

My Morning of Pampering at:  
CLINICA DENTAL O.C.I.  
SPA & MEDICINA ESTETICA  
Northeast Corner of the Park of Atenas

*by Alicia Jackson*

I arrived promptly at 9:15A.M. There was no wait; I was led directly into the massage area. Upon entering, my sense of vision and smell was immediately drawn to the aromatic candles burning throughout the room. It was a very nice touch, as well as the lovely artistic bamboo lamp. I was then asked to strip down to my panties, and put on a soft, white, terry cloth robe. I thought to myself, "Self, we are not at #60 Vista Atenas any longer". A young woman entered the room. Once again I had a conversation with myself, "OK self, this can't be the massage gal because she is half my size". As usual, I was wrong. Speaking fluent English, Wendy introduced herself to me, as well as provided me with her qualifications as a masseuse. Wendy is a Physiotherapist, with six years of education, at the University of Costa Rica.

Now it was time to begin the massage. Wendy asked me to lay face down on the sparkling clean new massage table. Then she placed a towel over my buttocks, removed my robe, turned on some gentle Celtic music, and with that the next heavenly hour began.

Wendy's capable hands worked muscle and tissue from my toes, on up to the top of my head. During the massage, special attention was given to the tight and knotted areas around my shoulders and neck. The massage was unlike the deep tissue massages I have received in the past. It was like poetry in motion. I felt like a blob of Jell-O. I was ready to give her my first born (even though he is now 45 years old, married, and father of two).

Next it was on to experience the facial.....

As to this part, of my morning, I will admit that it was only the second facial I have received. Wendy also preformed the facial. It was wonderful to have someone apply the cleansing lotions, soothing crèmes and rejuvenating serums to my parched, dry skin. It made me feel like I was floating on the proverbial *cloud nine*. When finished, my face felt like it was a smooth as the soft skin of a Georgia peach. I have always been a fan of good ole Avon products. Now I am a firm believer in Germaine de Capuccini.

My husband asked how I felt...and I told him, "I wanted to put on my laciest under garments, a lovely silk dress, and go out to a wonderful candle light dinner." You that know my husband, will know what came next.....

Soon I will have another half day of pampering.. That day I will have an appointment with Dr. Comba to discuss my middle age health, as well as weight issues.

Talk to you again soon .....