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THE SPA PROFESSIONAL'S CHOICE

american spa

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HEALING HEATS UP

HEAVENLY SPA BY WESTIN (HILTON HEAD, SC)



gingerbread body wrap

For a delicious holiday treat, guests at the Hyatt Regency Chesapeake Bay Resort's **Stillwater Spa** (Cambridge, MD) can indulge in the Gingerbread Body Wrap (\$130, 60 minutes). The treatment begins with a warm custom-made sugar and honey scrub to exfoliate the skin. Next, the therapist massages a delicious layer of ginger, clove, and honey over the body before wrapping the client in a sweet-smelling cocoon. After 20 minutes, warm water is cascaded over the body and a warm ginger spice moisturizer is applied. Ideal for combating the effects of harsh winter weather, the treatment leaves the skin hydrated and smelling like ginger, spice, and everything nice.—*H.M.*

sweet christmas

The Sweet Christmas package (\$199, 2 hours) at **Kelly's Spa** at the Mission Inn Hotel and Spa (Riverside, CA) mixes a number of tasty treatments to provide spa-goers with a dollop of relaxation for the holidays. First, clients enjoy either the Cranberry or Chocolate Dream Facial using Epicuren or Circuit products. Next, cookies and tea are served while clients partake in the Holiday Express manicure, which uses CND products to give the hands and feet a sweet treat. Finally, the experience concludes with a toasty renewal treatment, during which hands and feet are wrapped in gloves and slippers and dipped in warm paraffin. The all-natural service not only exfoliates and moisturizes, but the heat also soothes stressed muscles and joints. Guests who purchase this package also receive a 15 percent discount for a treatment or in the boutique, which is perhaps the sweetest gift of all. For CND products: (877) 263-6245; www.cnd.com. For Epicuren products: (800) 235-1217; www.epicuren.com. For Circuit products: (323) 661-4544; www.circuitskin.com.—*A.L.*

