

Hand & Stone Massage and Facial Spa: Resort-Quality Services with Affordable Rates

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Relax, refresh, restore - necessities for any hardworking adult today. The stresses of dealing with hectic demands in any given week take a toll on the body, mentally and physically. In recent years, many people have learned that regular massages and facials can be a quick, easy and enjoyable solution to counteract some of that stress.



"Massages also have a significant impact physiologically," said Maggie Brown, regional developer of Hand & Stone Massage and Facial Spa in Arizona.

In fact, good massages have proven to help in a variety of other areas including: pain management; improving circulatory system and reducing blood pressure; stimulating the immune and lymphatic systems; and purging toxins from the body.

Regular facials also demonstrate similar benefits beyond the traditional "feel-good." A facial can set the path for better skin by clearing out dirt and toxins in clogged pores. They can help with clearing up blemishes, acne and uneven skin tone, which can help boost self-esteem. Not to mention, a facial is just like a mini-massage - it will leave you relaxed and refreshed.

Luckily, these services are becoming more affordable with the introduction of neighborhood spas like **Hand & Stone Massage and Facial Spa**. These spas are designed to bring the resort-quality services and ambience to convenient locations with affordable rates. Better yet, Hand & Stone also offers a contract-free monthly membership, making it easy to get into a routine of regular treatments without feeling pressured.

At Hand and Stone Massage and Facial Spa, the certified massage therapists and licensed aestheticians are trained in making that stress dissolve right away. Whether it be a massage, facial treatment or waxing service, the staff creates an environment so relaxing that leaving will be the most difficult task a client faces. Each treatment is tailored to fit the individual need. Because everyone is different, the treatments are customized - ranging from hot stone to pre-natal massages, professional waxing and various facial services such as cleanings, facemasks, peels and extractions.

More consumers are taking notice of the advantages that professional spa treatment gives. The health and wellness industry has been steadily growing over the last several years and is now a more than \$12 billion dollar industry in the U.S. As a result, opportunities for franchise investment are prime. Particularly in markets like the metro-Phoenix area, where residents are early adopters of anything centered around health and positive lifestyle, an investment in a health and wellness industry is a good venture.

There are five Hand & Stone Massage and Facial Spa locations in the Valley, including Scottsdale, Paradise Valley, Ahwatukee, Anthem and Goodyear.

For information about any of the spas, services or to schedule an appointment, visit www.handandstone.com. For more information about franchising opportunities, contact Maggie Brown at maggielbrown@cox.net or 480.991.5100.