



allure Spa

THE BEAUTY EXPERT
2009

Ultimate Guide to Relaxation

- FIND THE BEST SPAS
- GET VIP TREATMENT
- LOSE WEIGHT
- SMOOTH YOUR SKIN

Fast Detox Diets

Do They Really Work?

The Easiest
At-Home
Indulgences

THE TOP DAY SPAS,
DESTINATIONS, AND RESORTS
In 56 Cities & on Five Continents

Directory

Luxurious massages, bracing scrubs, exotic mud wraps, and mineral baths: Sybaritic bliss at spas from New York to Los Angeles. By Elizabeth Einstein

New York

Guerlain Spa at the Waldorf-Astoria

301 Park Ave.
212-872-7200

Most Relaxing Treatment: The Guerlain Impériale Massage.

footbath and massage; no tipping allowed.

Caudalie Vinotherapie Spa at the Plaza

1 W. 58th St.
212-265-3182

Most Relaxing Treatment: Pulp

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Rockin' Desert Quench, an exfoliation with warm agave nectar and crushed desert plants, followed by a hot basalt-stone massage and organic aloe body wrap. \$200.

Top Pros: Becca Olpin for face and body; Megan Lapham and Elena Beane for massage.

Best Amenities: Coed aromatherapy hammam; a hot pool with underwater beds and cool plunge pool.

Seattle

Vida Spa at The Pan Pacific Hotel

9000 Lenora St.
206-515-6870

Most Relaxing Treatment: Nidra Sleep Treatment, an hour-long aromatherapy massage with customized warm essential oils. \$130.

Top Pro: Brianne Cominski for body.

Best Amenity: The relaxation room with a sauna, fireplace, and organic snacks.

San Francisco

The I-Spa at the Intercontinental Hotel

888 Howard St., 6th Floor
415-616-6597

Most Relaxing Treatment: I-Spa Signature Customized Massage—during a footbath and warm-herb neck wrap, your therapist designs a rub-down that targets your specific needs. \$235.

Top Pro: Jesus Rivas for body.

Best Amenities: iPod hookups in every room; access to the hotel's pool and gym.

The Spa at the Four Seasons Hotel

757 Market St.
415-633-3000

Most Relaxing Treatment: Mind-Body Experience, sleep-inducing Tibetan acupressure followed by an essential-oil rubdown. \$270.

Top Pros: Kamee Rose Tong

and Laura Heath for face and body.

Best Amenity: Access to the sauna and steam room.

Los Angeles

Le Spa at the Sofitel Hotel

8555 Beverly Blvd.
310-228-6777

Most Relaxing Treatment: Pure Relaxation, with exfoliation and a warm clay-and-papaya body mask. \$165.

Top Pros: Tej Maarfi for face; Eleonora Madrinan and Claire Sterrett for body.

Best Amenity: A footbath with sea salts and essential oils, followed by a foot massage.

Spa Montage at Montage Beverly Hills Hotel

225 N. Canon Dr.
310-860-7840

Most Relaxing Treatment: Replenishing Stones, a hot-

stone massage, salt scrub, and Vichy shower. \$255.

Top Pro: Cherie Rodriguez for body.

Best Amenities: Mineral pool, steam room, sauna, and whirlpool.

Ciel Spa at SLS Hotel Beverly Hills

465 S. La Cienega Blvd.
310-246-5560

Most Relaxing Treatment: Balanced Body, a dry-brush exfoliation, warm mud wrap, scalp massage, and rubdown. \$185.

Top Pros: Yvette Toman and Nikki Rox for face; Dina Porter and Colleen Flaherty for body.

Best Amenities: Access to the gym and rooftop pool.

(continued on page 62)

To find the best spas in your area—and our favorite cheap manicures—log on to allure.com/directory.

