

## Mud Wrap and A Movie

By Tysa Goodrich



The brand new Total Woman Gym and Day Spa officially opened on November 12th, just behind AMC's Promenade 16 Theatres in The Promenade Mall in Woodland Hills. Days prior to Total Woman's opening, my husband and I wandered in unannounced out of pure curiosity, after walking back through the mall following a movie.

A very nice woman, obviously proud to be a part of its birthing, was kind enough to give us a pre-tour amid the final construction chaos. I have to say, with the exception of not having a pool in the new facility, everything seemed very much improved from the old Total Woman on Ventura Boulevard. Pure elegance is what came to mind.

The shower and dressing rooms gave me the feeling of being



in a Roman bath. The saunas and jacuzzi are nestled between the locker rooms and Atmosphere Day Spa, in their own private space. Everything sparkled. The shiny new gym equipment stood quietly in wait, ready for the flood of determined women to challenge their limits.

The space itself is vast. The main gym area is separated from the multipurpose room by a glass wall. The multipurpose room is where aerobic & cycling classes, as well as Yoga & Pilates mat classes are held.

When I came in for my first Yoga class, I remembered seeing how, aesthetically, the glass walls had given me that open feeling. And surprisingly enough, when the lights were turned off and the door closed on the drone of bright disco music in the weight training and treadmill room, the noise had been significantly reduced. However, I would say that there's not as much a sense of privacy, or consideration for the internal focus needed for Yoga. It seems to me that weight training and cardiovascular workouts are the primary focuses.

Another new addition to the gym is Pilates equipment, three Pilates Reformers, a Wunda chair, and something I'd never seen

before, a Ladder Barrel. I tested the new Pilates equipment under the guidance of Lauren Wing, who gives private sessions at the gym, as well as teaches the 5:30 pm Pilates mat class on Tuesdays.

Last, but not least, I made an appointment for a Moor-Spa Mud Wrap. This was the pièce de résistance. As I entered through the frosted doors of Atmosphere Day Spa, I was greeted by Jennifer. She handed me a white robe and plastic sandals, and escorted me to the Moor Mud Treatment room. Three red heat lamps reflecting off a Mylar blanket, draped over what looked like a huge bathtub with a lid, gave the room a warm glow. At this point, I didn't know what to expect.

I undressed, stashed my purse and clothing in a locker, and with the help of my mud wrap facilitator, Leonor, I lay face down on a towel placed atop the Mylar sheet. Leonor proceeded to smooth on a mixture of massage and moor spa oil, covering my back, legs and arms. She was preparing my skin for the next phase, the hot moor mud from Austria (Austrian moor peat). A moor is a tract of open, peaty wasteland, uncultivated, where rich sources of bioenergy are stored. This bioenergy can be read



Tysa wrapped in Moor Mud

ily absorbed on a cellular level, stimulating the body's natural mechanisms of defense and healing. Apparently this Austrian moor has retained all its bio-regenerating properties, said to be extinct everywhere else in the world.

But Leonor just calls it seaweed. It's hot, it is almost black, and she rubbed the entire back side of my body with the soothing mud, covered me in saran wrap, turned me over and did the same on my front, with the exception of my feet,

hands, face, and breasts.

As she does with all her clients, Brazilian-born Leonor explains the procedure before beginning her treatment. "Eventually," she says, "you will be wrapped like a burrito." She doesn't like to use the word "mummy," as it seems to spook some of the women. But if you check me out in the picture, I think you'll agree that my husband nailed it when he said I looked like a baked potato!

Some women ask Leonor to stay and talk with them while they're warming under the red heat lamps for twenty-five minutes, but I on the other hand enjoyed the serenity and solitude of being baked in this regenerative healing wrap -- the royal treatment. My body seemed to be radiating heat, and the cocooning process soothed me.

When my time was up, Leonor removed as much of the mud from my body as she could using a warm shower spray. I traipsed off in my white robe and sandals to the showers and washed off the remaining residue. When I returned, she exfoliated my skin with a dry, silk brush to activate my circulation. My session ended with a mini massage, using Moor Spa Body Lotion, containing Austrian moor water, avocado oil, chamomile, wild yam extract, and essential oil of lavender.

By the end, I was a pussy cat. I would definitely recommend Total Woman Gym & Day Spa. A great location, a separate entrance, and you can catch a movie after your mud treatment. What more could you ask for?

Total Woman has several locations, for the one nearest you call:

*Northridge: 19456 Nordhoff St. Northridge, CA (818) 772-8900*

*Westlake Village: 966-4 Westlake Blvd Westlake Village, CA (818) 496-0078*

*Promenade: 6100 Topanga Cyn. Bl. Woodland Hills, CA (818) 710-7606*

*Glendale: 1111 N. Brand Blvd. Glendale, CA (818) 552-2027*

*Irvine: 14280 Culver Drive Suite B Irvine, CA 92604 (949) 733-0478*

*Mission Viejo 24021- B Marguerite Pkwy (949) 455-9808*

# VALLEY SCENE

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