

"Spa" treatments date back to ancient times, when both the Greeks and Babylonians used natural hot springs to relieve their aches and pains. The word itself is of unclear origin, but many believe it to be derived from a town in Belgium with the same name, famous for its baths. In the United States, the most popular treatments are massages and facials.

Spa Gift Certificates

My aching, aging body enjoys a good therapeutic massage. However, massages are expensive and fall into the "luxury" category of most people's budgets, including my own. So I don't treat myself very often.



My adult daughters know this. When I scheduled a cruise on a gorgeous, glitzy ship, they gave me a generous gift certificate for the luxurious spa aboard the boat. I don't know if I was more excited about the journey or the spa, but the departure date finally arrived and I boarded the liner.

On the third day of the cruise, I scheduled some services in the spa. When I arrived for my appointment, I was given a plush robe and asked to wait in a spacious room overlooking the ocean at the stern of the ship. The view was breathtaking, and as I sat in my comfy chair, I marveled at the fact that I was actually there.

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Each treatment room had a picture window so clients had a gorgeous view of the ocean. I felt as if I were in a suspended state away from all my earthly cares as the massage therapist worked on me. Then it was time for my facial. The spa personnel use only the finest therapy oils and creams. In fact, you can only purchase them in the cruise ship spas. I felt like "Queen for a Day" as I received my facial treatment. Then I relaxed some more in the beautiful waiting room and watched the wake behind the ship as we sailed to our destination. I will never forget that experience and I am forever grateful to my daughters for providing it for me.



If you can't send to the spa, you can still send them an indulgent spa gift basket to soothe and relieve. We have a huge online selection for women and men, with delicious smelling lotions, massage oils, plus loofahs, and more. You can send the spa right to the door with a great pamper basket. We make gift giving easy!

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