

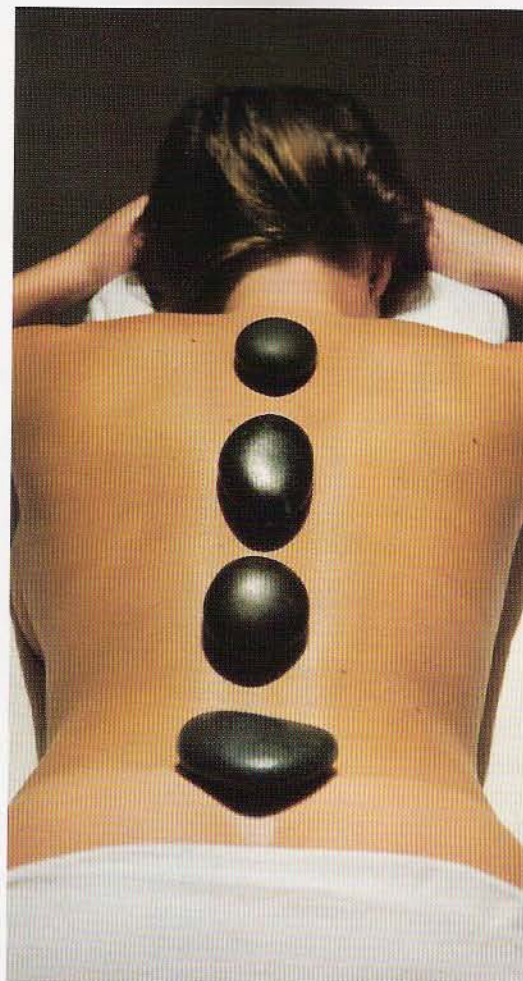
*Who doesn't  
deserve a little  
pampering? Visit  
some of the Cape's  
best spas for signa-  
ture treatments  
guaranteed to reju-  
venate, renew and  
refresh you this  
winter.*

# A Day at the Spa

Something that feels this good should be wrong, shouldn't it? But a trip to the spa for a massage, facial, body wrap or any host of treatments that leave you feeling relaxed and rejuvenated while improving your looks is actually even more beneficial than you may have thought. New studies continuously show the negative effects of stress on our health, increasing memory loss, sleep disorders, diabetes and heart disease while serving as a rapid aging mechanism. However, massage, which has been in use for hundreds of years, can relieve stress and reduce pain. So it's no wonder that spas catering to women (and men!) in need of easing tension are popping up all over the Cape.

We took it upon ourselves to check out six spas close to home that will leave you feeling and looking great. (Oh, the things we do for our readers!) So go ahead, shake off the winter doldrums and indulge with a little pampering at some of our favorite places.

