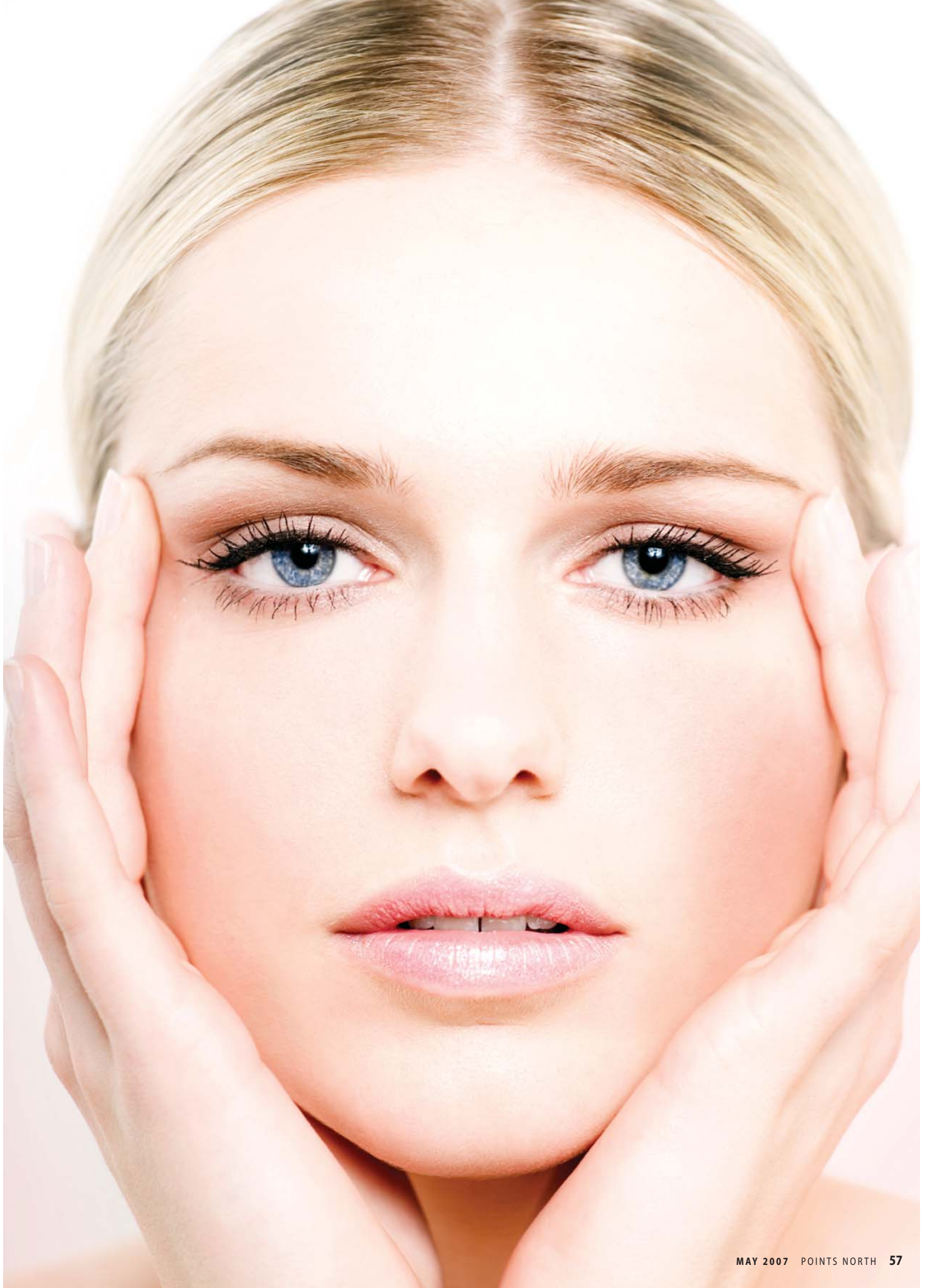


# ABOUT FACE

## Turn Back Time With These New Spas That Pamper and Rejuvenate

BY LISSA POIROT AND JULIE CLARK

Our faces tell the story of our past and present. When we're tired, dark circles appear. When we're dehydrated, our skin looks ashen. When we've spent too much time in the sun, freckles and age spots may dance across our cheeks. When we're lucky enough to spend our time laughing gaily, we may be "blessed" with lines near our mouths and eyes. Last month, Points North examined three new spas meant to relax and rejuvenate stressed out souls. Now that you've eased the tension in your body, it's time to look as good as you feel. This month, we visit three more spas to focus on the care of our face. A visit to one of these area spas will help you put your best face forward.



