

HEAD-TO-TOE HEALTH

"Healthy" tends to get a bad rap. With these three trending treatments for whole-body wellness, we'll have you reconsidering your opinion of the word. by Alyssa Morlacci & Lyssa Goldberg

REFLEXOLOGY

Our feet: perhaps the last body parts we consider paying some attention, even though they carry us through workouts and strap into heels with minimal complaints. It's time to offer them relief, and for more than feel-good reasons. During reflexology treatments, therapists target pressure points in the feet to alleviate stress and anxiety. These areas are also believed to correspond with organs, increase metabolism and energy levels, and treat some medical conditions. Spas concentrating on reflexology, like Flourish Massage in Palm Beach Gardens, are becoming increasingly popular and offer quick, 30-minute sessions perfect for fitting in during a lunch break.

Flourish Massage, Palm Beach Gardens; pgacommons.com

Other Reflexology Practitioners:

Four Elements Reflexology & Wellness Spa; 4elementsmassage.com

US 1 Massage and Spa, Port St. Lucie; us1massageandspa.com

FASCIAL STRETCHING

Stretching is the new massage. This is according to Sharon Curry, a health coach, Pilates instructor and fascial stretch therapist who owns South Florida's Etain Healthy Living. There, she helps clients with everything from planning their diets to touching their toes. The idea behind fascial stretching is to rehabilitate scar tissue created from repetitive movement—or lack of movement. Anything from a workout without variety to sitting for a long period of time can cause damage to the fascia, which is the body's internal lining connecting organs, muscles and bones. So, instead of focusing on a trouble area like a massage might, Curry assists clients with stretches that address an entire network of muscles, joints and ligaments. "You cannot isolate a muscle—everything is connected," she says. In addition to addressing areas of discomfort, Curry says this stretching method can also help with weight loss, trouble sleeping, stress levels, posture, flexibility, surgery prevention and recovery.

Etain Healthy Living, Boca Raton; etainhealthyliving.com

Similar Practices:

Stretch Zone Treasure Coast, Stuart and Port St. Lucie; stretchzonetreasurecoast.com

Body & Soul Wellness Center, North Palm Beach; bodyandsoulusa.com

FACIAL

Take care of your largest organ: your skin. Treatments like the Optimal Skin ProFacial at Acqualina Resort's five-star ESPA Spa will help you do just that. Expect more than a glowing look—the experience also offers long-term health benefits to visibly revitalize dull, dry, dehydrated and stressed skin. Developed by skin care experts at ESPA, the three-step system helps restore balance to the skin's natural processes. First ESPA's ProCleanser gel, worked into the skin with a Clarisonic brushing tool, acts as an all-in-one cleanser, exfoliator and mask. Next ProSerum facial oil is applied using a pressure-point massage, and finally, hydrating ProMoisturiser will lock in all of the benefits. The facial treatment is customized to fit your skin care needs throughout, even going so far as to include a blind sensory test, in which guests choose between products based on scent—to see if their bodies naturally desire what their skin type requires.

Acqualina Spa by ESPA, Sunny Isles Beach; acqualinaresort.com/luxury-miami-spa/

Other ESPA Spas:

The Seagate Hotel & Spa, Delray Beach; theseagatehotel.com/spa-fitness/

Eau Palm Beach Resort & Spa, Manalapan; eaupalmbeach.com/explore/eau-spa/

