



The Benefits of Massage

with **Salt Stones** and **Dry Brushing**

at Chico Day Spa!

Laura Kehoe Hayward, Spa Director

In the world of wellness, ancient practices are being rediscovered to meet the rising needs of an industrialized, tech-saturated populace. Two such practices—massage with salt stones and dry brushing—are gaining popularity for their holistic benefits. These therapies not only promote relaxation but also offer a range of health advantages for the skin, body, and mind.

SALT STONES

The stones made from Himalayan pink salt, particularly, have been used in therapeutic practices for centuries. When heated and used in massage, these stones provide a unique experience that combines the benefits of salt with the therapeutic effects of massage.

1. **Detoxification**— Himalayan salt is known for its detoxifying properties. When used in massage, the warm stones help draw out toxins from the body. The salt's natural minerals can help balance the body's pH levels and promote better circulation, aiding in the removal of impurities.

2. **Relaxation and Stress Relief**— The warmth of the salt stones penetrates deep into the muscles, helping to relieve tension and stress. The soothing heat, combined with the massage, promotes relaxation and can reduce anxiety. The minerals in the salt also help to promote a sense of calm, making it an excellent treatment for those dealing with stress-related conditions.

3. **Skin Exfoliation and Rejuvenation**— The slightly abrasive texture of salt stones provides a gentle micro-exfoliation, removing dead skin cells and leaving you with that extra refined “glass-skin” feeling. The minerals in the salt also nourish the skin, and promote a healthy glow.

4. **Improved Sleep Quality**— Massage with salt stones can help regulate sleep patterns. The relaxation induced by the treatment can lead to better sleep quality, making it a great option for those suffering from insomnia or other sleep disturbances. Minerals can potentially address ailments such as cramps and aid in sleep improvement.

5. **Enhanced Immunity**— The detoxifying effects of salt stones can also support the immune system. By aiding in the removal of toxins and promoting better circulation, the body can more effectively fight off infections and illnesses.

DRY BRUSHING

Dry brushing is another ancient technique that has been revitalized in modern wellness routines. This practice involves brushing the skin with a natural bristle brush, typically before showering, to stimulate the skin and promote overall health.

1. **Lymphatic System Support**— Dry brushing is known for its ability to stimulate the lymphatic system, which plays a crucial role in the body's detoxification process.

2. **Exfoliation**— Like salt stone massage, dry brushing is an effective way to exfoliate the skin. The gentle yet firm brushing removes dead skin cells, promoting smoother, softer skin. Regular exfoliation also helps prevent clogged pores and reduces the



and help shake off feelings of fatigue.

Chico Day Spa offers a Salt Stone and Dry Brushing combination in three of their treatments, followed by body oil or a goats' milk body butter moisturizer. The combination leaves the skin feeling silky smooth, and the body and mind refreshed, re-mineralized, and ready to face the autumn changes in weather. This is especially important here in the Northern Rocky Mountains. These modalities are especially wonderful to add to our routine at this time of year or indulge in at a

spa as a special treat and help you to face the change of season with excitement and readiness. ■

occurrence of acne and ingrown hairs.

3. Improved Circulation— The vigorous motion of dry brushing stimulates blood flow, which can help improve circulation. Better circulation not only supports the body's detoxification processes but also promotes healthy, glowing skin.

4. Cellulite Reduction— Dry brushing is often touted for its potential to reduce the appearance of cellulite by stimulating the skin and underlying tissues, notably the fascia. Weakened skin and fascia let fat deposits trap and dimple. Keeping the skin and fascia smooth, healthy, and strong can help reduce cellulite, along with ample protein in the diet to support the cell structures.

5. Invigoration and Energy Boost— Dry brushing is invigorating, providing a natural energy boost. The stimulation of the skin can awaken the senses

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