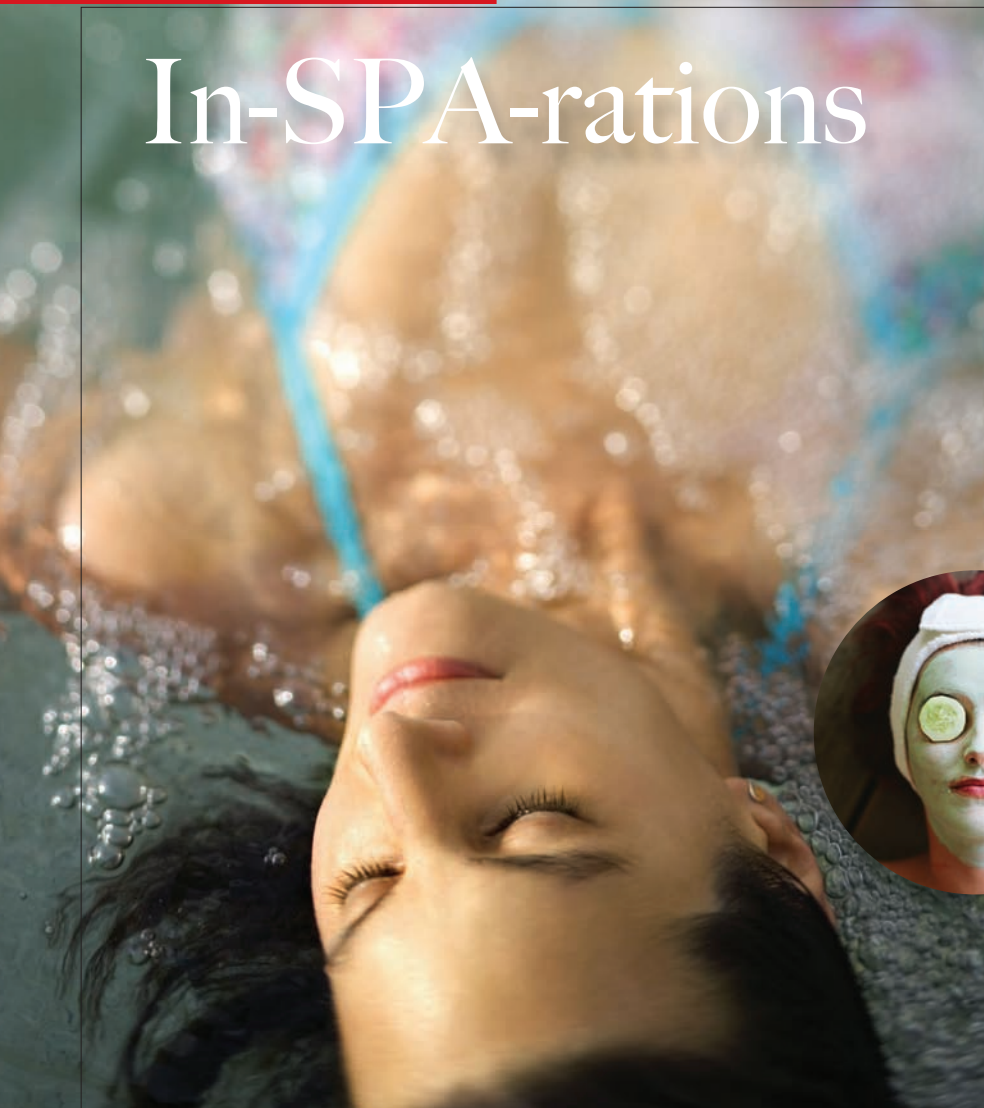


In-SPA-rations



MASSAGES

Full-body massages work on underlying muscular structure, stretching tight muscles and easing away tension knots and stiffness in the joints. Adding specialty elements such as an aromatherapy blend of essential oils will aid in healing, beautifying and soothing the skin. Stone therapy massage is very popular for even deeper muscle relaxation. Lava stones heated in water are strategically placed along the body pressure points to warm the muscles and ease tension.

Treatment length: one hour or more
Results enjoyed: two-plus weeks
Cost: \$65-\$95 for basic massage
 \$95-\$135 for specialty massage

FACIALS

Facials are designed to deep-cleanse, exfoliate, tone, hydrate and massage the face, neck and décolleté skin. All skin types benefit from a facial treatment, as every facial is customized to an individual's skin type, sensitivity and condition. The application depends on the spa's philosophy and esthetician training. Techniques range from completely hands on to machines using micro-current electricity and micodermabrasion to chemical peels.

Treatment length: one hour average
Results: three to four weeks
Cost: \$75-\$150

BODY POLISHING

The body is bathed in a purifying, scented scrub combination of salts, sugar and other exfoliation ingredients that gently remove dead skin cells, detoxify and reveal new revitalized skin. This treatment is a wonderful way to begin a massage or body wrap, because the new skin will more effectively absorb the nutrients from spa treatments that follow.

