PRICKLY PAMPING

Poking fun at its male spa-goers, Simplicity Simple Skin Care (Scottsdale, AZ), a male concept spa, offers “What a Prick” with Cacti Mud Mask ($52, 45 minutes). This rejuvenating facial begins with a thorough cleanse using RA For Men Blue Agave Energizing Cleanser or Zeo Cleanse Purifying Wash followed by a nourishing massage with Stone Power Skin Strengthening Toner. Next comes an application of Rezone Sake Toner to the nose and any necessary extractions. The face is then massaged for 15 minutes with massage oil before the Cacti Mud Mask is applied. While the mask is on, the esthetician delivers a Hungarian-style upper body massage and an intensive scalp treatment. A heated compress is then used to remove the mask. The facial concludes with an application of Men EnviroProtect blended with either Mineral Freeze Skin Firming Peptide or Complex VI Hydrating Serum. “This treatment is like a workout for the skin,” says spa owner Stacey Grondahl. “It provides a quick rejuvenation, but more importantly, it helps educate clients about how quality ingredients affect the skin—all without the use of technology.”

For RA For Men products: www.ramethod.com—Heather Mikesell
Relaxing Refresh

For guests who want to go back in time, The Spa at Montchanin Village (DE) helps them do just that with its historic setting, as well as the Rose & Linen Age Reversal Facial ($140, 90 minutes). Relying on Darphin Paris products, the treatment prepares the skin with Refreshing Cleansing Milk and Refreshing Toner. After the skin is exfoliated with Age-Defying Dermabrasion, it is treated to a phytodrainage massage, which stimulates lymphatic circulation, with Hydraskin Intensive Skin-Hydrating Serum. Instant Firming Cream Mask is then applied over gauze followed by a spray of Instant Firming Liquid Mask on top. While the mask penetrates the skin, the feet are massaged with Nourishing Satin Oil before being wrapped in warm towels. Once the mask is removed, a digitopressure massage, a Darphin technique that uses slow, deep, and specific pressure to the face, is given using the Rose Aromatic Essential Oil Elixir and the Jasmine Aromatic Oil Elixir. Next, Vitalmask Powder is blended with the jasmine elixir and applied. The hands, arms, and shoulders are then given their turn for a relaxing massage. The treatment ends with the removal of the mask and applications of eye cream and the skin-type-appropriate moisturizer. According to spa manager Rebecca Enrico, the two facial masks and the deep massage strokes help reshape and firm the muscles, achieving instant results. “The Rose & Linen Age Reversal Facial is a total treatment for mind and body,” says Enrico. “It is a complete rejuvenating service that regenerates and plumps the skin.” For Darphin Paris products: www.darphin.com. —H.M.

Native Soak

Bathing beauties won’t want to miss the Jamaican Bush Bath ($55, 25 minutes) at Fern Tree Spa at Half Moon, a RockResort (Montego Bay, Jamaica). Incorporating a variety of fresh picked herbs, roots, and leaves, the warm soak helps guests unwind while soothing tired muscles. Depending on the season, the bath may include arrowroot, chive, leaf of life, lemongrass, orange peel, rosemary, and more. Guests are offered sparkling water, wine, or Champagne along with fresh Jamaican fruit to add to the experience. “The Bush Bath is a truly natural, local, and traditional Jamaican experience that engages all of the senses,” says spa director Dwight Zieman. “‘Relax awhile’ is always the message of a Jamaican Bath. Each of the ingredients serve to cleanse and revitalize the body, mind, and spirit.” —H.M.
Straight from the Vine

For a luxe anti-aging experience, spa-goers can lift, firm, and smooth skin with the Caudalie Premier Cru Facial ($125, 60 minutes) at Beauty Collection (West Hollywood, CA). The treatment features all the hallmarks of an effective facial, such as a thorough cleansing and exfoliation. In addition, it also involves an application of Beauty Elixir to tighten the pores and a dollop of Vinexpert Firming Serum. A dermaroller is then used on the face, neck, and décolleté to help increase product penetration. A highlight of the facial is a massage with smooth lifting movements that helps prepare skin for the subsequent mask. Once the hands and feet have been massaged and the mask is removed, a dose of Beauty Elixir is again applied, followed by Premier Cru The Eye Cream and Premier Cru The Cream. Skin is left hydrated and looking younger with visibly diminished lines and wrinkles. For Caudalie products: www.caudalie.com.—H.M.

