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Q1 : What kind of massage can I get?

A: Your massage can be completely tailored to your needs. The basic styles we use are Swedish relaxation, traditional Hawaiian deep tissue lomilomi and Japanese shiatsu massage.

You can also opt for a sports massage. If you're getting ready for a run, you'll need a lighter warm-up massage. After a run, you'll need a decompressing massage. In between, a deep tissue sports massage will serve your needs.

You're more than welcome to choose a mix of massage techniques. You may, for example, want your therapist to start out by working the kinks out of your shoulders and upper back, and then end with a pure relaxation massage. Or you may want to focus on your neck, hands and feet for the whole time.

Q2 : Will my massage hurt?

A: No. Or rather, only if you want it to!

If you're looking for a massage that will simply relax your body, your massage therapist will use long, smooth strokes called effleurage, a Swedish technique. This kind of massage is gentle and soothing.

If you want to get rid of chronic tension in your shoulder, pain in your knee or any kind of muscle tightness, then you will get more a more therapeutic deep-tissue massage that will engage the area where you have tension. In this case, depending on your degree of muscle tension and your experience with deep-tissue massage, you may or may not experience some sensitivity. Your therapist will gladly adjust pressure to accommodate your preference.

Q3:What if I have a sunburn?

A: Not to worry: We provide complimentary aloe vera. Aloe vera relieves sunburn pain, allowing you to enjoy a smooth, comfortable massage.

Q4 : What kind of products do you use for your facial?

A: We use Phytoceane products, a branch of Phytomer. Phytoceane is made from a seaweed called jania rubens, which is harvested in an area off the coast of Brittany where France has prohibited commercial shipping, leaving the waters relatively pristine.

While we love that Phytomer plants more jania rubens when they harvest, making this a sustainable operation, Phytoceane's real claim to fame is the ionic balance of seawater within the products. Humans evolved from the sea, and the interstitial fluids of our bodies should have the same ionic balance as seawater, but the cumulative stresses of daily life leave out of ionic balance. Phytoceane helps restore skin to its natural health and vitality.

Q5 ; I have a skin condition. Will the aesthetician be able to help me?

A: Absolutely. Our aesthetician will talk to you about your concerns, then assess your skin and select an appropriate product and treatment that is best for your skin condition.

Q6:I'm coming in with my partner. Can we have our massages together?

A:Yes. You can do everything at SpaPure together: massage, facial, a soak in our couples tub, ganbanyoku stone bath and ocean massage.

Q7:How long after eating should we come in for our spa treatment?

A: Depending on the size of your snack or meal, between 45 minutes to one hour is good.

Q8 ; How early should I show up for my appointment?

A: Arriving five minutes before your scheduled appointment will give you a chance to check in and relax your body and mind while you look forward to your treatment.

Q9:Do I need to bring anything?

A : If you're receiving one of our floating treatments, you'll need a swimsuit. Otherwise, we provide everything you'll need.

Q10 : Can I specify a preference for a male or female therapist?

A: Yes — but it has to be one or the other.

Q11 ; What's the difference between shiatsu and a regular massage?

A: Shiatsu — or 'finger pressure' in Japanese — involves direct, continuous, rhythmic pressure on your muscles at the point where they attach to the bone. It requires no use of oil, since finger pressure is applied over a cotton towel that is placed on your skin.

Q12 : What do you recommend for a sore neck? Sore shoulder from surfing? Sore arm from golfing?

A: We recommend a massage concentrating on the deep tissue in the affected areas, and then either a firmer or a softer relaxation massage over the whole body to help achieve whole-body balance. For example, we might recommend spending 30 minutes on the sore area, and then another 30 minutes over the rest of your body.

Q13 ; What's lomilomi?

A: Lomilomi, or 'to knead,' is the ancient Hawaiian term for a type of holistic massage unique to these islands. As practiced today, lomilomi is a deep-tissue massage focusing on pain relief. It uses a flowing, rhythmic effleurage technique applied by the forearm, not the palm, because the forearm applies pressure more broadly.

While different families in Hawaii practice the tradition differently, they share some common ideas: First, the belief that the healing does not come from the practitioner, who simply allows universal energy to flow through him. This is why a traditional lomilomi practitioner will always ask permission from his spiritual source before beginning the massage.

Second, lomilomi is always applied with ha, or breath from the heart — with reverence.

Third, the abdomen is very important in lomilomi. Ancient Hawaiians believed that illness originated in the abdomen, causing inadequate digestion. They began by massaging the abdominal organs, and then, having released pent-up energy there, moved on to the sore areas of the body.

In ancient days, lomilomi involved spiritual as well as physical healing and was performed by a priest called a kahuna. The person receiving the treatment might have been asked to fast and drink only seawater for six days prior. The massage itself would have incorporated the use of herbs called lapa'au.

Q14:What is ganbanyoku?

A:Ganbanyoku is a Japanese word meaning 'stone bath.' At SpaPure, we call it a granite sauna.

