



les nouvelles  
*esthétiques* & spa

AMERICAN EDITION

LNE & Spa—the magazine for skin care and spa professionals June 2019 \$7.50

# JET LAG *Recovery*

Help your clients  
combat the  
physical and  
mental effects  
of travel

by **Carrie Borzillo**

With vacation season in full swing, top spas around the world are helping travelers combat the effects of jet lag that wreak havoc on one's mental and physical health. From hypnosis and aromatherapy to restful rituals and zero-gravity chairs, five luxury spas are offering innovative treatments to help busy travelers recover from such jet lag symptoms as insomnia, general malaise, stomach issues, and more.

• **The Road Warrior Reset**

The Road Warrior Reset (\$175, 60-minutes) is part of Upgrade Labs at The Beverly Hilton in Beverly Hills, California, a health and fitness retreat offering high-tech experiences for the brain and body. This custom experience is suited for before or after travel to help quickly eliminate jet lag, overcome travel-related stress, boost the immune system, and ensure a great night's sleep.

"The Road Warrior Reset is an efficient package for rapidly overcoming jet lag; however, it provides massive benefits beyond eliminating the effects of time zone travel. The most notable is the radical immunity boost, which comes in handy for anyone who's been burning the candle at both ends, under consistent stress, lacking sleep, pursuing an athletic goal, or feeling a little under the weather," says Amanda McVey, VP of experience and programming for Upgrade Labs.

The treatment includes three services in one: cryotherapy, infrared sauna, and The Big Squeeze, which also includes Breathe EZ and Longevity Light. The jet lag issues that cryotherapy helps with are sleep, energy, swelling, and overall immune function. The infrared sauna helps to detox, improve circulation, improve sleep as well, and increase energy and cell health. Lastly, The Big Squeeze is a compression treatment to massage the lymphatic system, which helps to detox, improve oxygen and blood flow, boost cellular energy, and more. The latter is combined with the Breathe EZ, a water vapor device that helps repair cells, and a light treatment that targets fine lines, skin texture, and facial tone.

• **Jet Lag Recovery**

The Jet Lag Recovery at The Spa at Auberge Beach in Fort Lauderdale, Florida not only appeals to executives with busy lifestyles who are constantly multi-taking and jet-setting their way through life, but also to anyone who's feeling sluggish, sleep deprived, or in



need of a reset. The treatment is designed to reset the mind, hydrate the skin, and balance the body.

The treatment begins on a zero-gravity lounge chair, which completely reclines the guest in a position that brings their legs above their heart for maximum circulation. "The recline position of the zero gravity chair helps to distribute your weight across the chair, which in turn relieves stress on the body and allows the mind to relax with a feeling of weightlessness. The position promotes circulation in legs and aids in reducing swelling," explains spa director Linda Higgs.

The client's eyes are covered with a silk eye pillow filled with lavender to compress the overstimulated sense of sight. "We then conduct an aroma inhalation ritual with peppermint essential oils and place the meditative headset as the binaural sounds soundwave therapy guides them into meditation. We then conduct a steam towel foot massage with a mixology of reviving foot balms and essential oils, followed

by the 10-in-10 mini facial which includes a cleanse, peel and deep hydration, as well as an eye mask, and a deep shoulder and neck massage," continues Higgs.

For maximum relief, the spa recommends this treatment within one to two days of flying, after a poor night's sleep, or anytime the body and mind need a reset and rebalance.

• **Hypnotherapy**

With sleeping issues (i.e., insomnia at night, sleepiness during the day, and time zone adaptation) being one of the most prevalent symptoms of jet lag, Spa Aiyana at Carmel Valley Ranch in Carmel Valley, California is offering customized Hypno-Health & Wellness services that focus on achieving a deeper, sounder sleep.

Not only can hypnotherapy help with sleep issues, but it also helps with other jet lag symptoms as well. "Sleeping in tune with your own body's circadian rhythm helps with recovery and with being present during wak-