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EXCEPTIONAL SERVICES

While European facials and Swedish massages are still the most requested services on most day spa menus, new and inventive services are always being introduced to pique the interest of consumers. Whether this means offering a novel twist on a standard service or introducing a totally new concept, the spa industry is proving to be a lush, fluid culture that's continually evolving in exciting ways.

On a recent quest to find out what's new in the world of spa, *DAYSPA* pinpointed 9 new services from day spas around the country. These exceptional treatments deliver results as promised while providing a new dimension in the spa experience.

By J. Elaine Spear



Ummelina International Day Spa & Global Remedies • Seattle, WA • www.ummelina.com



Pregnancy Pedi-Kur

75 minutes, \$75

As pregnancies progress, expectant mothers can suffer from swollen calves, ankles and feet; aches and pains in the lower extremities; and dry, cracked skin. But can a "pregnancy pedicure" really help alleviate these symptoms? You bet!

"We pay attention to issues that women commonly experience during pregnancy," says owner Nina Ummel. "Because they can easily overheat, we skip a warm paraffin dip in favor of a cool globe treatment. We also have a massage protocol that moves fluid up the leg while avoiding pressure on areas around the ankles that can induce early contractions. The Pregnancy Pedi-Kur uses a proprietary cuticle softener that contains no chemicals of any kind, and we omit polish (unless requested) in favor of buffing the nails to a healthy sheen and using a white pencil under the free edge to create a natural French pedicure."

Ummel also notes that only pregnancy-friendly essential oils such as rose and lavender are used. As an added perk, the Pregnancy Pedi-Kur is done in a private treatment room that's equipped with a deluxe facial chair. (Products used: Ummelina)