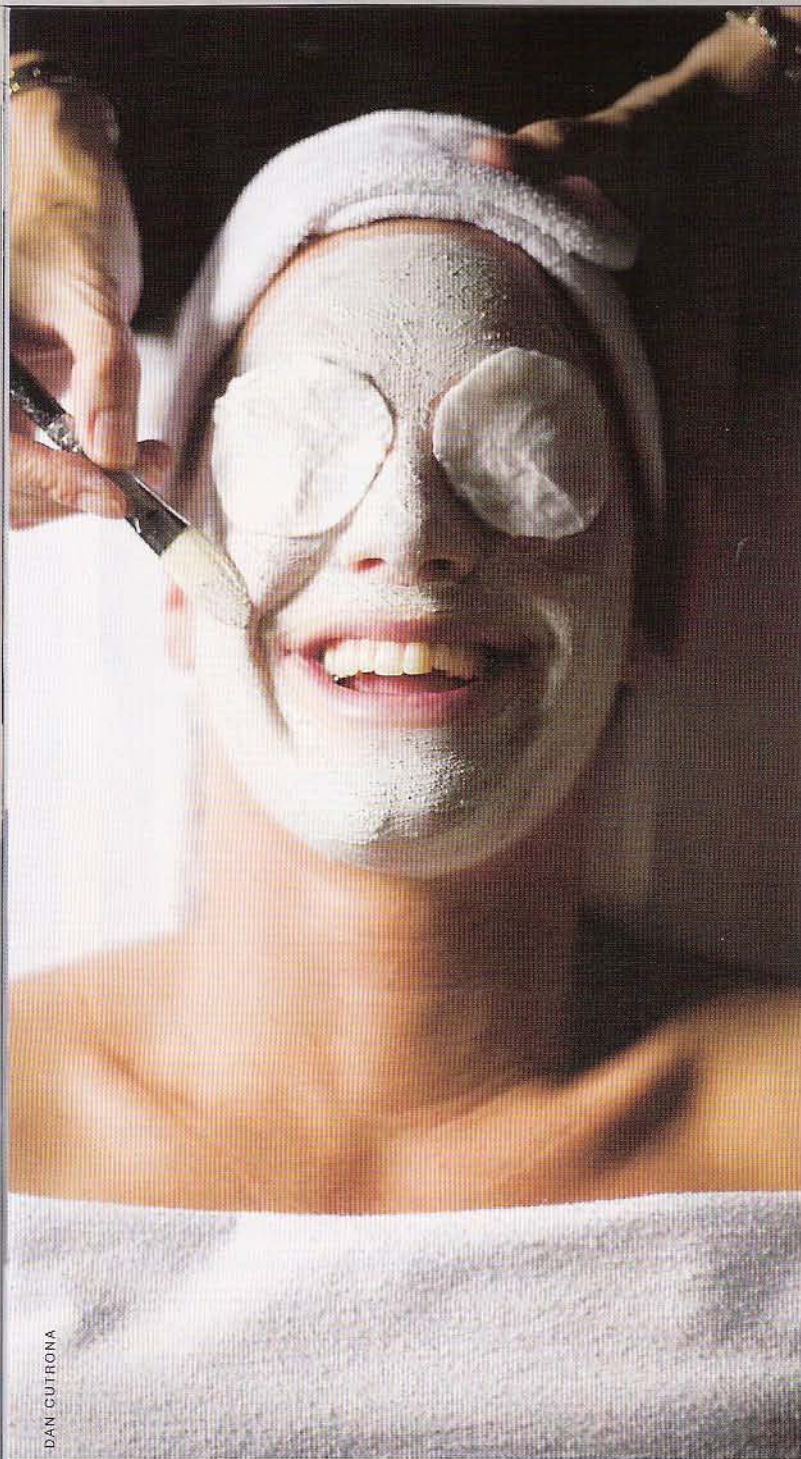
BY JESSICA LANIEWSKI  
AND LISSA POIROT



## HEAD-TO-TOE STRESS RELIEF

Who knew such tranquility could exist right off of Chatham's busy Main Street? Walking into the one-and-a-half year old Le Petite Day Spa, owner Kim Carlin greets me warmly in the entry room of this cozy gem. Signs are placed everywhere reminding me that other patrons are enjoying their treatments and that I should start relaxing too! Letting myself go into Carlin's more-than-capable hands, I am ready to enjoy Le Petite's signature hour-long Stress Relief Massage and 30-minute Aromatherapy Facial.

Carlin leads me to a luxurious, spacious lounging area upstairs where I snack on fresh fruit and cheese prior to my treatment. Sinking into the soft sofa in front of the fireplace I can feel the daily grind seeping away. Already relaxed when I'm called for my massage and facial, I head back downstairs to one of two beautifully decorated treatment rooms. Fireplaces in each room add a warm, elegant touch and unique mirrors are a fun decorative element.



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Using hot stones and towels on my back and neck, Carlin warms up my muscles for deeper strokes. Working with me she achieves an appropriate amount of pressure for my sore back, legs, arms and shoulders. Starting with my back and shoulders, Carlin massages her way from my sorest muscles to my aching lower back and finally to the balls of my feet with lightly scented, organic lotion. As opposed to painful, tear-inducing massages I've received in the past, Carlin leaves me feeling longer, taller and more relaxed before I even turn over for my facial. As I fall into a pleasant half-awake, half-asleep state I can feel the pressure of one too many cycling classes spent hunched over my bike drift away.

