



SEEDONA

This Month's Cover Story

Sedona Gone Hollywood

Sedona Activities

Sedona Snapshots

Dear Diary

SEDONA GUIDE

Lodging

Restaurants

Art Galleries

Spas

Entertainment

HAPPENINGS

Calendar of Events

DIRECTORY

Maps and Directions



**Rejuvenate!
Sedona's Top Spa Therapists**

After years of spa treatments, we've found it's not what you know but who you know. meet six local BODY AND SKIN wizards who time and again will make you feel like a million bucks.

BY ERIKA AYN FINCH; PHOTOGRAPHS BY DEBBIE WEINKAUFF

WE'VE COME TO A CONCLUSION ABOUT SPAS: No matter how good the treatment, it's the therapist who matters most. That's why we've dedicated this year's annual Sedona Monthly spa issue to introducing you to six spa therapists who stand out in a town blessed with many talented practitioners. After years of spagoing, we find we return to this group again and again to help us look and feel our best. Three have private practices (advantage: intimacy); three work at local spas (advantage: pampering). Meet Thea Draaisma, who performs out-of-this-world massages and body treatments; Alicia Lyons, who (literally) wrote the book on nail care; Jim Waddington, whose compassion and concern comes through in his massage; Katharine Stewart, Chinese medicine guru; Elke Waehrisch, spa industry expert; and Katherine Doerner, an esthetician who brings out the best in your skin. You'll have to book your treatment weeks in advance, but we know it'll be worth the wait.

928-284-1872  928-284-1872 FREE

Appointments taken

Mon. to Fri., from 9 a.m. to 6 p.m.

Acupuncture, acumassage (acupuncture coupled with Swedish massage), cupping, and herbs

Elke Waehrisch: Sedona's New Day Spa



Elke Waehrisch, better known as Ritmo to clients of New Day Spa, moved to Sedona from Germany four years ago and immediately immersed herself in the local spa scene. She became co-owner of Body Bliss, the local company that produces organic products used at many spas in Red Rock Country, including New Day Spa, where Elke began working part-time. Elke took a weekend course in massage when she was young and spent several months learning deep tissue massage and structural balance in Italy, eventually opening a private practice in Germany. But she says she didn't fully understand the spa business until she began working at New Day Spa.

"I learned there are different elements to a spa here in the U.S.," she says, her German accent still audible.

"It's not just about the products or the treatments but the details. Clients want to relax from the beginning. They want a beautiful space with a friendly staff – they need to be pampered and treated like a queen but still have fun. I enjoy how much fun people have at a spa and I think the relaxation they achieve is a miracle."

Elke now spends much of her time training the 15 therapists at New Day Spa, which completed a major remodeling and expansion a few months ago. It now includes a large, contemporary waiting room with a free snack bar, a women's lounge with showers and a sauna, and a state-of-the-art vichy shower room. Elke says the entire staff comes up with new treatments – the spa debuted a brand-new menu last month. She says she loves giving body treatments because it calms her almost as much as it calms her client. "It's just me and [the client]," she says. "It's relaxing and calming to be present in what you are doing."

Elke says she receives massages about once a week through the training she conducts at New Day Spa. If you have aches and pains, Elke recommends massage every two weeks. Otherwise, she says, "come as often as you like." When asked whether massage and spa treatments are a necessity or luxury she smiles and admits it's a hard question to answer. "For a lot of people it's a luxury," she says. "I personally think it's a necessity. It's necessary for me because, even though I try to eat good and work out, I still feel tension. Massage helps me relax, get rid of pain, and move energy."

After years of working in a spa, developing spa products and training therapists, Elke has a strong sense of how a person should spa. She recommends you show up early to sit, relax, drink tea, and use the sauna ("a space of relaxation where your problems fade away and your muscles relax"). Don't make any business appointments after your treatment so you can "stay in the mood." Wear sports clothes or anything that makes you

feel comfy and cozy.

It's obvious Elke is a bit shy about being singled out as one of the premier therapists in town but she's enthusiastic when it comes to describing treatments offered at Sedona's New Day Spa and the therapists she works with. "Everyone here has so much training and they are each fantastic at different modalities," she says. "It's such a joyful place to work."

Elke Waehrisch
Sedona's New Day Spa
1449 W. Hwy 89A
in West Sedona

928-282-7502  928-282-7502 FREE
www.sedonanewdayspa.com

The spa is open seven days a week, 8:30 a.m. to 8:30 p.m. Elke's hours vary. Massage and body treatments including wraps and scrubs

Katherine Doerner: Skin Care By Katherine



A general rule of thumb: Always choose a hair stylist with a great 'do and an esthetician with great skin. Katherine Doerner's glowing complexion tells you all you need to know (though she'll undoubtedly blush when she reads this). Katherine worked at Complexions Day Spa in West Sedona for more than three years before opening Skin Care by Katherine at her home in the Village of Oak Creek – it has better red rock views than many resort spas in town. The cozy space, disconnected from the main house, has a bright purple ceiling, cherry wood furniture, potted orchids, and a big poster of Marilyn Monroe hanging on a wall. Katherine flashes her pearly whites in her surroundings and says she couldn't be happier.

"I wanted to work from home to be more available for my children and just for the convenience," she says. "I am blessed but truly I pictured it this way – I manifested what I needed and knew I could do. It's only going to get better."

Katherine began as a part-time Lancome makeup artist in Santa Barbara, Calif., while working as a contract flight attendant. At the Lancome counter she saw an esthetician give a facial for the first time and she was sold. She enrolled in the Lu Ross Academy in Ventura and received her esthetician's certificate and license in 1990. She moved to Sedona in 2003 for the "beauty, clean air, different pace, and for my kids."

Skin Care by Katherine doesn't offer a traditional spa menu – most facials are tailored to the client. Waxing is a specialty; Katherine was trained in the art of eyebrow shaping by Anastasia Soare, the Beverly Hills eyebrow guru who sculpts the brows of J. Lo, Oprah, and Madonna.

"I think if a client is going to spend their time and money, the treatment should make a

difference," she says. "My clients range from men who don't want to go to a salon or spa to teenagers wanting eyebrow shaping to women looking for age-defying solutions."

As we spoke, Katherine was preparing for classes on acupressure facelifts, a non-invasive procedure using massage to encourage facial circulation. She says she's come to view facials as more than pampering. "It's always been a bit of a luxury, especially in this country, which is unfortunate," she says. "In France, it's part of your health care.

I believe facials help you maintain good health as well as educate you about your skin and what feels good. It's all part of good grooming, an example you pass on to your children."

Katherine Doerner

Skin Care by Katherine

928-301-3260  928-301-3260 FREE

Email her at gkdoerner@msn.com

Appointments taken Mon., Tues., Thurs., and Fri. from 10 a.m. to 2 p.m.

(later appointments may be able to be arranged) Facials, waxing and eyebrow shaping

[Sedona Monthly Features Archive Home](#)

© 2006-2007 Bar225 Media Ltd. All rights reserved.

[Sitemap](#)

[Internet Marketing by North Star Direct Marketing](#)

You'll need Skype Credit