Treatment length: 45 minutes
Results: two to three weeks
Cost: \$85-\$120

PEDICURES

Spa pedicures clean, repair and hydrate the feet and nails. After feet are soaked in an anti-bacterial foot bath, a gentle exfoliating product removes dead, calloused, dry skin from the knee down, to allow absorption



Once thought to be perhaps frivolous or self-indulgent and reserved for the rich and famous, a spa visit is now considered a wonderful way to de-stress, relax and rejuvenate your body, mind and spirit. This shift is primarily because of advancements in skin-care technology in the last 20 years. Beauty industry reports show that more advancements have been made in skin care since 1990 than had been made from the days of Cleopatra — more than 2,000 years ago — to 1989.

A spa treatment is no longer about your mother's cold cream or mudpack. Treatments today provide scientific techniques and products designed to keep your face and body looking and feeling radiant and youthful. It is no wonder that the number of day spas in metro Richmond has grown from two in 1990 to 25-plus today. And if you combine all of the spa menus' treatment offerings, it is easy to see that even the most seasoned spa guest could get confused.

To help keep it simple, whether you're choosing a gift certificate or looking to enjoy a spa treatment personally, here are the top requested spa treatments, which offer the best value in price and longest lasting results, according to spa industry experts.



{beauty buzz}

In the season of gift giving, spa services make wonderful treats.

Where should you go?

Let's Face It Spa and Beauty Boutique

201 Towne Center West Boulevard
Suite 705
Richmond, VA
804.364.1112

Luxury you will become accustomed to...
Facials, Massage, Waxing, & Body
Treatments. Gift Certificates and Gift Sets
Available.

Wellness For Life

221 Ruthers Road, Suite 103
Richmond, VA 23235
804.320.1113 ext. 207
www.accsnurses.com

Holiday Detox Special: 30-minute
IonCleanse detox footbath, 30-minute
detox massage, and 2 ounces antioxidant
juice \$50. See and Feel the Difference.

Richmond Dermatology & Laser Specialist PC

7605 Forest Avenue, Suite 201
Richmond, VA 23229
804.285.2320
www.richmonddermpeccs.com

Experienced, board-certified dermatolo-
gists; medical, surgical, and cosmetic der-
matology; comprehensive laser center;
total skin wellness.
(See our ad on page 15)

Ageless Remedies Medical Skincare & Apothecary

11527 W. Broad Street
Richmond, VA 23233
Medical Director Alan J. Burke, M.D.
804-360-8886
www.agelessremediesrichmond.com

For smooth healthy skin from head to toe,
Ageless Remedies creates a safe, personal-
ized regimen that blends medical services
with a retail apothecary.
(See our ad on page 41)

Razors

1213 East Cary Street
Richmond, VA 23219
804.545.1532
www.razorsontheweb.com

Upscale Grooming Lounge for Men located
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razor shaves, massages, shoeshines, and
much more!

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www.veinsolutions.com

VeinSolutions is proud to offer VNUS clo-
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varicose and spider veins. We also offer
Botox, Restylane, Juvederm, IPL and laser
treatments, microdermabrasions, Obagi
skincare and Jane Iredale mineral makeup.
(See our ad on page 36)

Skin Therapy of Virginia

2817 N. Parham Road, Suite 201
Richmond, Virginia 23294
804.864.1226
www.skintherapyofvirginia.com

Clinical and holistic skin care treatments to
rejuvenate and relax the mind, body and
spirit. Organic skin care products available.

Sona MedSpa

4198 Cox Road, Suite 109
Glen Allen, VA 23060
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www.sonamedspa.com/richmond

Sona Medspa is the country's leading laser
hair removal and skin rejuvenation center.
We specialize in medical treatments for
men, women and teens performed in a
relaxed and welcoming spa environment.

La Bella Dona Skin Care

8133 Forest Hill Avenue
Richmond, VA 23235
804.330.3300
www.labelladonaskincare.com
(See our ad on page 39)



of hydrating products. A paraffin wax is
applied to the feet to promote deep mois-
turizing and nourishing. An application of
polish completes the pedicure.

Treatment length: one hour

Results: four weeks

Cost: \$45-\$75

WAXING

While not a glamorous-sounding
treatment, waxing is priceless to those in
need of a little extra help in removing
excess hair. Using a combination of hot
and cold wax, based on the area treated,
waxing removes the hair from the root,
allowing the area to be hair-free for up to
four weeks — a gift in itself.

Treatment length: 15 to 45 minutes

Results: three to four weeks

Cost: \$15-\$85

EYEBROW DESIGN

Having the brows professionally shaped to
your facial features and personal style is
one of the best gifts you can give or get.
The aesthetician will work with your
features and create the perfect eyebrow
for you. The best part is the aesthetician
will show you how to groom and style
your brows to keep them looking their
best between visits.

Treatment length: 15 to 20 minutes

Results: four to eight weeks

Cost: \$35-\$75

MAKEUP LESSON

A lesson is a professional and timesaving
approach to applying makeup. The
makeup artist teaches


you how to create
your own signature
look on one side of
your face. You practice
by completing the look
on the other side.

Once you master these
easy-to-learn tech-
niques, you will enjoy
this valuable skill for a
lifetime.

Treatment length: one hour

Results: lifetime

Cost: \$75- \$125

Today's spa treatments have countless
therapeutic benefits for body, mind and
soul, so whether it is to detox and revive,
relax and unwind, or restore and heal —
the choice is yours. Enjoy! 



Susie Galvez is an international
image consultant, speaker, author,
beauty industry expert and radio co-
host for "Girlfriend We Gotta Talk!".
For more, visit www.susiegalvez.com.