



Susan Anthony secures a steam canopy over Monica Bach after applying a mud mask to her skin. The steam treatment has detoxification and rejuvenation benefits with therapeutic herbal infusion added for specific needs. Afterward the mud is easily removed because it has an oil base, revealing a soft and supple skin.

Photography by Gemma Oird

# Restoring vigor and vitality

## Luxurious treatments nourish mind and body

By D.J. Bice

With all the germs and bugs floating around the countryside this winter, now might be a good time to detoxify and rejuvenate your body.

What better way than with a sea salt scrub, hydrating full body mud mask, steam treatment and therapeutic massage.

"With these body treatments, we want people to destress and detoxify their

bodies and replenish and nourish their skin, the largest organ on the body," said Susan Anthony, a licensed massage therapist at Therapeutic Massage and Reiki Professionals, 753 First St., La Salle. "And the treatments also leave the client feeling calm and relaxed."

Monica Bach, 50, who lives in La Salle County, agrees with Anthony about the benefits of the treatments. She has been receiving them for four years and says she is in

perfect health.

"These treatments are part of a wellness program for me, they are about staying healthy," she said. "The sea salt scrub softens and renews my skin, and the steaming and mud mask draw out the toxins."

Bach is an independent distributor of Pepperidge Farm Bread and delivers the product throughout La Salle County. She daily lifts heavy trays of the bread, which can leave her muscles sore and

tight. A massage helps work out the "kinks" in her back and shoulders caused by the intense lifting.

### Sea salt scrubs

Sea salt scrubs use a combination of essential oils and sea salt to exfoliate dead, dry skin and hydrate the new skin to help it appear and feel younger. At Therapeutic Massage, massage therapists make some sea salt scrubs and buy others. One of the most popular is the Pomango



protocol include: restoring vigor and vitality, promoting weight loss, stimulating release of toxins, alleviating muscle soreness, relieving joint stiffness, creating soft, radiant and healthy skin and increasing resistance to illness.

“Steam bathing produces powerful therapeutic effects,” Anthony observed. “It increases circulation and lowers blood pressure and it detoxifies the body. Heat speeds up the chemical processes in the body, making steam bathing one of the simplest and most comfortable ways to rid the body of accumulated toxins. As the pores open up and millions of sweat glands start to excrete, the body rids itself of metabolic and other waste products.

“It also is great for someone with a cold because it can help with decongestion. It’s also a great stress reducer and is very relaxing.”

Afterward the mud is easily removed because it has an oil base, revealing a soft and

supple skin.

### **Full body massage**

The final step is a full body massage, which also has many healing benefits. They include loosening tight muscles and stretching connective tissues, relieving cramps and muscles spasms, calming the nervous system, stimulating blood circulation, speeding up healing from injury and illness and improving lymphatic drainage of metabolic wastes. It also improves a sense of well being and quality of sleep.

“There is definitely a feel good aspect to the treatments,” said Bach. “But at this age (50), this is about pampering yourself and taking care of yourself. It’s about reaching an age when you can enjoy life and be healthy. I recommend these sessions for anyone who wants a little pampering and wants to maintain their health.”

*D.J. Bice is the business editor at the NewsTribune, La Salle.*



[www.therapeuticmassagepros.com](http://www.therapeuticmassagepros.com)





Photography by Gemma Ord

**Left:** Susan Anthony, a licensed massage therapist at Therapeutic Massage and Reiki Professionals, places a sea salt scrub with a lavender scent on the legs of Monica Bach, who has been receiving the treatments at Therapeutic Massage for four years. Bach says the treatment softens and renews her skin.

**Right:** Anthony brushes a mud mask on Bach's legs. A variety of mud mask formulas are available, each with different healing properties. All of them are very moisturizing and nourishing to the skin. The mud mask stays on the body during the steam treatment — about 25 minutes.

Cleansing Body Scrub with a pomango fragrance. It smells good enough to eat, Anthony said. Other scrubs include Champagne and Rose, Brown Sugar and Citrus.

“Sea Salt Butter is good for people with very dry skin,” Anthony said. “It is very moisturizing.”

The overall sea salt treatment stimulates and rejuvenates the skin, removing underlying toxins and nourishing the body.

#### Mud mask

After Anthony has placed the sea salt scrub on the entire body (except the face, hands and feet), she then begins

to remove it and replace it with a full body mud mask. She uses a brush to apply the mud. There are a variety of mud masks, each with different healing properties, depending on the needs of the client. All of them are very moisturizing and nourishing to the skin. The mud mask stays on the body during the steam treatment — about 25 minutes.

#### Steam treatment

The steam treatment has detoxification and rejuvenation benefits with therapeutic herbal infusion added for specific needs.

A canopy to hold the steam

is placed over the body, up to the neck. Heat is channeled into the canopy from the end of the massage table from a hot pot on the floor, which is filled with hot water and herbal blends. Therapeutic herbal blends include lavender flowers, rosemary leaf, marjoram leaf, chamomile flowers and peppermint leaf. A cold wrap with ice packs is placed around the neck by Anthony, who stays with the client throughout the process.

“I have one regular client who falls asleep after five or six minutes in the steam canopy,” Anthony said. “It’s that relaxing.”

Benefits of the steam

#### The Ultimate (package) at Therapeutic Massage

Sea Salt Scrub  
Hydrating mud mask  
Detoxifying steam treatment  
Therapeutic massage

- Recommended at the change of each season
- Takes about 2 hours

Total cost: \$100



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