



THE URBAN SPA EXPERIENCE

## PREPARING FOR THE BANYA EXPERIENCE

### DRINK WATER

- ◆ Both before you arrive at the Banya and during your stay
- ◆ Hydrates cells including muscles, visceral tissue, and fascia and banishes bloat
- ◆ Add lemon to unclog the liver and aid movement in circulatory system

### DRY SKIN BRUSHING

- ◆ With a loofah or skin brush gloves sold at the Banya
- ◆ Opens the pores of the skin
- ◆ Eliminates toxins, proteins, and gasses that are excreted through the pores

### APPLY SKIN CREAMS

- ◆ To protect and hydrate your skin
- ◆ Recommended brands:
  - ◆ Elizabeth Arden's Eight Hour Cream
  - ◆ Burt's Bees Lemon Butter Cuticle Cream
  - ◆ Twin Labs NaPca Spray (available at health food stores)
  - ◆ L'Occitane Immortelle Cream Mask

### APPLY DEEP HAIR CONDITIONER

- ◆ To protect hair from the heat
- ◆ Deep heat activates nutrients in the conditioner to leave hair hydrated and replenished
- ◆ Recommended brands:
  - ◆ Kolesteral
  - ◆ VO5 Hot oil
  - ◆ Aubrey GPB
  - ◆ Frederick Fekkai
  - ◆ Phyto 7
  - ◆ Photo 9

### DRINK TEA

- ◆ To speed up a sluggish metabolism
- ◆ Flushes the metabolism, banishes bloat and water retention
- ◆ Teas are available at Banya including Pompadour Chamomile and Rosehip tea
- ◆ Green tea, lemon juice or EmergenC powder will work as well

Interviews may be arranged by calling (425) 451-4387.

Photographs available for download at <http://www.banya5.com/gallery/>