium, iodine, and nutrients that have not been exposed to modern air pollutants that contribute to cell regeneration. It is also antibacterial!

BENEFITS:

- :: Rich in iron, promoting blood regeneration and improving circulation
- :: Contributes to healthy lungs and improves respiratory function
- :: Restores the blood's pH (the acid-base balance)
- :: Effective on acid reflux issues
- :: Recognized as a powerful detoxifier, dissolving toxins, waste and harmful substances present in the body
- :: Stimulates and regulates digestion
- :: Reduces the signs of aging
- :: Prevents muscle cramps
- :: Promotes better hydration
- :: Rich in calcium, it strengthens bones
- :: Lowers blood pressure

FEBRUARY

- :: NUFACE MICROCURRENT MINI FACE LIFT ADD-ON - \$30
- :: DUAL PEDICURE - \$135
grab a friend or your significant other for our signature foot treatment
- :: BLU SIGNATURE FACIAL - \$100
- :: SALTED HIMALAYAN BODY TREATMENT - \$130

MARCH

- :: DETOX WRAP - \$150
detox wrap, choose one of the following areas for treatment: stomach, thighs or back of arms
- :: 15-MINUTE SCALP MASSAGE ADD-ON - \$15
- :: MY BLU TOUCH - \$55
signature hand treatment



FEBRUARY/MARCH 2023

DAY OR NIGHT APPLICATION - WHAT IS BEST?

Some ingredients in your products are fine to be applied day or night, but that is not the case for all. Let's look at a few ingredients that are best applied in the day and those best served for night time use.



DAY:

- ⌘ **SPF** - Used to prevent the damaging effects of ultraviolet light to the skin, making it a no brainer for daytime use. Using SPF at night can clog pores and dry out the skin.
- ⌘ **VITAMIN C** - With antioxidant properties, it is great for layering under sunscreen. It can help combat those free radicals in the environment we are bound to run into.
- ⌘ **VITAMIN E** - Also an excellent antioxidant and works synergistically with Vitamin C, amplifying the potency of one another. Morning application is preferred to assist in the daily skin defense.

NIGHT:

- ⌘ **RETINOL** - Known to give that fresh skin look and stimulate the production of collagen, retinol does make the skin more sensitive to the sun. Daytime use is steered clear of but if there is daily nighttime use, sensitivity will still remain.
- ⌘ **ALPHA + BETA HYDROXY ACIDS** - These are great for exfoliating the skin but can possibly be a bit harsh. Acids can cause skin sensitivity and irritation, leading to more nighttime usage.
- ⌘ **BENZOYL PEROXIDE** - Amazing for individuals with acne-prone or oily skin and is best used in the evening, unless you are also using a retinol product. In that case, use retinol at night and benzoyl peroxide in the morning with ample sunscreen.

GUA SHA ADD-ONS ON THE RISE

There's been a lot of talk about the benefits of lymphatic drainage over the last couple of years, and for good reason!

Utilizing a Gua Sha massage tool can help the body's lymphatic system to drain excess water and toxins. The benefits are amazing, as it can help to reduce puffiness and improve facial definition, so it's hardly surprising that searches for the treatment add-on have increased. Gua Sha can be added on to any facial, massage or body treatment.

PS: if you don't fancy spending money on a lymphatic drainage facial, there are a range of ways to get started at home. Pick up one of our Gua Sha and Jade Roller sets.

