

# Wellness Center aims to aid clients' spiritual, physical

By Monica Verley,  
Sentinel-Voice

The mercury is rising, the kids are screaming, the job is calling and there just aren't enough hours in the day!

Well, I have just the right elixir to soothe those frayed nerves and uplift your spirits, *SpiritDream Spa and Wellness Center*, which is located at 1811 S. Jones Blvd. at Oakley Blvd.

This relaxing and soothing sanctuary embraces the "holistic" approach to wellness and rejuvenation, caring for a person perceived as a whole and not just the sum of various body parts.

Ellen W. Brown is the owner of *SpiritDream Spa*, which celebrated its grand opening in November 2002.

"We are committed to strengthening the inner spirit of all who come into our sanctuary," she said. "We work diligently to offer a total and unique spa experience in a comfortable, quiet environment designed to minimize stress and provide the highest quality services we can possibly deliver."

When you first enter *SpiritDream*, one of the experienced estheticians or by Ms. Ellen herself greets you at the door. You are then presented with your own Tote-Bag and slippers, a warm robe to slide into and warm towels. The soothing interior palette of lavenders and mauves immediately puts a smile on your face. Scents of cinnamon, sweet orange and lavender warm your senses while soothing music plays in the background.

After I walked in, I immediately exhaled and was in a state of total relaxation for the entire time I spent with them.

According to Ms. Ellen,



Practice what you teach: Ellen W. Brown, owner of *SpiritDream Spa and Wellness Center*, relaxes in a chair, feet immersed in soothing water, while inside the Wellness facility.

her inspiration to open *SpiritDream* was divinely inspired. "I wanted to be able to reach out to our people and to educate and nurture the whole person," she said. "I looked at my sisters in church, in my sorority meetings, and I saw that even though they were working towards inner peace and spiritual harmony, we just weren't there physically. And then I heard Patti LaBelle say that she was learning to treat her body as a temple and not as an amusement park. That's when I knew that I had to educate women, especially black women, about the benefits of taking care of themselves."

"I originally thought that I would name the spa 'Pretty Hands, Pretty Feet' after my spa in Grand Rapids, Mich., but I prayed on it," Ms. Ellen continued. "The name '*SpiritDream*' came to me and the rest is history!"

I asked Ms. Ellen, as her staff affectionately calls her, what brought her to Las Vegas all the way from Grand

Rapids.

"Coming to Las Vegas was purely a case study in marketing," she explained. "Las Vegas is the Mecca for preventative skincare treatment and skin maintenance. I'm pleased with this decision. We consistently surpass our client goal. Our clients come here and actually end up trying more treatments than what they originally scheduled. And they always come back!"

*SpiritDream Spa* offers a variety of treatments for facials and skincare; body, hands and feet; full waxing services for face and body; and beauty makeovers. They even feature a full-service hair salon. For the spa novice, I recommend the "spa sampler." You can get a little taste of some of the services and then decide which area you want to concentrate on. The spa sampler includes a mini-facial with shoulder and neck massage, Chi massage, manicure and pedicure, Aromatherapy steam treat-

ment and spa shower. There are even special treatments designed for men. The gentleman's full facial and the hot stone pedicure are among the favorites of *SpiritDream Spa's* male clientele.

The body scrubs and mud wraps offer the ultimate treatment for healing, relaxation,

toning and firming while hydrating the skin. The paraffin body wrap is another favorite and is an excellent treatment for stimulating circulation and eliminating toxins and excess fluids from the body. Body scrubs are incredibly beneficial in skin exfoliation.

"Because of the harsh climate here in Las Vegas, our skin cells reproduce more rapidly in order to protect us. If we don't exfoliate on a regular basis, the dead skin cells will buildup and cause rough dehydrated skin," Ms. Ellen explained. "Our skin is our largest organ. We have to take extra special care of it."

As an esthetician, a skincare maintenance specialist, Brown is emphatic about the daily use of sun block for all shades of African-American skin.

"Many of us were led to believe that the sun was not as detrimental to our skin as it is with other ethnic groups," Ms. Ellen said. "That is not true. The damage from UVA/UVB rays can cause hyperpigmentation (skin discoloration) and keloids (severe scar-

ring) in our skin."

Brown says that people who are on medication for high blood pressure or diabetes should be especially careful because the medication can cause extra hypersensitivity to the sun's rays. Everyone, she says, should wear a sun block with at least an SPF15.

It is highly recommended that a minimum of three treatments be scheduled for specific skin conditions and problems.

When asked what makes *SpiritDream Spa* unique from other spas, Ms. Ellen gets enthusiastic. "We really do embrace a holistic approach with every client," she says. "We work together as a team to treat the total individual. I like to think that we pick-up where the gym leaves off. There's more to wellness relaxation than just a massage."

She is pleased that an increasing number of clients are scheduling special spa days to celebrate birthdays, bridal showers and baby showers. Groups can select (See *SpiritDream*, Page 15)

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