

PHILADELPHIA

Where

YOUR TRAVELING COMPANION SINCE 1936

Pop Goes the Art
AT PMA

SWEET TREATS
for the Season

By Land or
By Sea
2 NEW
DINING
EXPERIENCES

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HOLIDAY
GUIDE

Give the Gift of HEALTH

Spoil a loved one—
or yourself!—this
holiday with a
session at one of
the city's best spas





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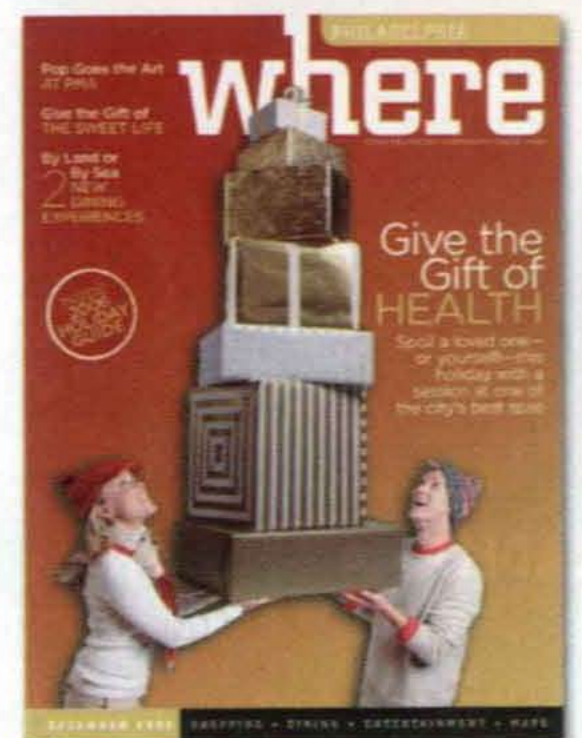


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ON THE COVER:
Photo by Nathan Dale.
Clothing provided by The Gap.





Say Spa

Breathe a sigh of relief this holiday season by
escaping to one of the city's spas

BY MELISSA AUMAN

The holiday rush may be packed with presents and parties, but such a hectic lifestyle can do a number on your stress level. Winter winds turn glowing faces chapped and one slip on the ice will leave you with a sore back past the New Year. Come out of the holidays just as fresh as you entered them by giving yourself the gift of relaxation at one of Philadelphia's soothing spas.

* **Body Restoration**

1611 Walnut St., Fourth Floor, 215-569-9599

Like many city spas, Body Restoration hides behind an unassuming façade of retail spots, business offices and power walkers. But a slip into the elevator quickly elevates patrons away from the noise below and into a relaxing space of mellow music. Taking a calming and holistic approach, the spa offers a menu of treatments that focus on soothing and healing past stresses while motivating a more positive outlook upon leaving. First, slip into a robe and relax in the lounge, where comfy couches bathed in candlelight await. The surrounding rooms hold award-winning massage therapists and estheticians ready to help tightened muscles and worried minds melt away. Warm up from winter with the spa's specialty — La Stone Therapy. By using heated lava rocks of varying sizes and temperatures, therapists create balance and calm. The treatment is paired with either a facial or massage for a thoroughly relaxing and rejuvenating experience.

* **Pierre & Carlo Salon & Spa**

The Bellevue, Walnut and Broad sts., 215-790-9910

After shopping so much at The Shops at The Bellevue that you might actually drop, head downstairs for a little R&R at Pierre & Carlo. A full-service salon and spa offering all the classic treatments, from hair color to deep-tissue massages, this private oasis is the perfect place for a quick pick-me-up in the midst of your busy schedule. Bathed in warm colors, the spa is accented with modern, but comfortable, touches. Try an antioxidant-rich facial to calm stressed skin and increase circulation, or a peaceful aromatherapy massage that utilizes flowers, herbs and spices to help you drift away.

* **The Body Clinic**

2012 Walnut St., 215-563-8888

Head up the stairs at this ornate townhouse to enter a Zen-like atmosphere of pure pampering. Using only natural, environmentally friendly ingredients, The Body Clinic offers a mile-long list of personalized treatments to make sure that every inch of your body is relaxed by the time you leave. Bring the holiday glow back to your face with their Oxygen Treatment, which pairs exfoliation with a wash of pure,



The lobby at Body Restoration

invigorating oxygen. Experience the ancient Chinese art of cupping during their Massage Cupping Therapy, or clear your mind with the help of foot reflexology.


* **Rescue at Rittenhouse**

255 S. 17th St., 215-772-2766

Nestled within the city's Business District, Rescue takes spa seriously by offering up a posh and luxurious space in which to escape from the world outside their windows. Slip into a fluffy white robe and pad across the sleek wooden floors toward the treatment rooms, where the emphasis is on rejuvenation using the world's foremost treatments. Plump up a tired face with the Collagen Treatment Masque, or take a pit stop from the airport to the in-laws for the Jet Lag Massage. If the holidays are just too busy for a well-deserved spa day, pop in for their popular Zoom Groom service — a mani and pedi done simultaneously to have you in and out and back to Grandma's house by dinner.

* **Brandow Clinic**

100 Presidential Blvd. North, Bala Cynwyd, 610-617-7949

A little stress relief not enough for you? For those who want to walk into the New Year with a new attitude, the medical day spa treatments of the Brandow Clinic may be the answer. Taking traditional facials and body wraps to the next level, the estheticians take advantage of technology to help time slow down a bit. Within the Asian-inspired spa, try gentle microdermabrasion and a glycolic peel for smoother skin and even color. Bathe your face in one of their many laser and light treatments to help diminish sunspots, scars or wrinkles. Or begin to banish cellulite with Brandow's VelaSmooth — a combination of radio frequency and infrared light that breaks up the stubborn stuff for a smoother, softer appearance. 



Body treatments at Pierre & Carlo




Fotofacial at Brandow Clinic



Pedicures at Pierre & Carlo

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Fotofacial at Brandow Clinic

