



Aztec Spa



Self-care was once seen just as managing your physical health. But physical wellbeing is now understood to be directly connected to emotional wellbeing, and they are both connected to psychological and spiritual wellbeing. In other words, self care is vital for a happy, healthy and positive life.

THE FOUR PILLARS



PHYSICAL HEALTH

This encompasses a healthy diet, regular exercise, good sleep habits, good personal hygiene, and a low intake of things like alcohol and tobacco. It also involves seeking health practitioners when required such as doctors, dentists, and optometrists. Taking care of your physical health leads to greater energy, more mental clarity, less worry, and potentially less illness and a longer life.



PSYCHOLOGICAL HEALTH

Connected to emotional health, this includes keeping an eye on your stress levels and not letting them get too much. It then involves making choices that lead to feeling connected to others, such as maintaining a healthy social life with people who respect and support you, and practicing positive communication. And finally, it involves self-esteem and showing yourself compassion.



EMOTIONAL HEALTH

This involves taking time to listen to how you are feeling, and to process and respect your emotions. It is as equally about finding time for a good cry as it is finding time for laughter. It means striving to be honest with others about how you feel and why. Good emotional self-care also involves cultivating contentment in your life.



SPIRITUAL HEALTH

This is not necessarily about having a religion. It's about choosing things in life that make you feel a sense of purpose and give meaning to your days. It involves feeling interconnected with life and others. Taking care of yourself spiritually is also about gravitating towards things that bring you a sense of inner peace, instead of things that cause you pain and drama.

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Digital Detox

To avoid becoming a slave to your smartphone, you do need a level of self-discipline - and, occasionally, a complete break. We've listed 5 ways to detox from the digital world.



1. Make a gadget list

Before you commit to a detox, try making two lists. Firstly, list all of your gadgets. This will show you how dependent you are on technology. Secondly, make a list of all the things that you enjoy doing in life, but aren't doing presently. This will help you realise that, if you cut down your technology use, you'll gain back hours of time to do things that you find considerably more meaningful than constantly checking Facebook.

2. Give yourself an allowance

If you establish a maximum daily time allowance for your devices, then you will be more likely to stick to your detox



3. Ensure you get enough sleep

Try storing devices in a different room to your bedroom overnight. This will stop yourself using them straight before sleep, and first thing in the morning. Make sure you turn all screens off at least two hours before bed - that means no phone, no laptop, no iPad.

4. Leave your gadgets at home

Try leaving your gadgets at home, or just going out without your headphones once in a while. You may find that you miss very little, and will have more time to do more with your life than spending it watching other people's worlds through a screen.

5. Make an effort to give others your attention

Don't spend social time with others on your smartphone. Focus on how rude people will think you are if you're constantly checking your phone.



Let's get Physical...

Exercise can help improve your mood, give you energy, and even extend your life span. If exercise could be made into a pill, it would become a multi-million dollar industry because it has such significant benefit in almost all areas of health, including mental health.

IMPROVES MOOD

Physical activity stimulates brain chemicals that leave you feeling happier and more relaxed, providing an emotional lift and reducing stress. Exercise gives everyone a boost, and can be especially helpful in alleviating symptoms of depression and anxiety.

BOOSTS ENERGY

Regular physical activity can improve your muscle strength, boost your endurance, deliver oxygen and nutrients to your tissues, and help your cardiovascular system work more efficiently. When your heart and lungs work more efficiently, you have more energy for your daily activities.

PROMOTES BETTER SLEEP

If you have difficulty sleeping, regular physical activity can help you fall asleep faster and sleep more deeply. Try to exercise earlier in the day so you have a couple of hours before bed to wind down.

HELPS MAINTAIN A HEALTHY WEIGHT AND BODY IMAGE

Exercise can help prevent excess weight gain or help maintain weight loss by burning calories and ramping up your metabolism. You may also feel better about your appearance, which can boost self-confidence.

PREVENTS AND COMBATS DISEASES

In fact, regular physical activity can help you prevent or manage a wide range of health problems and concerns, including high blood pressure, heart disease, stroke, diabetes, arthritis, and depression.



Take a Breath...

Breathing deeply into your diaphragm has been shown to lower stress levels and help focus your attention. The NHS recommends daily breathing exercises for stress, anxiety and panic attacks, counting 1 to 5 in and 1 to 5 out – they take just a few minutes and can be done anywhere, sitting up or lying down.

Add a breathing exercise to your Spa Day

If you're interested in trying breathing exercises to reduce stress or anxiety, we've got one for you to try...

Pursed Lip breathing

This simple breathing technique makes you slow down your pace of breathing by having you apply deliberate effort in each breath.

Here is how to do it:

1. Relax your neck and shoulders
2. Keeping your mouth closed, inhale slowly through your nose for 2 counts
3. Pucker or purse your lips as though you were going to whistle
4. Exhale slowly by blowing air through your pursed lips for a count of 4



Sleep Well

Aim for a refreshing amount of sleep. While this will differ for everyone, generally it's about eight hours. It's tempting to stay up late to cram in those last household chores or answer email, but really, the world won't end if the laundry is dirty for another day. **Sleep deprivation causes** irritability, poor cognition, impaired reflexes and response time, and chronic sleep deprivation can contribute to depression and anxiety.

CREATE A SHORT, EASY BEDTIME ROUTINE

Stretching or yoga, prayer, or reading a book can be relaxing. But stay away from your smartphone, tablet, or laptop, as the light interferes and interrupts the natural sleep onset. Alcohol near bedtime also interferes with sleep, and is a common cause of nighttime or early-morning awakening.

