

Title Options:

What You Should Know Before Visiting a Spa

5 Spa Etiquette Practices To Know

Practicing Spa Etiquette

A Quick Guide to Spa Etiquette for First Timers

Your first time indulging in a spa treatment of any kind is such a treat, however, spa etiquette, tipping, and treatment options are all important factors when visiting a spa. Now, let's make your first spa experience a great one!

TIME

Time is of the essence when it comes to booking your spa treatment. Most spas will have an online portal for you to book your appointment. Some spas may have you call to book as well. When selecting your appointment time be sure to give yourself enough time to get to the spa at least 15 minutes before the actual appointed time. No one likes waiting on someone late, plus being late will cause you to be in a rush and not relaxed and ready for the scheduled treatment.

Some spas may even charge you a late or a no-show fee if you cancel at the last minute or are late a certain amount of time. Always read the spas cancellation and time management policies to avoid these fees. The benefit of being on time allows you to fill out any needed paperwork and be ready to walk straight into the treatment room. Remember to always be courteous of others' time.

SPA ETIQUETTE

Spa etiquette is a very important part of any spa visit you may have planned soon. Once you are called back for your treatment remember to pay attention to all signage and important policies that are displayed. Avoid using your cell phone and turn it to silent — remember this treatment is for relaxation and your self-care needs, so disconnecting is a must. It is important to be mindful of other guests and avoid loud chatter.

Be sure to let your spa professional know if you need anything or have any sort of special request or complaint. They would rather hear it from you and address them there, instead of reading about it online. If using any robes or towels be sure to be respectful of the spa treatment room and lay them down where needed instead of throwing them in a heap. It's the little things that help here.

Most spas do not allow children so be mindful of this policy and make arrangements for childcare if needed. Lastly, if you have any questions or concerns about your treatment ask your spa professional who will be performing the treatment on you. This is critical as they should be able to address any concerns and ease any anxiety or nervousness you may have going in.

TIPPING

Tipping your spa professional post-treatment is so important. Just as you would tip your hairstylists, waitstaff, so you should with your spa professional as well. Most suggest you add at least 15% of the price of the services rendered, but it can be more at your discretion. Take into consideration that this is their livelihood and that they have not only received specific training for the services they offer, but gratuity is your way of thanking them for a job well done.

FACIAL TREATMENTS

Spa etiquette for facial treatments begins with scheduling your appointment a few days before a big event or social gathering. This gives your skin time to heal and look its best before a big debut. Some facial treatments take time to reach their "peak skin" so be sure to schedule adjacent to your event. Also be sure to obey the at-home instructions given to you by the professional, to ensure the best results for your skin. This may mean avoiding makeup, sun exposure, or minimizing your daily skincare routine for a few days.

The professional will examine your face and discuss with you the treatment steps and protocol along with what issues you want to address. Feel free to share any skin concerns you may have. Answer all questions truthfully to avoid any skin mishaps. Some professionals may even ask you to list out your daily skincare regimen so that they can accurately treat your skin concerns.

Honesty is the best policy here. Lastly, remember to use some breath mints or brush your teeth pre-appointment time, as you will be close to your facialist.

BODY TREATMENTS

Building up to body treatments is easy once you've experienced the spa with a facial or two. You now know you want to dive in for more, so maybe consider starting with a body massage or a sauna experience. You can also always ask the front desk or spa professional what they would recommend first, as they usually can point you in the right direction based on your needs.

With body treatments you may be asked to disrobe or uncover certain areas of your body for the treatment, so be sure to ask your professional the policy. Remember that they are here to guide you through your experience.

Spas offer a myriad of body treatments from waxing, lymphatic drainage, body wrapping, and so much more. A body massage can be the first step to becoming comfortable with body treatments and is an easy way to relax and relieve tension within the body.

Once you are comfortable with all your spa has to offer it's time to book your first treatment. Remember to follow all the spa etiquette rules like tipping, time management, and asking questions, and most of all go ready to relax!