After an hour of bliss, Carlin has me turn over and places a plush eye cover with a touch of eucalyptus oil over my eyes. Placing a comforting wrap under my neck, she gently covers my face with a warm towel. Repeatedly alternating a gentle facial massage with Eminence lotion and a hot towel wrap, my visage is brighter and softer by the end of my treatment. After Carlin leaves the treatment room, I relax in the comfortable bed for a few more minutes before I can convince myself it's okay to leave, I'll be back soon. Le Petite Day Spa, 35 Cross Street, Chatham, 508.945.9909, [www.thelepetitedayspa.com](http://www.thelepetitedayspa.com)

#### ERASING THE SANDS OF TIME

I'm a little nervous when I walk into the Cape Codder Resort in Hyannis and make my way to its Beach Plum Med-Spa, one of the few med-spas located on the Cape. I'm about to have a skin tightening facial, where a simple machine will pulsate and stimulate deep-laying collagen to tighten and restore my skin.

Although a full spa, I am brought into a room that more resembles an upscale doctor's office. I am given a wrap to wear on my upper body, to fully allow my technician to work on my neck, chin and face. As I lay back on the table, she explains the Accent machine, which is FDA approved to tighten my skin, including near my eyes and forehead. She begins by gently cleansing my face, then pulls out a wand-like instrument that she works in a circular pattern around all areas of my face. It feels warm and causes my skin to tingle, but there is no pain. While it is recommended I receive a series of treatments to fully see the effects, my technician uses the gentle machine on one half of my face before handing me a mirror to show me the difference. I do notice my eyebrow is more raised on the side she has worked on.

The treatment is considered preventative: Owner Deb Catania says that doing these non-invasive treatments throughout the year can help tighten the skin so that deep wrinkles don't set in and more invasive treatments, such as eye lifts and face lifts, won't be necessary. She explains the work she has done to ward off the years, and I am surprised she is 10 years older than she looks.

The Accent treatment can also tighten stretched skin, such as skin that has gone through a pregnancy or weight loss, and help tighten cellulite for a smoother look. I didn't try the cellulite treatment, but perhaps I should before swimsuit season! Cape Codder Resort Beach Plum Med Spa, 132 at Barse's Way, Hyannis, 508.771.3000, [www.beachplumspa.com](http://www.beachplumspa.com)



## FACIAL BLISS

When word got out that Body Sense in Hyannis received recognition as the Day Spa of the Year, so named after a review of spas on an international level, I just knew a visit was in order. Just what could make this spa so special? Upon arrival in the intimate “home” spa, owner Kelly White greets me and gushes about her recent win over spas in Spain, New Zealand, Australia, Thailand, Mexico and across the country. Taking me into a private treatment room with a comfortable massage table in which to perch, I am about to receive the spa’s signature Four-Layer Facial using *Rêpechage* products. *Rêpechage* means “to save,” and the line of sea-based products does just that: saves the skin.

My 60-minute facial aims to clean my skin of dead skin cells and impurities, as well as leave it radiant for weeks to come. Beginning with a cleanser to remove my makeup and clean my skin, it is gently massaged into my skin to open my pores for the second layer of treatment, typically a seaweed mask that will restore nutrients to the skin, but in my case, due to a stressful week and breakouts, White chooses to use a Hydra Medic mask to clean and clear my skin. Once the light mask is removed, I’m treated to the third layer: a mineral-rich thermal mask that I can really feel penetrating my skin after each previous layer has unblocked my skin and opened it to receiving the nutrients it needs to ward off aging.

Before I receive my final layer, a light moisturizer with sunscreen massaged into my skin that will not block my pores, White recommends an add-on service to treat my blemishes. I’m afraid that what she will do will cause more breakouts but she assures me the concentrated light treatment, called intense pulsed light (IPL), kills the blemish-causing bacteria lingering deep. What feels like a tingling jolt and sounds like a

