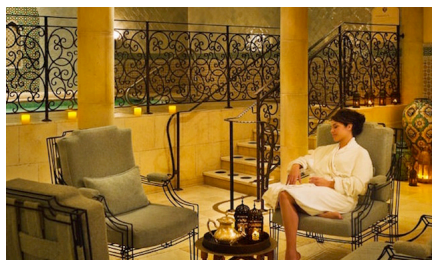


Trendiest Spa Treatments in the Valley

Written by Kendall Reaves
Monday, 07 August 2017 14:01 -

Trendiest Spa Treatments in the Valley



Spa days have become anything but standard. Stevie White, the spa director at Joya Spa at the Omni Scottsdale Resort & Spa at Montelucia, shared why naturopathic healing treatments have become the latest way to upgrade your spa day.



Specialty services such as B12 shots to IV therapy to cupping are only of the few treatments out of many offered at Scottsdale's Joya Spa. White recommends to come in with an open mind; yes, they do offer the usual massage and hot rock treatments, but the spa's main focus is holistic healing.

Dr. Lauren Beardsley is a certified naturopathic physician named Arizona's "Top Doc of 2012, by Phoenix Magazine. White explained that the secret is out; when booking an appointment with Dr. Beardsley, the in house naturopathic doctor, you also get free use of all the spa's amenities, a true testament to the spa's mission of total wellness.

Now for the most recommended service of the spa by White? That would be the IV therapy.

"IV's are the most powerful if you can make the jump in trying them out. They give you incredible energy flow, leaving you feeling renewed," says White.

The liquid IVS are full of vitamins including, B12, B6, vitamin C, and antioxidants. You can pick and choose what type of IV therapy best meets your needs. The spa offers IV treatments to be on the lookout for including: Detox, Athlete, Recovery, Energy, and Immune. You can also build your own mix of nutrients for a custom IV treatment tailored to your body's personal needs.

Each IV therapy session lasts from 45 to 60 minutes and cost \$195 per guest. Custom options are an additional \$45 per guest.



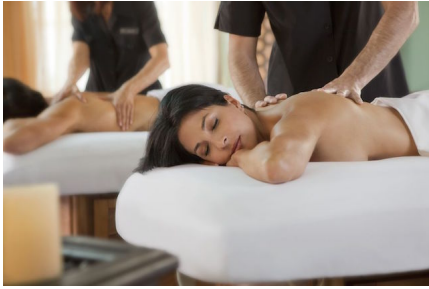
On top of IV therapy, another popular treatment at the spa is cupping. Cupping treatments is an ancient healing practice where therapists put special cups on your skin to create suction. The therapy is used to release toxins and make the blood flow. The goal is to break up built-up muscle tension and toxins in the body. If you are looking for something to quickly start some detoxing, this may be for you.

White always tells all guests to be aware, that this type of therapy does leave circular marks on the skin that can last up to a week.

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The final popular treatment to explore on your next spa day is acupressure. White explains the technique is very similar to acupuncture, except no needles are used during this session. Instead, therapists focus on the use of essential oils and pressure points. The technique is focused on relieving pain, toxins and loosening muscles.

White explains that this is more or less an energy-based service that is just as effective as other physical services offered. Both cupping and acupressure treatments are available by reservation and cost up to \$195.

Currently, the spa is incorporating their summer daily specials, the Joya Summer of Spa, that lasts until the beginning of September. You can check [online](#) or visit the Joya Spa at the Montelucia to find out more information on all treatment packages included.