



Remedies Day Spa The ...assage Factor

Remedies Day Spa was founded by Licensed Massage Practitioner, Jennifer Krack. Due to her professional background, she wanted to create a Spa that was influenced more by massage and bodywork, rather than cosmetology and esthetics. By surrounding herself with familiar people she had worked with for years, the transition into the Spa industry was made easier.

Massage therapy is a widely unregulated field; though many states require practitioners to be licensed, not all of them do. The State Boards in those states that are regulated are generally therapist-friendly, and the laws relating to massage are not terribly strict.

The State Boards that regulate Cosmetology and Esthetics are a completely different ballgame with specific restrictions on the practice. For this reason, Jennifer faced a challenge in creating a Spa that not only gave her creative control to develop Remedies into a full service spa, but also would work in accordance to the strict regulations placed on the field. When faced with these obstacles, Jennifer came up with the perfect solution: she trademarked the treatments "Fassage™", Mannassage™" and "Pedissage™." Her originality and massage background evolved into a new massage-inspired twist of the more common facial, manicure and pedicure treatments. And her clients were delighted by the unique services available at Remedies.

The Fassage™ is comprised of 5 steps. The first step is a "circulation scrub"; different from exfoliation, this is designed to bring the blood to the surface of the face and stimulate circulation. The next step is an egg and honey mask with lavender, this is applied cold – these ingredients are thoughtfully chosen to build up protein and flush away the blood that came to the surface of the skin. This vascular flush affects the whole body through the face. Step three is a paraffin mask that heats the skin, again drawing the blood to the surface. A cool toner comes next, flushing away the blood again and is followed by a homemade mayonnaise moisturizer which is massaged on, relaxing the muscles of the face.

The Manissage™ and Pedissage™ treatments start with a warm water soak for the hands or feet in a basin filled with herbs and essential oils. After circulation scrub with either salt or sugar, a wrap with whipped cream and honey is applied. A hot paraffin wrap brings the blood to the surface and the treatment is topped off with a soothing massage of the hands or feet. A complimentary polish change is also available with this treatment!