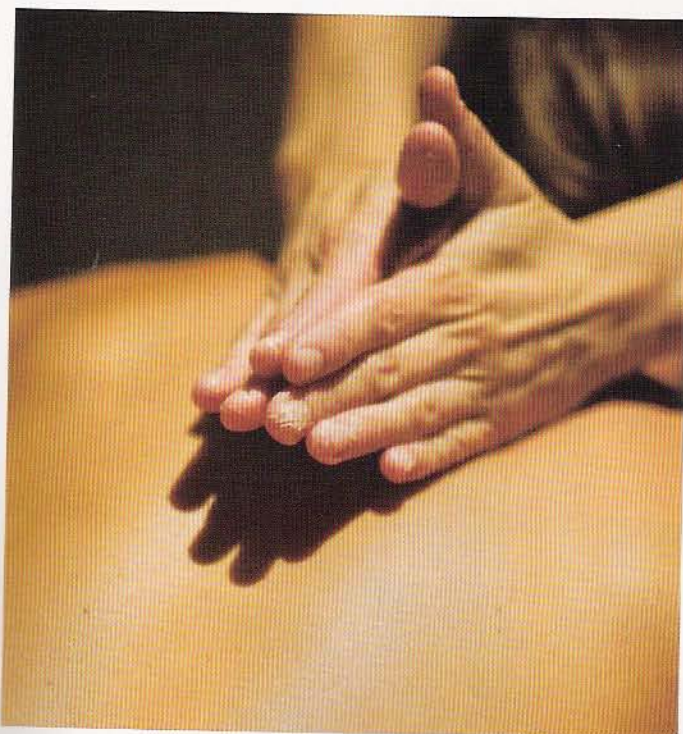
bug zapper is all it takes. (Admittedly, two days after the facial, my blemishes were all clear!)

After the facial, my skin feels like it can breathe. Without being raw or red, I can face the world without fear, and White’s expert application of makeup just makes me feel that much more attractive as I walk out the door. Body Sense Day Spa, 179 Barnstable Rd., Hyannis, 508.775.7546, [www.bodysensebeautyclinic.com](http://www.bodysensebeautyclinic.com)

## SCRUBBED AND SOFTENED

Hidden just around the back of the Daniel Webster Inn, I walk into an intimate spa awash in various shades of purple: lavender walls, sparkling purple ceilings, plum-colored décor. I’m here for the spa’s signature customized body treatment package. My therapist brings me a soft robe and escorts me to a heated changing room, then we sit together as she goes over my choices, allowing me to smell and touch each sample.

I can choose a more exfoliating salt scrub or a milder sugar scrub in natural combinations like cranberry-ginger, vanilla rose and lemongrass. I choose a lavender sugar scrub for a little extra R&R. Then it’s a choice between a seaweed wrap that is filled with vitamins and minerals to nourish my skin, a honey masque with antioxidant properties, or detoxifying mud. I select the lavender mud, which contains 21 essential minerals to soothe and calm my body. Finally, would I like a lotion that balances, soothes,



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refreshes, stimulates or invigorates? I select the vanilla/citrus body butter, the refreshing option.

My treatment begins on a heated table, where my therapist gives me an invigorating scrub to remove my dead skin. She then uses warm wash cloths to remove excess sugar before applying a thick layer of the mud. I'm then wrapped in plastic and a number of blankets like a mummy, where I'll spend 20 minutes soaking in the mud and its nutrients. While I wait, I enjoy a scalp, neck and foot massage.

After I am unwrapped, I rinse off the mud in the neighboring shower before returning to the clean and still-heated table for the lotion portion of my treatment. When complete, my skin feels as soft as a baby's bottom and I feel ready to tackle winter's blistering weather. Daniel Webster Inn Beach Plum Spa, 149 Main St., Sandwich, 508.888.3622, [www.danlwebsterinn.com](http://www.danlwebsterinn.com)



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## FEET FIRST

Whether I am jamming my cramped toes into too-narrow high heels, snug winter boots or leather thong sandals at the beach, my feet are in continual need of some pampering. Sisters and owners, Nan and Susan MacLeod of Heaven Scent You Wellness Spa in Orleans know taking care of your skin, whether on your face or feet is pivotal to staying healthy and happy. Arriving at the Spa, located right off Orleans's picturesque Main Street, I am ready to surrender my cramped toes and aching arches to a bath of hot water.

Snacking on one of the homemade chocolate chip cookies Nan offers me, I head into the separate room reserved just for manicures, pedicures and foot massages. Relaxing into one of the comfortable black leather chairs, I stretch my toes as they soak in a mango-scented bath of warm water. My Heaven Scent You Pedicure starts with an invigorating massage relieving tension in the heels and balls of my feet. The nails on my water-softened, clean toes are then clipped, shaped and buffed to a sparkling perfection.

