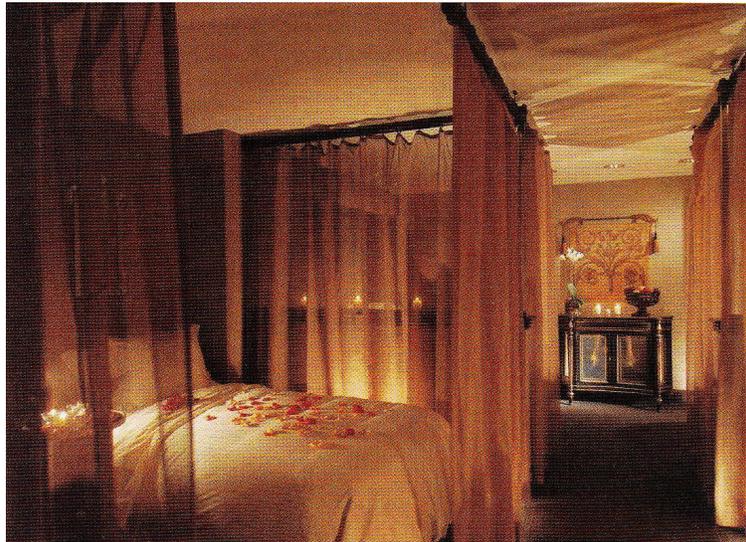




TREND WATCH | Self-Serving

Spas embrace DIY, practitioner-free treatments to help clients stay on budget.

By Soraya Gutierrez : Published March 2011



If a brisk refresh is what a guest needs, then the DIY oxygen therapy (10 min./\$15, or included with another booked service) treatment at Hotel ZaZa's **ZaSpa** (hotelzazahouston.com) in Houston fills the bill. Hotel guests can gain access to this amenity at any time during spa hours. Situated in the Sanctuary area, the oxygen therapy suites provide a quick way for clients to relax and renew. "Outfitted with four, fully adjustable beds, white linens, and soft candlelight, these suites encourage guests to recline and unwind," says Chris Niederschulte, spa manager.

A variety of "flavored air" is available, he adds, including lavender and peppermint. "Guests may select their flavor, inhale and enjoy," Niederschulte says.

Whether squeezed in between a massage and a facial, or experienced right after a long flight, this oxygen-rich respite is a secret haven for guests at ZaSpa.