



# Mind Body and Soul

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## What exactly is a “Head Spa”?

Unique Japanese treatment for stress comes to a salon in North Vancouver

A new Head Spa service has been launched by **Yoko's Haute Coiffure & b-yu Head Spa Ltd** ([www.b-yu.com](http://www.b-yu.com)). Salon owner Mika Ozeki Saunderson has set up luxury, state-of-the-art Salon chairs and equipment crucial to offering a unique Japanese Head Spa experience.

Mika first experienced a Head Spa in Tokyo several years ago. Beginning with observing a magnified image of her scalp, the session combined a unique head massage stimulating the scalp with an invigorating shampoo technique to cleanse and detoxify. The result: Her head felt as though it had lifted off her body. She had never realized how much “air” passed through every strand of her hair. Tensions and fatigue melted away. Her face felt as though she just had a ‘face lift’—looking brighter and slimmer! The hair felt soft, light and nourished. Even though the rest of the body was untouched, it felt as though she had received a whole body massage. That is when she was first inspired to bring this

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new art to her salon concept in Lower Lonsdale. Since then, she travelled to Japan numerous times to learn a wide range of Head Spa techniques.

The idea of caring for the scalp and hair actually originates from Ayurvedic medicine. However, it is in Japan that this concept evolved and flourished

into a unique “Head Spa” service which is now commonplace in top salons. Japanese women have become fond of the service because it “tones” their face and achieves “Kogao” (which translates to “small face”), a feature that is considered feminine and beautiful.

### Benefits of a Head Spa:

- Prevents hair loss and thinning hair and promotes healthy hair growth
- Releases stress and tightness all over the body
- Relieves scalp/hair problems
- Stimulates lymph and blood flow throughout the face and body for anti-aging effects similar to a face lift or facial.

Graduated from the University of British Columbia with a major in French Literature having a diploma in Traditional Chinese Medicine and being a licensed Shinso Therapist - Japanese body realignment, Mika had been always interested in the “physical-psychological health” aspect of the beauty industry. With that mind set, she pursued her cosmetology license in 2004 and studied at the Vidal Sassoon Academy in London, England. Her family had been running a successful salon business in West Vancouver for over 30 years, which recently relocated to The Pinnacle in Lower Lonsdale bringing innovative ideas to a new salon concept.

*“The b-yu Head Spa treatment is very pleasant and relaxing. Over the course of several treatments, my hair is softer, fuller and with a healthy shine. My scalp no longer feels tight and itchy and has a much more healthy appearance. I highly recommend this treatment.” - C.R.*

We're located in the “Pinnacle At The Pier” Waterfront Building  
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