The nail technicians at the Spa pay careful attention to nail care and my feet are attentively exfoliated and massaged to baby softness. Leaning back into the soft chair, I revel in simply sitting and resting in the quiet nail room. The leg and foot massage is the best part of the pedicure as my overworked muscles are given a break from the pressure of constantly walking in heels, standing in line and exercising. An additional option is a warm Paraffin Foot Wax leaving feet silky soft and hydrated. I choose a sassy magenta polish from the Spa's extensive collection as my toenails are finished with two coats of paint. Relaxing for a few more minutes, my pedicurist comes to check on me and offer me a drink while my polish dries. Reluctantly climbing out of my comfortable perch, I am now ready to face the daily grind with sparkling toes and manicured feet! Heaven Scent You Wellness Spa 13 Cove Road, Orleans, 508.240.2508

## THE MORE, THE MERRIER

Leave your troubles at the door of Sheryl Baba and Kimberlee Schuler's oasis away from the crazy pace of life. As soon as I walk into Solstice Day Spa, located in Puritan's Hyannis store, the soothing blue-green walls and professional staff help melt away my stress. After being warmly greeted and offered a bottle of water, I am led to the steam room to relax before enjoying their signature treatment, the Solstice Bliss massage. While one massage therapist is a treat, this

one providing four hands kneading my back, legs and arms is even better!

Before I head into the steam room, I am given a plush terry cloth towel and disposable flip-flops. Personal bottles of shampoo and conditioner are left in the steam room for me if I want to shower after my massage. Enjoying my first experience in a steam room, I can feel myself melting into the comfortable wooden bench and the cool tiles on my back. After steaming for 30 minutes, my massage therapist, Tabitha, comes to get me and I slip into a long black robe before heading to the treatment room.

Baba and Schuler created a separate relaxation area away from the bustle and talk of the hair salon and pedicures chairs (thrones fit for a queen!) so guests can relax before and during their treatments. In this relaxation area I am lead into a spacious treatment room with a handpainted wave mural on the wall. Kimberlee explains that they “split” my body in half at the middle with one taking my head neck, shoulders, back and arms and then other taking my legs and feet. The duo will then switch so that I can experience their subtly different massage rhythms on each half of my body.

Using warm oil and unscented lotion, Kimberlee and Tabitha deftly work out the knots in my shoulders and pain in my lower back. Working quietly and seamlessly (they have worked together for six years), they vigorously address my trouble spots. The pair is thorough, even spending time massaging the palms of my hands and balls of my feet in a therapeutic, circular motion. After my Solstice Bliss massage, I go back back to the steam room, and I’m not sure I’ll ever get myself to leave. Solstice Day Spa, 408 Main Street, Hyannis, 508.775.7400, [www.solsticedayspa.com](http://www.solsticedayspa.com)

### SMOOTH AS SILK

Visiting Chatham Bars Inn’s Spa truly makes me feel like I’ve left Cape Cod and found myself on vacation at a luxury European resort. Nestled down a slope of crushed shells and beyond a tranquil adult-only heated pool and hot tub, I undress and slip into a lush terry cloth robe, pour myself a hot tea, and sit back in the relaxation room. I’m not here to think, instead, sipping on my tea and just resting my eyes until my therapist invites me back to one of many treatment rooms. I am here to enjoy a 90-minute Winter Wind treatment. I know it’s a body treatment meant to slough away my dead winter skin and wrap it in nourishing, softening lotions, but I’m in for a treat



completely unexpected: the treatment is both a body wrap and full body massage.

Beginning with a sugar scrub, I expect to be coarsely and quickly rubbed. Not so. Instead, this is a full body massage performed with a vanilla and cardamon sugar scrub. Not only is the dead, dry skin of winter being removed, but my muscles are getting eased of their tension. Once the scrub ends, I pop into a neighboring shower to rinse off the sugar, then it’s back on the table for a second full-body massage, as vanilla cardamon shea butter is rubbed deeply into my skin. Using warm, wet towels to trap in the moisture, blankets are wrapped around me, where I will let the lotion set into my skin for 20 minutes. As my body soaks in the moisture, my therapist massages my head and I am just moments away from a deep sleep before it’s time to unwrap me from my cocoon.

When I leave, I’m softer than I’ve ever been and swearing I’ll return at least monthly to rejuvenate my tired skin. Chatham Bars Inn Spa, 297 Shore Rd., Chatham, 800.527.4884, [www.chathambarsinn.com/spa](http://www.chathambarsinn.com/spa)