

The Taino Ritual and my new passion

Most of the time, I need to experience things to really understand why people do them. This was the perfect example.

I felt a little bit awkward before heading to the spa. Men in Spa. Right!? Well, wrong. From the moment of being welcomed by the RenovaSpa receptionist, everything changed. Explaining that the last massage I had was more than 3 years ago, I was immediately recommended the Taino Ritual. I needed to relax my body, especially my back and neck.

After deciding that the Taino Ritual would be the best for me, I met Jandy, who would be my therapist. Very kind young girl with a sweet and calm voice and an enthusiastic smile. Jandy asked me to follow her to the private cabin where our Taino Ritual would take place. Felt very comfortable when I entered the massage cabin. Warm light color, stunning fragrance smell, ambient background music and air condition at the right temperature. I was in paradise!

My therapist then exited the cabin for 2 minutes, so that I could undress and stay in underwear, lay on the massage bed and cover myself with a soft towel.

When Jandy reentered, she asked me if the cabin temperature was good, explained me that when the massage starts it can get a little cold due the use of oils, and kindly asked me to let her know if I need her to adjust any of the conditions.

She started with the back of my legs, uncovering the towel only on the place she would massage. Never ever thought about this detail, but it was amazing to feel one part of my body being massaged, while the other part feeling so comfortable and warm.

After the legs, she continued with my back and neck. Before starting this, she applied different levels of pressure and asked me which one I would prefer. I obviously asked her for the high pressure option. I needed to feel my discomfort dissolving with that magical massage! Felt so relaxed!

After massaging my back, neck and shoulders, we finished on the back.



Again, another beautiful detail. Jandy asked me to roll over, face up, but with all the professionalism, she raised the towel to a point where she couldn't see me and then returned it to cover me.

At this point I already felt so relaxed that I joking said, "I think, I will fall asleep", and Jandy in a sweet and fun tone replied "Don't fall asleep, you are going to miss the best part of the massage". She was right!

After massaging the front of my body, including arms, hand, fingers and legs, she started with my feet. Being honest, I never thought that a foot massage done by a professional would feel like this. Felt every touch, every stretch and precise pressure on the right spots.

Unfortunately, after 50 minutes, my session was over. I can say for sure that those 50 minutes were the best spent 50 minutes in my life, lately.

In the end, Jandy asked me how I felt, which I answered that I felt like I was in heaven. She laughed and said that she is glad that she could make me feel better and relaxed.

I am in love and will definitely start caring more about my well-being.

Will remember forever the whole experience. The smell of the oils, the beautiful warm lights, the background music and the professionalism of everyone.

Well done RenovaSpa. Well done!

I. Da Silva

Contact

www.renovaspa.com

info@renovaspa.com

[@renovaspa](https://www.instagram.com/renovaspa)

