

allure

Have You Ever Wondered Where Spa Music Comes From?

I'm lying flat on my back in [The Spa at Four Seasons Hotel and Residences Fort Lauderdale](#) in anticipation of facialist [Pietro Simone](#)'s new High-Tech Relaxer Facial. My eyes are willingly closed and my teeth are unwillingly clenched. No matter how many times I go to spas, my anxiety insists on being my plus-one. I so look forward to relaxing, but because it never quite feels normal to be wearing only my underwear under a blanket, even in my own home let alone on a cushioned slab in an imposter syndrome-inducing luxury resort, relaxing becomes a bigger challenge than if I weren't getting a spa treatment.

"Because music can have profound effects on the nervous system and can reduce the compounding aspects of stress, we use music as a tool to support emotional and physical health," says [Tammy Fender](#), aesthetician and founder of Tammy Fender Holistic Skin Care and two eponymous spas in Palm Beach County, Florida. In fact, there are as many spa music tracks as there are [studies on music's effect on the autonomous nervous system](#). All of that research supports the notion that certain types and tempos of music can have a measurable impact on emotions and the physical manifestations of stress. "When the whole being is guided into a relaxed state, our treatments are more effective," says Fender.