

Wellness 30/04/2010

## Bali Spirit Spa Treatments and Advice to Care for Your Skin and Body

With winter behind us, and in preparation for spring, Bali Spirit Spa brings us a series of treatments and gives advice on how to care for our skin and body via unique and natural methods.

Bali Spirit Spa &bull; Lounge &bull; Hair helps us combat the effects big city pollution provokes. It would be great if we could savour one of the best therapies, breathing in pure air, but as we all know, air purity decreases in large urban areas. Constant and aggressive changes in temperature also bear down upon us, which instead of cleansing toxins, damages our skin. The recently finished winter has had negative effects on all of us to varying degrees. What's more, Barcelona also has extremely high humidity levels, which leads to drier and more opaque skin.



It is our duty to exfoliate, moisturise and nourish our skin, preparing it not only for the change in season, but for the new temperatures that are just around the corner.

It is extremely important that we drink two litres of water a day, remove all make-up before going to bed and moisturise daily. Yet, first things first, we need to "cleanse, regenerate and prepare".

At this time of the year, we recommend yogurt, lemon, honey and sugar crystals; thus we suggest you try our "Lulur" treatment, which begins by calming your body, lowering your shoulders, un-clenching your neck and lightening your legs and arms with a Traditional Balinese massage, followed by an exfoliation with rice and seven types of spices, a yogurt wrap, a natural-flower bath, a cup of ginger tea and, lastly, a moisturising treatment with milk and a mixture of fruits, selected to meet your skin's needs. To round everything off, don't forget your face, neck and chest. We hereby propose our also ecological Facials, which are adapted to your skin and, at this time, include brown sugar to leave your skin clean, healthy and young-looking.

Reserve a session at Bali Spirit, place yourself in the hands of our consummate

professionals and observe and enjoy the difference.

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