TROPICAL TEMPTATION

Duos can get their daily dose of vitamin C thanks to the Journey to Guavonia ($255, 80 minutes) at The Biltmore Spa (Coral Gables, FL). Relying on Pure Fiji products, the guava-themed couple’s body treatment was created specifically for the spa, inspired by the fact that The Biltmore is built on land that originally served as a guava farm. Infused with a fragrant tropical scent, the service features a raw cane sugar scrub followed by a warmed oil scalp massage, a ritual bath soak, and a 35-minute massage with Guava Nourishing Exotic Oil. “This is a great treatment, as guava is an excellent source of antioxidant vitamin C,” says spa director Charlotte Prescott. “Guava is also a powerful anti-aging fruit that boosts collagen production while nourishing and hydrating the skin, combating the visible effects of skin aging.” For Pure Fiji products: www.purefiji.com.—H.M.
Rise and Shine
Spa-goers can jump start their day with Morning Glory ($175, 50 minutes; $260, 80 minutes) at Bloom Spa at The Sebastian-Vail (CO). This invigorating treatment includes a full-body customized massage, a peppermint oxygen inhalation, stretching, and a foot rub with Gehwol Mint foot cream formulated to protect feet from chafing and blisters. The aromatherapy-infused oxygen helps to clear the mind and assists the body in adapting to the spa’s high altitude locale. The service concludes with an application of Aloe Up sunscreen to the face and neck to protect exposed skin. Not limited to early risers, this massage is also ideal for revitalizing spa-goers after an active day in the Rocky Mountains. For Aloe Up products: www.aloeup.com. For Gehwol products: www.gehwolfootcare.com. —Jennifer Barnes

FREE FEELING
Spa-goers who want more from their skincare services than just radiant complexions may want to check out the Emotional Release Facial ($125, 60 minutes) at Spa Alexis at The Biggest Loser Resort Niagara (Java Center, NY). The treatment differs from a traditional facial in that the esthetician and client engage in conversation throughout the service. Incorporating Alaffia; Natureal, a line formulated by spa owner Alexis Luczak; and Wilma Schumann Skin Care products, the facial begins with an examination of the skin under a Wood’s lamp. Skin is then spritzed with a mood mist from Natureal and cleansed, exfoliated, massaged, treated to a mask, and moisturized. The ongoing conversation and massage both help clients to release any repressed emotions. According to Luczak, the body can be likened to a computer—certain experiences activate it to write a code to lock in a response. “Just like a computer code, our bodies make up emotional codes to store and repress feelings,” she says. “We are using conscious participation, physical reactions, and meridian points to recode the body, or in simple terms, hitting the reset button on the locked emotional code.” For Alaffia products: www.alaffia.com. For Wilma Schumann products: www.wilmaschumann.com.—H.M.

Fresh Start
To revive tired-looking skin, spa-goers can head to Cecilia Wong Skincare (New York City) for the Awakening Peel ($150, 30 minutes). The facial uses Cecilia Wong Skincare’s Vitamin C Cleanser followed by an exfoliation with Diamond Tip microdermabrasion and an enzyme peel. The face is then given a lymphatic drainage massage before being treated to a combination of red, blue, and infrared LED light therapy. Next comes an oxygen spray infused with aloe, Black Currant Serum, and hyaluronic acid followed by an application of moisturizer. The finishing touches include a dab of Black Currant Eye Cream and Black Currant Lip Healer. Says owner Cecilia Wong, “Safe and effective for all skin types, it’s phenomenal for preventing the visible signs of aging, reducing fine lines and wrinkles, correcting sun damage and sun spots, combating acne, treating broken capillaries, reducing inflammation and redness, and plumping skin by boosting collagen.” For Cecilia Wong Skincare: www.ceciliawongskincare.com.—H.M.