



AJI SPA NEWSLETTER

JULY 2007 EDITION

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**Fitness Tip**

**What is the best way to improve posture?**

The best way to improve posture is by strengthening the muscles of your core or the mid-section of your body.

You can achieve this by stretching your hip flexor muscles and the muscles of your chest and the front of the shoulder. You can also strengthen your upper back by pulling your shoulders back.

One good core strengthener is the plank pose, borrowed from yoga. Start out on your tummy and bend your elbows so they align under your shoulders.

Raise up on your forearms and toes, tuck your hips under to engage your core and hold for 15 seconds. Start with 3 sets and progress to 1 minute.

To make this harder, try lifting one leg straight up for half the time so you're balancing on one foot, and switch to the other side for half the time.

~ Submitted by Keri Dwyer, BS, CPT, LMT

**Contact Info & Hours of Operation**

5594 W. Wild Horse Pass Blvd.  
Chandler, AZ 85226  
[Get Directions](#)  
Phone: 602.385.5759

Sun - Sat  
6:00 AM - 8:00 PM

Appointments  
8:00 AM - 6:00 PM



**Aji Spa Info**

Aji spa uses Creosote and Shegoi plant botanicals in several of our products. Both are fragrant plants! Shegoi is used as an all purpose medicine like iodine. The plant can be used in skin products or it could be made into a cleansing tea. Shegoi is the word associated with Aji's Aromatherapy Facial Treatment. Because the vowel "e" is pronounced "uh," the vowel "o" is pronounced "oh," and the vowel "i" is pronounced "ee," the word Shegoi is pronounced SHUH-goy or SHUH-goh-ee.

**Highlighted Treatment**



Traditionally valued by the Native American Community, the Creosote plant gives off an aromatic smell after a desert rain. The smell of the Creosote plant is purifying, grounding, and brings balance to the mind as well as your skin. The rich, earthy, Creosote creates clarity, peace and self-awareness. The grapefruit tree is indigenous to this area and has a refreshing taste and smell. The Creosote plant and grapefruit were the inspiration behind Aji's Summer Treatments!

**Traditional Creosote Scrub:** This 50-minute aromatic scrub is performed in our Vichy room (a six-headed shower!) using a Creosote salt blend to exfoliate your skin. The scrub is then followed by a moisturizing application of a Creosote oil blend. The scent of the Creosote will bring balance to your mind and body and leave your skin feeling renewed and refreshed.

**Traditional Creosote Pedicure:** During this 50-minute service, splendid aromas create a relaxing pedicure, providing mental clarity, while the oils smooth and nourish the skin during the foot massage. This pedicure also includes shaping and buffing of the nails, cuticle work, and polish.

**Refreshing Grapefruit Scrub:** If the summer heat is causing dry skin, try our refreshing 50-minute grapefruit scrub, which is performed in our Vichy room (a six-headed shower!) It begins with a gentle exfoliation using a grapefruit sugar scrub, followed by a moisturizing application of grapefruit-scented Shea butter. This scrub will leave your skin feeling moisturized and renewed.

**Refreshing Grapefruit Manicure:** A cool 50-minute grapefruit manicure refreshes both the skin and the spirits! A grapefruit sugar scrub provides skin-brightening fruit acids and anti-aging vitamins and antioxidants, while the grapefruit body butter massage will deeply moisturize and intensely nourish the skin. This pedicure includes a complimentary cooling grapefruit spritzer!

Remember to mention our Summer Offer (using code SUMMERSO)! This allows you to buy one 50-minute treatment, and receive another 50-minute treatment at 50% off!

**Meet The Aji Staff**



**Meet Olivia Armenta**

**How long have you been at Aji Spa?** I have been here since before our Grand Opening in 2002! Before I came to Aji, I worked in a chiropractor's office, but I love working in a resort spa.

I love that people come here to relax and unwind and put themselves in an environment where they can be pampered and cared for, whether it's for a day or for a week. This is more peaceful than working with the injured.

Aji is aesthetically beautiful to me. It's wonderful to work in such a calm environment.

**Describe a memorable experience at Aji.** I particularly like working with the elderly. After taking an "elder touch massage course," I reached a point where I can just let myself go when I'm working with them. Elderly people need stress relief and healing just as much as the working professional.

Two of my most memorable stories were working with an elderly woman and an elderly man who required a great deal of assistance. They could've invited their companions in to help, but it was an honor for me to just help them myself.

Furthermore, I really believe that our light touch massage was just the healing and nurturing touch that they needed.

**What's the best part of your career?** I come to work and sometimes I can't believe that this is work! I love what I do. I love incorporating healing and energy work into my massages.

**What service do you most like to perform?** I'm really enjoying giving our new summer scrubs! Both the creosote and the grapefruit smell delicious! They are such refreshing treatments!

**Who or what inspires you?** I've been doing quite a bit of soul-searching for the last five years. I've found many inspiring motivational speakers who helped to guide me on my path.

Lately, I've been interested in the "Law of Attraction," which is basically the awareness that every single thought potentially manifests itself in your life. You have to really be conscious of focusing on positive thoughts to prevent bad energy from entering your life.

I use this practice, in my day and in my massages! Before I go to work, I set a particular intention for the day, which includes concepts like that the day will flow smoothly, that I'll meet interesting people, and that guests will leave happy and relaxed.

Additionally, I'm spiritually free to channel that good energy into my guests and provide healing to them.