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<http://ocsocialscene.com/2012/05/spa-secrets-for-men-only/>



For Men Only

The Top Four Concerns Men Have At A Spa....

1) People They Don't Know Touching Them

This can be a big concern for men, and the best suggestions I can offer are these: a) Make a request at the time of booking the appointment for either a male or female Therapist. Sometimes that helps reduce the uneasiness. b) pretend you are going to the doctor---and think of them as the professional. c) Have a glass of wine before going to the Spa. (However only one if you plan to go into the sauna.)

2) Getting Naked

For some men disrobing is very uncomfortable. The Spa typically has a private dressing room if you would prefer to use that by all means do that. For the sauna you can wrap yourself with a towel around the waist, or wear swim trunks. Not a problem. Also know that you will be covered at all times with a towel during your treatment.

3) Wearing A Robe In Public

Some men feel very awkward walking around with others they do not know. I have discovered the reason why---they are afraid the robe will open up unexpectedly! So here is the trick----take an extra towel and wrap that around your waist and then place the robe over that. This way you are ready to go when you want to step into the sauna, and should the robe slip open you will not feel compromised.

4) Relax....What Is That?

Remember this is “your down time”--- so bring a good book or magazine and carve out some time to just relax and do nothing. No phone, just you and your thoughts. Imagine that? Enjoy!