



Mainspring Day Spa and Salon

502 S. State Street, Orem (lower level of Good Earth)
(801) 224-5780 · www.mainspringdayspa.com

When mother-daughter duo Elsa Choque and Carola Blackham took ownership of Mainspring Day Spa, they envisioned a place where every member of the Utah Valley community — men, women, couples and young ones — could go to relax, rejuvenate and feel their best.

Mainspring's services and treatments have expanded over the years, and the spa has truly become a place for all.

"We have something for everyone," Elsa says. "My 10-year-old granddaughter came to the spa with her friend to get glitter toes and they loved it, so she inspired a manicure, pedicure and massage package for younger girls. For teenagers, boys and girls, we have facials for acne problems. And males who play sports often need pedicures or a sports massage."

For women, the options are endless. Massage, facial and body treatment

spa packages start in the most relaxing fashion — toxins from the body are released during time in the sauna, and the Jacuzzi relaxes tension in the joints and muscles.

The specialized Synergie Aesthetic Massage System uses vacuum technology to sculpt the body and reduce inches — perfect for summer and swimsuit season.

The SOQI bed is a total health management system and infrared sauna using motion, thermal and electric energy to boost the immune system, revitalize energy and clean the body of toxins.

A warm water foot bath detox is popular year-round for a quick and easy way to relieve joint problems and pain, improve circulation, and gain energy.

The seaweed body mask stimulates circulation, reduces water retention and promotes detox while improving the outward appearance of skin and hair.

The full-service salon makes it easy to take care of appointments for haircuts, color, waxing, manicures and pedicures.

For two years running, Mainspring Day Spa has been voted by Utah Valley Magazine readers as the best local spot for a massage. And the wins are no surprise — with something for everyone, Mainspring is clearly a day spa favorite.

beauty tip HAPPY FEET

If your summer is filled with vacations, trips to the pool and family barbecues, you might not have time for frequent pedicures. Glitter toes are the hottest new toe trend, and the color will last at least six weeks. Add glitter toes to your pedicure, choose from a variety of colors and get ready to feel pampered!