

## SPA RELAXING THERAPIES AND ITS IMPORTANCE

SONAL KARNIK<sup>1</sup> & SUNITA BORKAR<sup>2</sup>

<sup>1</sup>Assistant Professor, Army Institute of Hotel Management, Bangalore, Karnataka, India

<sup>2</sup>HOD, LAD college for women, Nagpur, Maharashtra, India

### ABSTRACT

We live in a world where very few people are able to maintain their peace of mind; most of us are overburdened with stress of different kinds. In such a situation there is a need for detachment. Detachment from the things that aggravate stress, hence peace of mind is essential. Stress affects us in ways that are not harmful to our mental well-being but our physical health too. Day by day, more and more people, not just in our country are realizing the importance of massages and therapies for a healthy life. **“Anything in life is possible. What the mind can conceive the body can achieve it”**. So Age cannot deny a person’s fitness level. A well maintained body is extremely essential to live a good life. In order to relive the stress here are different types of therapies available at various Spas.

**KEYWORDS:** Radiance Therapy, Breath Therapy, Soft Tissue Therapy, Foot Zone Therapy, Underwater Massage Therapy, Mud Bath Therapy