



# Microspa Goes Back to the Future



Once the rich aroma fills your nose and the calming atmosphere makes you relax your shoulders, you know you have come to the right place. Whether you're on your lunch break or just want a day of pampering, MicroSpa in Apopka has everything to suit your needs; from tanning to teeth whitening, nothing is out of bounds. I guess this is why its customers call it the spa of the future.

"I've always had an interest in making people look beautiful," owner Sona Patel says. "People still want to look good and feel good. They need to take an hour out of their day to de-stress."

Patel went to law school and

practiced real-estate law. Her stressful job made her research different methods to de-stress. She always had a dream to one day own a spa, and when the Planet Beach that used to be in the same location went out of business, her dream finally came true.

Patel and her boyfriend and co-owner, Chris Deck, spoke with the landlord and came up with the concept of MicroSpa: "The All You Can Spa." After hearing many customers say they are like a spa in the future, they are changing the name to "The Spa of The Future."

Patel and Deck's research led them to an innovative self-service spa concept that is sweeping over Europe. This

approach is an affordable spa and tanning service with a focus on your skin and body's health. MicroSpa offers tanning, skin hydration, body detoxification, LED Skin Rejuvenation therapy, as well as massage and teeth whitening.

Believe me, once you experience the wonders this spa of the future has to offer, you won't think twice about taking time out of your day to stop by and relax. Customers get a pair of soundproof headphones with therapeutic music from France on a small, portable music player that travels from room to room and prevents any unwanted distractions.

Th first session I experienced

was with the Cyber-Relax Massage. This device relieves stress,decreases muscle tension, improves blood circulation, decreases harmful body toxins and reduces fatigue. The chair looks intimidating upon first glance, with separate leg and hand massagers that look like something out of a Sci-Fi movie. But once I was in the chair and the machine scanned my body's shape and posture, (yes, it customizes the massage based on your body shape with 509 massage combinations) I was feeling relaxed and amazed by the brilliance of the high-tech machine.

"It uses air pressure to kneed," Patel says. "So it simulates a deep tissue, full body massage."

PHOTOS: COURTESY C. JORDAN HARRIS

After that, I moved on to the Therasage FAR Infrared Massage, one of the most popular sessions, according to Patel. The machine looks like a simple lay-down bed with a large, rectangular heating pad that uses infrared heat, which causes blood vessels in capillaries to dilate and improve blood circulation. It targets your body's vital pressure points along the spine with a precise, relaxing roller massage that travels firmly from your tailbone to the nape of your neck. As Patel forewarned me, the first few rolls were a little uncomfortable. But after a couple repetitions, I was quite comfortable and began to relax and drift off with the soothing music in my headphones.

After this 30-minute session was over, I felt refreshed and oddly energized. The massage provides relief from back and joint pain, while improving blood circulation and metabolism, increasing flexibility, reducing stress and fatigue, promoting deep sleep and stimulating tired muscles.

One of the last machines, and most highly recommended in my opinion, was the Hydration Spa Capsule. Infrared heat and dense steam infused with nutrients and oxygen moisturize your skin and leave it feeling soft and hydrated. It looks like a giant bath capsule, but once you're inside and the lights begin to change color, you fall right asleep while taking in

the sweet aroma of the steam.

"The Infrared will actually help the heat and the steam penetrate your skin deeper," Patel says. "So your skin will come out baby super soft."

This system helps you slim down while kick starting your metabolism and burning more than 300 calories per session. If you plan on tanning at the spa, this session is perfect to do before to help keep your tan darker, and last longer.

"In tanning salons, you'll see this for pre-tanning because your tan will last longer if your skin is moist," Patel says. "Because what it's doing is encouraging the microcirculation in your skin."

MicroSpa recently received a new slimming system that burns an average of 1,800 calories in one hour. "My skin was glowing and really soft afterward, and I had a ton of energy," Patel says. "My jeans were looser, and my body fat percentage went down half a percentage point."

Patel says the system looks like a sleeping bag that's made from carbon fiber on the inside. "It outputs infrared heat... when a customer does this, they are literally draining their fat cells." The system is perfect for a last-minute event and only takes one hour out of your day.

Now, my first thought when I hear the word "spa" is, "what prices are we talking?" To help customers get the most bang for their buck, Patel and Deck have

come up with a point system, much like a gym membership, so that customers can enjoy different aspects of the spa, such as tanning, massages and teeth whitening, to name a few. Customers earn points for every session they buy and can use them for future visits. It opens up the whole place

for everybody.

Its out-of-this-world technology, calming atmosphere and creativity further proves that MicroSpa really is the spa of the future. For more information, visit [mymicrospa.com](http://mymicrospa.com) or call 407-260-MSPA (6772).  
— Karen Johnson

