

TIPS FOR MAKING THE MOST OF YOUR DISNEY SPA TIME

- Arrive on a semi-empty stomach. Drink plenty of water afterward which will help in the removal of toxins released during your treatment.
- Show up 15 to 20 minutes early. This will allow time to check in, don your robe, sip a cup of tea, and have quiet time before your treatment. Better yet, arrive one hour early and enjoy a pre-treatment whirlpool.
- Be comfortable. It's not necessary to remove underclothing if it truly makes you uneasy; your masseuse is able to do their job either way. But you'll certainly receive a more thorough treatment with clothing removed. Remember that therapists go to great length to maintain guest modesty and only small parts of the body are exposed at one time with the rest of you well covered with a sheet or towel.
- Communicate any trouble spots before your treatment begins. Let your therapist know if you have any sensitive areas or whether you like soft or firm pressure. During your treatment let he/she know if they're talking more than you care for (a good therapist will take their talking cue from their client), or if the temperature or lighting in the room is to your liking. After all, it is your treatment, and it's essential that you receive what you are looking for.
- Feel absolutely no pressure to buy spa products that your therapist will more than likely try and sell. On the other hand, some of the best products I've found have been from my spa experiences.
- Relax and be open. After just one treatment you'll more than likely be hooked on this pleasurable experience.

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