

Eco Day Spa Opens in San Francisco

By EarthBody Advanced Therapies

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EarthBody is a sacred space built in a sustainable, eco sensitive way -- a sanctuary for everyday people through salves, bodywork, skincare, and rituals for grounding and reconnecting to the essentials like the breath, the body, and the point.

Growing up with a rich Egyptian culture as her foundation Denmo Ibrahim, LMT and founder of EarthBody Advanced Therapies (EB), embraced natural methods for restorative care from an early age namely through herbalism, essential oils and wholesome regimens for healing. Weaving in these time-honored traditions from her own family, she became a Certified Holistic Therapist and created a small, private massage therapy practice in 2006 that quickly flourished thanks to rave reviews from loyal clients.

The need for restorative bodycare quickly outgrew her space one treatment room space. In the summer of 2009, she invited a handful of carefully chosen dynamic healers specializing in holistic bodywork and organic skincare to join her in opening EarthBody Advanced Therapies, an intimate three-room studio located on Laguna Street in the heart of the Hayes Valley business district. The concept, staff, services and vision all received an upgrade including the launch of an organic, handmade EB signature product line.

The EB bodywork and skincare programs have been crafted with highly skilled therapists who integrate a variety of modalities that are deeply therapeutic and effective. It's the combination of this skill along with Denmo's vision of unique sessions featuring hot herbal infused towels, organic oils and creams and hydrosols, nurturing essential oils and treatment boost options which create the client experience that frequent visitors to the studio have come to love. With the change in location a new concept was born—Eco-Rooted Therapy—advanced holistic treatments made possible through environmentally and responsible means. EB practices conscious buying, supports other green businesses, uses non-toxic supplies and makes every effort to use materials that support our world. The mission encompasses all of these ideas: EarthBody is rooted in contemplative practice and inspired by ancient healing traditions. We offer restorative bodywork, organic skincare and herbal rituals through ecologically responsible principles. We provide truly holistic therapy in balance with the Earth for the benefit of the body.

One of the most exciting aspects of creating the new studio was working with renowned interior designer/artist/author Jagatjoti Singh Khalsa, whose book *Alter Your Space: A Guide to the Restorative Home* Denmo had admired for years. Denmo describes Jagat as a beautiful teacher with a devoted spiritual practice who, along with his brilliant assistant Tara Green, helped to create an inspired space that was sacred, thoughtful and evoked inner practice. The collaboration resulted in the creation of a retreat experience from the moment you walk in until the moment you re-enter your world. At EarthBody clients have the opportunity to heal body, calm mind and revive the spirit.

And what, one may ask, separates EarthBody Advanced Therapies apart from the other business throughout the city that offer similar services? Denmo says, "We are more of an urban retreat than a typical day spa. Here, time stands still. A single treatment can last days following a session. The sacred design of the space itself is therapeutic and restorative. Receiving bodywork and skincare regimens at EB support your whole health and the health of the planet. Our therapists are talented, knowledgeable and genuinely love what they do. Consistent holistic care supports a conscious, embodied lifestyle and ultimately living an embodied life will change how you think, sleep, eat, love and act."

For more information on EarthBody Advanced Therapies

visit <http://www.earthbody.net> or contact Denmo Ibrahim, EB Founder
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