

# TALEGA DAY SPA AND DANA POINT BODYCENTRE

• Stressing - Out the Natural Way

**S**tress is the silent partner we all carry within us on a daily basis. Stress-producing realities have been a part of man's existence, from the raptor lizard chasing him down for the next meal, or the Interstate 5 freeway at rush hour. Within our bodies stress thrives, pecking away at our nerves, our heart, our health, and our youthful look and vigor. Emotional and mental stresses left untreated become physical "dis-ease."

The majority of us are blind to the causes and symptoms of stress or have little control to make the changes in our lives to live a less-stressing lifestyle. Many people resort to alcohol, tobacco, overeating, overworking, or taking drugs to deal with life's stresses. These solutions mask the stress itself, and in time headaches, back and joint pain, muscle tension, or malnutrition take hold and doctors take over. Bodies age before their time and stress symptoms often lead to sickness, disease, and death.

Working in the construction world, I have first-hand experience with the average guy who abuses his body and succumbs to stress. Men tolerate pain and neglect their bodies, beating their bodies up, absorbing stress like a sponge. Many women fall prey to similar patterns. Modern women suffer their share of abuse and bodily neglect brought on by society's pressures and obligations.

Three years ago, I tagged along with my wife to a convention on skin care and wellness that changed my life forever. My hands were worn and calloused, my fingernails were a mess and my skin was weather-beaten. My feet ached to the point of exhaustion to my whole body.

My male peers would have scoffed if they knew I was talked into Spa manicure pedicure demonstration treatments. My nails were trimmed and cleaned, my legs and arms massaged in sensual oils, scrubbed with exotic salts, and wrapped in mud that magically tin-

gled my senses. When finished, the procedure not only restored my hands and feet to a brilliant shine and renewed look but it untangled my bodily tensions. I felt like a new person. It took me 50 years of neglecting my body to realize what I had missed. A sense of "well-being" overcame me, and I learned the important lesson of self-preservation and self-giving.

The event was a turning point in my life. I launched into a new career with my wife promoting this wellness craving to my fellow man.

We began a journey worldwide in search of practical tools that promote body wellness and health, stress management and reduction, and mental relief. We created Talega Day Spa in San Clemente, and the Dana Point Bodycentre, both providing a caring atmosphere indulging the body and mind.

At Talega Day Spa, we embraced a stress-reduction tradition known to man dating back to 400 B.C. by the Etruscans. History tells us these early

Romans used mineral waters, muds, and olive oils to treat their bodies and skin. Known as Terme Spas, traditions consisted of basking in volcanic springs, body scrubs to purify the skin, and massage to relax and relieve tension. This practice still thrives, as men and women of modern Italy believe in taking care of themselves this way. At Talega Day Spa, those traditions are embraced in the treatments, services, décor and ambiance.

Massage, skin care, and body wellness services are effective stress-fighting tools utilizing natural products of the earth that have healed and nurtured humans for thousands of years. Give yourself a gift of wellness, and learn to Spa. ■

— Jeff Ferrier

