



MORE THAN SKIN DEEP:

## Discover the benefits of massage at Yoaké Spa

TEXT: ANNA VILLELEGER | PHOTO: YOAKÉ, THE ULTIMATE SPA

**Did you know that the positive feelings we get during moments of intimacy such as hand-holding or hugging actually have a biological basis? Scientists know that such gestures of tactility increase the release of oxytocin, the so-called 'happy hormone' produced in the hypothalamus portion of the brain.**

Recent research into the positive benefits of touch have shed light on the advantages of massage: we all know that a good massage will relax our muscles, but it seems the benefits go much further. For example, a U.S. study sponsored by the National Center for Complementary and Alternative Medicine, saw 29 healthy adults being randomly assigned a 45-minute deep-tissue massage, while another group were given a light massage. Those that got the deep tissue massage had a significant de-

crease in their levels of cortisol, which is often called the 'stress hormone' due to its connection to the stress response.

Additionally, the researchers found that the same group had an increase in infection-fighting white blood cells, highlighting a boost to their immune system. Meanwhile, the participants who received a light massage demonstrated increased levels of the 'happy hormone' oxytocin. Benefits all around!

At Yoaké, The Ultimate Spa, in Luxembourg, manager and owner Odette Tonnaer and her expert team offer an array of personalised massages from around the world in a relaxing atmosphere. From Swedish massage to Ayurvedic Indian techniques, not to mention hot stones and facial massages inspired by the ancient Japanese method of Kobido, treat-

ments will be specially tailored to meet the specific needs of each client.

Everything is conceived to promote health and longevity at Yoaké. The Feng-Shui designed architecture and the sumptuous private treatment rooms create a tranquil setting, helping install a sense of equilibrium for mind and body. All therapies have a specific health benefit and are based on a combination of ancient Asian medical knowledge and the latest scientific developments.

In addition to its extensive massage menu, the luxurious spa also offers a professional care system to treat all skin types, as well as high-performance skin treatments and body care.

Web: [www.yoake.lu](http://www.yoake.lu)