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NEW BEAUTY
MAGAZINE


DID YOU KNOW?

It's just as important to detoxify your body as it is your skin, especially from the inside out. While there are many different detox options to choose from, it's believed that a buildup of toxins can lead to fatigue, stress, breakouts and premature aging.

A RELAXING WAY TO
detox the body

**IYASHI BEDROCK SPA
TORONTO**

TYPE OF SPA

 DAY SPA

GOOD FOR

 DETOXIFYING
THE BODY

RATES AND INFORMATION

 Starting at \$95,
iyashibedrockspa.com

Deemed the very first authentic Japanese Ganbanyoku (bedrock bathing) spa in all of North America, this green-based Toronto spa calls the ancient tradition of bedrock bathing (popular in Japan for hundreds of years) its specialty. Bathing on hot natural stones has been used by the Japanese to treat a number of ailments, since the heat coupled with black silica allows the body to sweat and detoxify itself. Even though the spa offers only the one treatment, you can choose how you would like to enjoy it: In a traditional rock bathing room replete with 18 beds, or in the deluxe room, which contains partitions between its four beds for more privacy.

JAPANESE BLACK SILICA IS
CHOCK-FULL OF HIGHLY
CONCENTRATED MATERIALS, RENOWNED
FOR THEIR HEALING ABILITIES.



ORGANIC DETOX
Great Moods Refresh
Aromatherapy Sicilian Red
Citrus Liquid Loofah Scrub
gently detoxifies and exfoliates the skin with all-natural jojoba extracts, honey, oat bran and particles of loofah. The energizing scent of Sicilian red orange awakens your senses and balances the skin's pH.
\$11.50, greatmoods.net

THE TREATMENT

ROCK BATHING

Based on the practice of Japanese rock bathing, Iyashi Bedrock Spa's treatment doesn't utilize water, but rather heat, to cleanse, revitalize, rejuvenate and heal the body and soul. Kept between 38 and 42 degrees Celsius, and at a humidity level of 65 percent, the stone slab beds (which somewhat resemble a sauna) of polished Japanese black silica are chock-full of highly concentrated minerals. They're renowned for their healing powers and ability to emit negative ions and infrared rays, both of which are believed to improve circulation, speed up metabolism and rid the body of impurities. And as the rocks are alternately cooled and heated for a total of approximately 45 minutes, the circulatory system is stimulated to encourage the body's natural detoxification process. The treatment also purportedly helps to reduce skin rashes, smooth and soften the skin, activate your body's metabolism and reduce fatigue and stress.



Stones, which retain heat, are commonly used in massage and specialty spa treatments because they soothe and relax, and improve the flow of energy throughout the body.