## *Perimeter Spa & Salon*

When it comes to looking good, we're all guilty of coveting the dewy faces of celebrities. Why covet when we can receive the same treatment and products celebrities like Madonna, Terri Hatcher, Eva Longoria, Jennifer Lopez and Hillary Swank receive? Perimeter Spa Salon, located in Dunwoody, offers a full line of Yon-Ka skincare products and exclusive facial treatments designed to follow a specialized protocol created in Paris, and after a 90-minute La Grand Classique facial (\$105), my skin is still aglow.

Perimeter Spa Salon, formerly a Merle Norman hair and makeup salon, is a brand new addition to the refurbished space, now providing facials, massage and nail treatments. I met with owner and certified aesthetician Charlotte Clark — herself a beauty with flawless skin — who escorted me to my darkened and private treatment room where a hot foot soak and cup of green tea awaited. Left alone for a few minutes, I was meant to settle back and let the cares of my day fade away to ensure my skin would be open and relaxed for the upcoming pampering it was about to receive. It worked, and I was calm and tranquil when I climbed onto the bed for what was just layer upon layer of aromatherapy magic.

As Clark worked this magic on my face, she asked me questions to learn more about my skincare regimen and concerns, tailoring my facial to ensure I received a one-of-a-kind experience. Beginning with a scrub that felt more like she was wiping away lotion instead of tiny granules, I received a light peel, pulsed intensive treatment for my premenstrual acne, and a rich and cool fruit peel interspersed with soft sprays and lotions in a myriad of scents — rosemary, thyme, lavender, grapefruit, lemon and berry. Clark explained how the products she was using were carefully peeling away dead skin and impurities and re-hydrating and nourishing my face and neck. When I was handed a mirror at the end of the procedure, which also included an additional eyebrow wax (\$20), I was shocked to see such smooth skin radiating back at me — without a hint of redness, I might add, even around my brow line. The next day, I awoke to discover that the breakout Clark had targeted was stopped dead in its tracks, my skin still glowing and now crystal clear.

A full-service salon and spa, Perimeter Spa & Salon offers a wide variety of facials, massages, peels, waxing, cosmetic applications and hair services, as well as microdermabrasion, laser photo rejuvenation, manicures and pedicures and permanent makeup. Yon-Ka Paris, Merle Norman and other products are available for purchase, and after my wonderful treatment I greedily filled my arms with scrubs, lotions and creams to make sure I'd keep my new, healthy glow until my next visit.



### Perimeter Spa & Salon

4792 Ashford Dunwoody Road  
Atlanta  
770-396-7807

## WHAT'S OLD IS NEW AGAIN

Some tried-and-true Northside spa favorites are adding new services and procedures. Be sure to visit soon to learn more.

### Joseph & Friends

Long recognized as one of the best spas in the country, Joseph & Friends' Roswell day spa is providing two new services: the Express Manicure and Express Pedicure, promising the same pampering with massage and polish you would normally receive in just 30 minutes. Visit [www.josephandfriends.com](http://www.josephandfriends.com) or call 770-993-0058.

### Mind & Body Day Spa

Mind & Body continues to provide new services to provide a new you, such as the BEYOND White Spa, which uses the same technology used by dentists to whiten and brighten your smile, and the HydraFacial, a pain-free treatment that tackles fine lines, wrinkles, hyperpigmentation, scarring, acne and more. Locations in Alpharetta and Midtown; visit [www.mindandbodydayspa.com](http://www.mindandbodydayspa.com).

### Natural Body Spa

Approaching its 20th anniversary, this Atlanta-based chain continues to grow its commitment to the environment by offering more Earth-friendly products such as Jurlique, Naturopathica and Spa Natural Body in its body therapies, facials, massages, hand and foot treatments and signature packages. Visit one of 11 Atlanta-area spas or [www.naturalbody.com](http://www.naturalbody.com).

## *All About You Luxury Day Spa*

Just hearing the words "day spa" and my muscles immediately relax and a dreamy smile appears on my face. What better way to rejuvenate a weary body than to whittle away hours being professionally pampered? But even I wasn't prepared for the utter relaxation at All About You Luxury Day Spa in Alpharetta. Six treatment rooms beckon with a wide variety of services, from pumpkin peels and therapeutic massages to detoxifying wraps and citrus body polishes, but on this occasion I was scheduled for one of their customized facials.

