

# Post-Holiday Blues?

## ***Nourishing Body Treatment is Just the Ticket***

Winter is an especially good time for a Nourishing Body Treatment at Constellation Spa.

Southern California winters may be mild compared to the rest of the country, but that doesn't mean we don't have our issues. Our winter climate may lack the snowy blizzards of the east, but our winters here are particularly dry. That often results in rough, red, cracked skin that can feel painful and look dull.



Constellation Spa's Nourishing Body Treatment is a fifty-minute, full body treatment that addresses the problems caused by lack of moisture so common during the winter months.

As you relax on a massage table, your skin is exfoliated by brushing the body with Gomash (a soft peel), then using a loofah to remove dead skin cells. Freshly exfoliated skin is more receptive to the next step—hydration. A special hydro gel, which infuses moisture deep into the skin, is then applied for overall hydration. Next, a concentrated plant extract, Shea butter, is massaged into the skin, sealing in moisture and leaving your skin silky and radiant.

The triple benefits of exfoliation, hydration and nutrition are the perfect antidote for dry winter skin. Call Constellation Spa at (760)373-0044 and treat yourself to a Nourishing Body Treatment. It's a great way to get rid of those post-holiday blues and face the rest of the season with soft, smooth radiant skin.