Eating Well

According to Mind, low mood can be triggered by a drop in blood sugars after a high sugar meal or drink. Protein contains amino acids, which make up the chemicals your brain needs to regulate thoughts and feeling. Research into gut microbiome is new but has observed links between gut and mental health.

Choose Healthy Snacks and Food

Our Aztec Bistro and Bar also serve a range of healthy options. We currently have Buddha bowls available, which allows you to choose what you would like in your salad bowl and we also run **2 for 1 nights on Wednesdays**, if you wanted to treat yourself to some good quality food at a good price.



Spa Days at the Aztec Spa

Aztec Sunrise 9.00am – 12.00pm

Sunday – Thursday £49 • Friday & Saturday £59

Enjoy our leisure facilities, relax with a luxury spa treatment and finish with lunch in the Aztec Bistro.

Choose one of the following 30 minute treatments:

- ELEMIS Anti-Ageing Mini Facial
- Swedish Back, Neck and Shoulder Massage
- ELEMIS Salt Scrub
- Swedish Foot and Leg Massage
- OPI Express Manicure
- OPI Express Pedicure

Add another treatment from the list above for only £20

Twilight Treat 4.00pm – 8.00pm

Monday to Friday £49

Relax with a luxury spa treatment of your choice. Make the most of our leisure facilities and enjoy a glass of bubbly and nibbles afterwards in the relaxation area.

Choose one of the following 30 minute treatments:

- ELEMIS Deeper than Deep Hot Stone Massage - Back and Back of Legs
- ELEMIS Anti-ageing Mini-facial
- Swedish Foot & Leg Massage
- Swedish Back, Neck & Shoulder Massage

Add another treatment from the list above for only £20

If you're looking for a spa in Torquay, step into the calm and relaxing atmosphere here at the Aztec Spa and take time out for some sheer indulgence.

Aztec Luxury Spa Day

Sun to Fri £99 per person

Totally unwind with our full day spa package. Make the most of our leisure facilities and enjoy lunch and a glass of bubbly in the Aztec Bistro.

Ladies can choose from one of the following:

Swedish Back, Neck and Shoulder Massage or ELEMIS Deeper than Deep Hot Stone Massage - Back and Back of Legs. This is followed by an ELEMIS Skin Solution Facial and OPI Express Manicure or Pedicure.

Gentlemen's treatments are Swedish Full body Massage and ELEMIS Skin Solutions Facial

Aztec Indulgence 1.00pm – 4.00pm

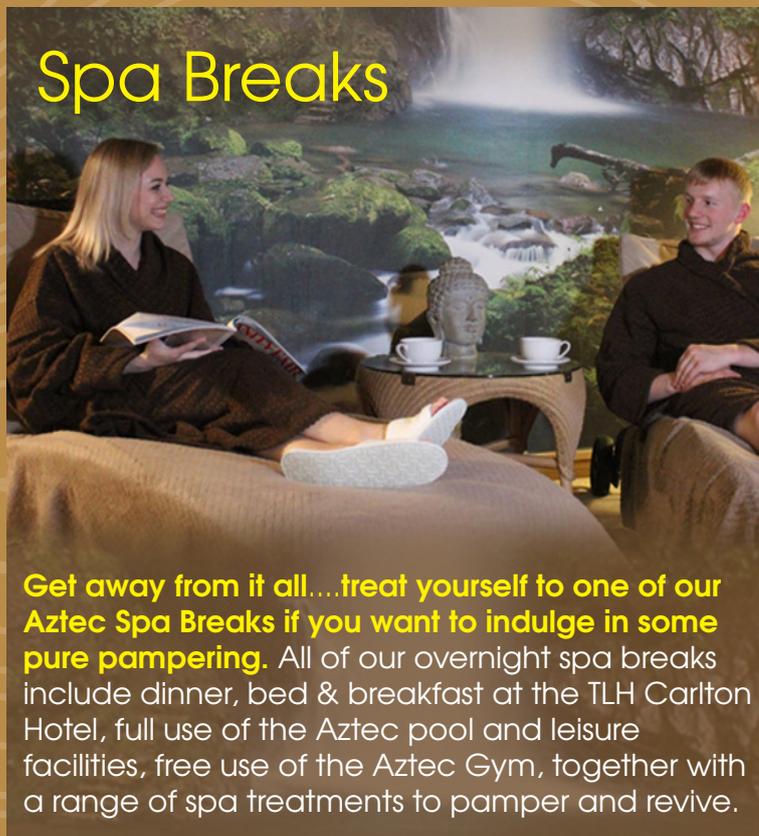
Sunday – Thursday £49 • Friday & Saturday £59

Enjoy our leisure facilities, relax with a luxury spa treatment and finish with afternoon tea in the Aztec Bistro.

Choose one of the following 30 minute treatments:

- ELEMIS Anti-Ageing Mini Facial
- Swedish Back, Neck and Shoulder Massage
- Swedish Foot and Leg Massage
- ELEMIS Salt Scrub
- OPI Express Manicure
- OPI Express Pedicure

Add another treatment from the list above for only £20



25% Off
Was £61
NOW ONLY
£45.75

Look after yourself this Autumn with our Spa Special Offer

ELEMIS Super Food Pro-Radiance Facial 60 mins

A nutritional boost rich in superfoods and essential minerals designed to pack stressed, dull skin with energising, detoxifying actives. Clinically proven* to leave skin plumper, radiant and lit up with good health.

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