

Spa Spotlight: The Goddess Repair Shop

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April is “**Stress Awareness Month**,” so what better time to treat yourself to a spa treatment that rejuvenates from the inside out? That’s where [the Goddess Repair Shop](#) — with locations in New York City and Los Angeles — comes in.



Created by **Anna Marie Colavito**, the **Goddess Repair Shop** focuses on holistic beauty treatments that provide lymphatic drainage, detoxification, and reduction of swelling and bruising using micro-current electrotherapy.

I received the aptly-named **Miracle facial (\$225)**, a 90-minute treatment so effective it’s been dubbed a non-surgical facelift. During the unusual yet relaxing facial, I was connected by ear clips to a machine called a **Neuroscope Computer**, which Colavito explained would give me 8-10 hours of assimilated sleep. Then she applied a gel and using a wand-like instrument repeatedly traced the bags under my eyes and the fine lines near my nose and mouth.

Unlike most facials, there was no steam, extractions, or abrasive scrubbing. Yet, several weeks later, my skin feels smoother and looks more refreshed than it has in months. I also tried the **Organ Cleanse (\$135)**, a 30-minute treatment where gentle rollers massaged my midsection to rev up sluggish organs.

In addition to visits to the **Goddess Repair Shop**, Colavito suggests the following regimen to maintain the renewed you:

1. Drink at least 64 oz. of your favorite water per day and an electrolyte like **coconut water** once a day, which will help absorb the water better. You can also take 2-4 shots of **Go Chi Juice** daily, a powerful antioxidant blend of goji berries and pomegranate juice.
2. Make sure you eliminate waste after each meal within 30 minutes. This is best for colon health. To assist in bowel regularity take a Pro-Biotic daily (the best is powder and has to be refrigerated); it's a beneficial bacteria that helps maximize digestion and promotes better absorption of food nutrients.
3. Get cardio exercise for 20-30 minutes daily. This will help your heart and aid in absorbing nutritional supplements more effectively.
4. Use **La Fleur Energy Botanical Skin and Body products** especially formulated for your skin conditions. These products are absorbed into the deepest layer of the skin and hold in the micro-current energy from your facial or body treatment longer to achieve rapid results.
5. Take 5 deep belly breaths to relieve stress, find quiet meditative time, and read several affirmations to start your day on a positive note.