

PRESS ARTICLE

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Brides & Grooms Reignite Romance with a Visit to the Spa

Ahhh, the sweet sensational mental delights we find in the word “romance”... What comes to mind when you hear that very special word? Is it a candlelight dinner under the stars, walking hand in hand along a silvery moonlit beach, snuggling close sipping spiced cider in front of a roaring fireplace, or maybe it’s simply holding hands while walking, talking and laughing together without a care in the world? One thing is for sure; there is no escaping the word “romance” once you tie the knot! Believe it or not, once you say “I Do” it is more important than ever to keep the flame of romance burning in your new marriage.

It’s imperative to recognize that the meaning of “romance” is different for everyone. We all have our own fantastical ideas of what the word “romance” defines. In whatever way “romance” is revealed to you, its important to remember that as a couple, it’s imperative to invest the time and the effort to keeping romance as an essential part of your lifestyle.

How do I romance you ask? Romance is simply the “act” of showing your significant other you love them in a way they will best recognize. The key here, is to remember, is that a little creative effort goes a long, long way and each individual will recognize romance in their own individual way. The trick is to pay close attention to what your sweetie likes and responds best to. For example discover if your special someone adores sweets, jazz music, a certain type of food, or any other clues you can uncover. With out the simple acts of romance your relationship could very well become like a stale and crusty slice of toast that eventually crumbles from neglect and time. Wow! Talk about a pressure!

This is why we have searched high and low for the perfect way to ignite the romance in your relationship while still allowing you to unwind and get pampered at the same time. Sounds pleasant does it? If you’ve been stressfully searching for the perfect way to romance your sweetie this Valentine’s day then consider a couples-focused spa day. No need for creating a stress-filled jam-packed itinerary this Valentine’s Day, or rushing through crowded malls to purchase another generic piece of jewelry. This year, just relax, put your feet up and revel

in all the spa indulgences offered in one tranquil setting. When it comes to indulging together this Valentine's Day, a spa is the perfect setting to relax and reconnect with the one you love. Plus you will both profit from the many health and beauty benefits from visiting a spa.

Why is a spa day so effective at helping couples reconnect? The reason is when a couple steps into a tranquil spa setting, they leave all the stress of the world behind and what's left is an opportunity for the couple to solely focus on each other. As the couple escapes from the hustle and bustle and busyness of life, they slow down their bodies and minds and become more relaxed, which paves the way for enhanced romance. When you add a dash of pampering to your busy lifestyle, you ensure that the daily grind doesn't take away from your focus on being together as a couple, not to mention heightens your romantic charge! Sharing a spa day is a creative and thoughtful way to nurture your emotional relationship, your health and your romantic lifestyle.

6 Steps for Creating the Ultimate Couple's Spa Day Experience:

1. Plan Ahead: Call the spa in advance and inform them of the occasion for your romantic interlude. They will suggest ideas on how to spend your time and tailor your experience accordingly. You may even suggest having flowers or a special gift delivered ahead of time to await your sweetie's arrival.

2. Know What You Want: Before you book your couple's day at the spa, call around to a few spas and ask what treatments they have and whether they have couples specials. You will also want to select your spa with services you really want. For example, if you know your sweetheart has a desire for BOTOX or a Laser Peel, you will need to schedule your special spa day at a Medical Spa rather than a traditional European spa. You may even want to personally visit a few spas and choose the one that you think you both will enjoy the most. You want to spend your money wisely, but you also want to find the perfect spa, even if it costs a little more for the two of you than the others.

3. Package Your Day: Ask about what special packages they offer for couples. With advanced notice, most spas can provide a uniquely romantic setting for couples to spend time together. Ask if they have a couple's room, or if you can be in the room together for some (or all) of your treatments. Many spas offer couples packages and may allow you to spend the entire pampering session together.

4. Know When To Splurge: When it comes to visiting spas, there are a few signature items that are a must for every spa visit. When scheduling your romantic spa day be sure to include the facial, massage and any other signature treatment the spa director recommends. You'll be surprised how great your face feels once it has been thoroughly scrubbed and moisturized, and you'll look even

better than when you went in. Plus, your beloved is sure to want a facial too, so book one for each of you.

5. Plan For Relaxation: You'll both feel healthier and more relaxed after a visit to the spa. So when you leave the day spa, you'll want to prepare for a relaxing rest of your special day. You'll feel great, and you'll probably want to go home and just hang out and relax together. You'll feel closer as a couple, because you have made the effort to connect and do something special together.

6. Make It A Tradition: If you decide to book a couple's spa day, be prepared to continue this as a gifting tradition in the future, and to even treat yourself to a gift every once in awhile. You may find that a little pampering every few months is one of the greatest gifts you could ever give to your loved one, and investing in each other is important to both your relationship and your health.

A romantic spa day for two is a creative and ideal gift to give your sweetheart. Many people might picture jewelry, perfume, lingerie, or maybe a night out to a fancy restaurant when they think of a romantic gift; however, one of the most romantic gifts you can possibly give is a day at the spa for the two of you. Your special someone will think it's a great idea, love the fact that you came up with something original, and appreciate your thoughtfulness. On top of that, you too will enjoy spending time at a day spa with your love.

When you are looking ignite the flame of romance in your relationship perhaps your answer is creating intimacy through quality time. Any time shared at a spa encounter can be a fantastic opportunity to get close to the one you love and to spend some quality time together. As a couple, you'll experience heightened intimacy while taking care of your bodies and minds together.

For more information about the different options available for creating your own spa day for two, or to view the many options of individualized spa services offered, visit www.redmountainmedspa.com for more details.

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Christina Jordan is a writer and the Marketing and Public Relations Director over all the Red Mountain Med Spas and Red Mountain Weight Loss practices across Arizona. She has strong passion for educating others about healthy spa living and weight loss as she has personally lost over 75 pounds, slimmed down from a dress size of 20w to a dress size of 6, achieved optimum balance in her lifestyle in less than a year on the Red Mountain Med Spa programs.

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