Wearing comfortable, loose clothing or a towel, you'll lie under an herbal steam dome on a slab of specially quarried Indian granite. The stone is gently warmed to 103 degrees, releasing a very safe far-infrared energy that increases blood circulation and produces a deep, profuse sweat that flushes out toxins. Proponents say ganbanyoku also stimulates your skin's own production of youth-enhancing collagen.

Ganbanyoku's immediate results are undeniable: a clean, non-sticky sweat that you don't need to shower off, a softening of formerly stiff muscles, and skin that's radiant, smooth and shiny.

Q15: Is far-infrared light safe?

A: It is completely safe. While we get both principally from the sun, far-infrared light is different from harmful ultraviolet radiation, which can damage skin.

Q16: How does a granite slab emit far-infrared light?

A: All stone, when heated, emits far infrared light. The denser the stone, the more light it emits. Granite, being very dense, emits a lot of far-infrared light.

Our stone is made by Dailyo in Japan. It's literally state-of-the-art: We contacted Dailyo after learning that they had discovered a new source of granite in India that emits more far-infrared light than any stone ever tested.

Q17: How does far infrared light stimulate my skin to produce more collagen?

A: Far-infrared light energy is absorbed up to 3" into the skin, stimulating blood flow and delivering blood cells rich in oxygen and nutrients to the skin. The process also stimulates production of collagen, the most common protein in the body. Collagen is essential to repair damaged tissue and replace old tissue and contributes to the elasticity of youthful-looking skin.

As mammals, we receive collagen from sunlight. Ganbanyoku, which uses warm energy from high-density granite to bathe you in far-infrared light, delivers the beneficial effects of the sun's energy while eliminating the harmful effects of ultraviolet radiation, all without exposing you to sunlight.

Q18: What is ocean massage?

A: Ocean massage is a floating massage in warm saltwater. Your body is completely supported by buoyant noodles as your therapist uses the motion of your body through the water to enhance the therapeutic effects of massage.

In water, your body relaxes naturally. With the help of the warm salt water, you will relax more naturally. When you are comfortable being held by someone, with an element of trust with human support. The effect of experiencing human trust is itself therapeutic in healing. First getting yourself into that place where you have trust, support, warm salt water, already that takes you far beyond just lying on a massage table.

second, let's say being cradled in a fetal position is not your cup of tea. Floating by yourself is also comfortable. We will set noodles under your neck and body and give you a great massage. We do not hold you, but you will get a great massage while floating without being held, while someone applies pressure point therapy.

Q19 ; Why would I want a massage in a swimming pool?

A: Offering the Ocean Massage in a pool lets us control the exact temperature and salinity of the water. We warm the water to the range of your body temperature so that your muscles will relax naturally, and add special Hawaiian salts to mimic the traditional healing properties of the ocean.

In this relaxed, buoyant state, your therapist can help you achieve better stretches and use your body's flowing movement through the water to enhance your massage for a more soothing, therapeutic experience.

Q20 : How do you do a massage in a swimming pool?

A: Providing a massage in a pool is an interesting experience. We begin by simply standing and holding each others hands while taking a few deep breaths together. This begins to establish a gentle, 'heart-connected' awareness for both the therapist and the client. Then, the art of 'Allowing' begins. We 'allow' you to fall back into our arms. One hand cradles your neck while the other supports your legs. However, we do not lift or hold your weight. That would be heavy and tedious. You will float, and we use minimal effort to maintain your spine in a neutral position, with the water level below your chin.

Then, we pause. We just breathe, effortlessly supporting your totally relaxed body. Then, the fun begins. We'd like to swirl you into some swinging stretches, but, we can't lift you. We have to suggest things like, with our arms, we 'suggest' that your legs bend into your chest. With your legs bending into your chest as we twist widely from our left to our right, several interesting weight changes happen. Your head rises as your lower body sinks; where is your neck? Are you holding it? We hope not. It is our job to adjust our forearms, back-of-hands or front of hands in such a way that you can remain relaxed while your body is changing positions. That was one half of a twist.

Next, the other half; we return from our right side by swinging you over to our left side. This takes time, about ten seconds per side, because we are always 'allowing' and 'suggesting' your movement. We are not forcing your stretches. Gradually, your body achieves some momentum, which we follow. Then, at whiles, you are leading us!

The stretching is one part. The other part is the massage. We place your legs on floater noodles, and then there you are, just floating, and we can stand by your neck. We support your neck with one hand while massaging the shoulders with the other. By this time, you are already deeply relaxed, and your normal tensions have drifted away into the warm salt water. However, your massage is just beginning. In your relaxed state of being, we can use pressure point Shiatsu to unlock your shoulders, neck, and whole back. There is some rotation of the torso as we provide the shiatsu, which makes it even more fulfilling. Finally, we place another noodle under your neck so as you float in a dream like bliss, we can provide foot reflexology.

Are you ready to make an appointment now?

Q21:What's the benefit of a floating massage?

A: TBA

Q22 ; I can't swim. Does that matter for the ocean massage?

A: Not at all. Ocean massage is done in shallow, chest-high warm saltwater, and your body is completely supported by buoyant noodles the entire time. In fact, it's helpful if you don't try to swim during your massage.