

HOW A SPA VACATION CAN CHANGE YOUR LIFE page 120

Spa

Healthy Living,
Travel & Renewal

15 top facials
for flawless skin

spa at home
the art of the bath

reduce stress
dr. andrew weil
explains how

ANTI-AGING SPECIAL ISSUE

time-tested spa strategies for
looking and feeling fabulous



OCTOBER 2007
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the best products
TO PLUMP, FIRM, SOFTEN, AND SMOOTH



L.A. Beauty

Celebrities and product aficionados alike swoon over the all-natural skincare line and results-oriented spa treatments created by Arcona, going downright crazy for the gravity-countering facial massage performed by the line's product formulator and esthetician Chanel Jenac. Southern California devotees will be delighted to know that the new

Arcona studio has just opened in Santa Monica. Clean lines, dark woods, and limestone floors set the stage for serious-yet-simple services that get complexions glowing. MELISSA EATOUGH

ARCONA, SANTA MONICA, CALIFORNIA, (877) 272-6620, ARCONA.COM

home spa Arcona's Lift Mask and Tightening Serum let you give yourself a firming facial at home – a good option if you call the studio and facialist Chanel Jenac is already booked up.



REWARDING SPA VISITS The benefits of spa-going are reaching new heights thanks to Frequent SpaMiles, a program allowing you to earn credits that can be redeemed for skincare products (such as Babor, Lather, True, and Yon-Ka) when you visit any spa in the spa-addicts.com network. And since there's no expiration and no limit to the amount you can earn, extra rewards are always just a click away. R.N.



BLUE RIDGE RENAISSANCE

Referred to by Thomas Jefferson as "the Eden of the United States," Central Virginia is truly becoming a spa paradise. A short, dogwood-accented drive from Charlottesville lies the Boar's Head Inn and its seven-treatment-room spa. Tranquil tones of tan, sage, and sand soothe the mind, as does the spa's atrium with an inset circular fountain.

Set on 600 acres, the 48-room Keswick Hall and its two-story spa evoke the lavish life of the landed gentry. After a round on the Arnold Palmer Signature golf course, enjoy spa treatments that are par excellence.

As the beauty of the Blue Ridge Mountains beckons, so does the pristinely perched and recently renovated Wintergreen Spa (shown above) at Wintergreen Resort. The 13-room haven will elevate your senses with Kerstin Florian skincare therapies. In the fall, linger in the Quiet Lounge and watch the painted leaves of the multicolored forest gently descend. Ahead of his time on many things, Jefferson knew full well that the pursuit of happiness delightfully ends right here. V.M.

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