

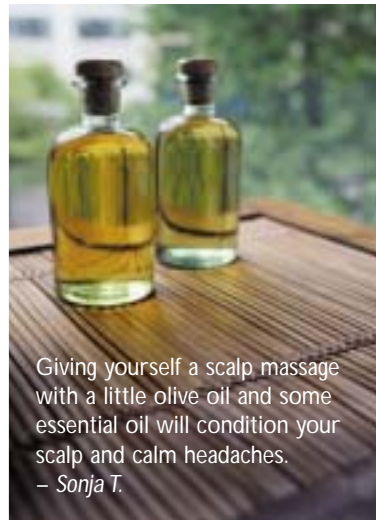
# spasecrets

Here are some of the “tricks of the trade” that have proven valuable over the years to the staff at Calista Grand.

Never go to sleep without washing off your makeup. Leaving it on can cause wrinkles and blemishes.  
– Colleen M.



Apply cold raw potato slices to reduce puffiness around eyes. – Yajaira O.



Giving yourself a scalp massage with a little olive oil and some essential oil will condition your scalp and calm headaches.  
– Sonja T.

Carry **Aveda Hand Relief** everywhere you go! Apply several times a day to keep hands hydrated and protected. – Arlie D.



Place a tennis ball on the floor. Then position your body on top, focusing on your sore areas. Roll around until you feel some relief. – Sonja T. and Celeste T.

Make sure to drink plenty of water every day. It helps to hydrate our muscles, skin and internal organs. Water also helps to flush toxins from our body, leaving you feeling more energetic and healthy. – entire spa staff

Yoga helps to promote a feeling of calmness in your mind and body. It reduces stress levels, which in turn help your overall well-being.  
– Gretchen M.



When choosing a product for the delicate skin around your eyes, make sure it is formulated especially for the eye area. Try **Dermalogica's MultiVitamin Power Firm for Eye and Lip** and get a two-for-one! – Nicole W.



Use a mask on your problem area at least once a week to prevent breakouts. Try **Dermalogica's Skin Refining Mask** or **Avance's Purifying Mask** and sleep with it on overnight. – Shelley S.



Make sure to exfoliate skin at least twice a week to prevent buildup. Exfoliation also helps to shed dead skin cells which causes skin to appear dull.  
– Gretchen M.