Licensed aesthetician and massage therapist Paula Ann Gomez began the session by asking me detailed questions about my skin as well as making her own diagnoses about which was the best way to proceed. You see, at All About You, it is indeed all about you. Each facial, and each treatment for that matter, is customized for each client's needs. They offer the luxurious G.M. Collin product line, but if you do not prefer the use of perfumed lotions, then Gomez will use fresh fruit in your facial. Her tools of trade may include strawberries, milk and yogurt, which sound a bit like an ideal summer afternoon

snack but also provide a natural, invigorating facial. Rice can be used as an excellent facial scrub and she even drops marigolds and fresh rose petals into the water to enhance the overall experience and delight the skin. “We blend the facials in front of the client, so they know for sure what they are getting,” she assured, and even some clients mention the concoction looks good enough to eat.

As tasty as that all sounded, she opted for a partial hydrating facial for my dry, sensitive skin and the results were as glowing as they were relaxing, especially since she wrapped up the facial with an upper body massage that incorporated silky, hot stones delicately rubbed over my face and arms. The crowning touch to my facial was a True mineral makeup application that left my face glowing for a night out on the town.

It didn’t surprise me that the day spa has become a hotspot for bridal showers, girl getaways and birthday parties, especially when I got a sneak peek at the pedicure room. If desired, it’s a private room, if not, just pull back the curtain, open the window and voila — adjoining pedicure rooms to chat away with your friend next door. Beyond their facials and pedicures, the spa’s massages offer the best of both worlds. “The All About You Therapeutic Massage incorporates both the deep tissue and the Swedish,” said Cindy Pike, owner of All About You Luxury Day Spa. “We’ve found there’s not a lot of people that just want one kind of massage. Some might have tight shoulders or back, but they’ll want other parts of their body pampered.”

There is also a small boutique in the back of the spa, which becomes a fun place to browse in between treatments. Pike, who was also a former buyer for Federated Department Stores, handpicks each item in the boutique and revealed her plans to expand the size and selection of the items available. She prides herself in keeping the spa as fresh as she can so her clients always have something new to try. Soon they will be adding a sea shell facial bliss, which incorporates sea shells into massaging the face and body, and currently offers the new RevitaLash cosmetic product that helps women grow thicker, fuller, darker lashes within weeks. When asked if it works, Pike proudly bats her long eyelashes so clients can see for themselves.

### **All About You Luxury Day Spa**

**3005 Old Alabama Road  
Suite 310  
Alpharetta  
770-772-7225  
[www.allaboutudayspa.net](http://www.allaboutudayspa.net)**

## 10 FINGERS AND 10 TOES

You've heard that a handshake can say a lot about a person, which is why smooth and well-manicured hands are also important when projecting a polished look. (And since we live in a warm-weather climate begging for open-toed shoes, well-kept toes and feet can complete a perfect package.) Try pampering your fingers and toes in the relaxing-yet-hip setting of Natural Body Spa's new nail bar 10 Ten.

While stepping into the Morningside location may have you feeling as if you've stumbled into a trendy club by mistake when seeing women sipping wine at a long, fashionable bar with tall, black stools and vibrant-red melted glass lighting fixtures overhead, your eyes will quickly adjust to realize those women are receiving manicures. Although I first felt I stepped through the wrong door, one glance at the signature menu presented to me by 10 Ten's hostess showed me the variety of manicure and pedicure treatments, not to mention waxes, from which to choose.

Receiving the "10 Fingers, 10 Toes" mani-pedi (\$55), I was able to customize my procedures by choosing a Serenity Soak of either a milk bath, recommended for dry skin, or a Dead Sea salt, recommended for rough skin, as well as my choice of oils: lemon, lavender or rosemary. To further customize my exfoliation and massage, I was asked to choose one of five elements: Fire's Expansion & Transformation with coconut oil and brown sugar scrub with cinnamon lotion, Earth's Grounding & Support with almond oil and oats scrub with lavender lotion, Metal's Mental Power with grape seed oil and Dead Sea salts scrub with rosemary lotion, Water's Release & Renew with apricot oil and ground almond scrub with jasmine and chamomile lotion, or Wood's Personal Growth with jojoba and coffee scrub with sandalwood lotion.

I selected a Milk Bath with lavender oil and the Water exfoliation and massage then joined other women in a semicircle facing a pebble-stone wall to sit in a funky foam butterfly chair with cushy red velour pillows while placing my tired feet into a polished stone bowl of warm water and milky foam. Because of its connection to Natural Body, the spa-like environment included candlelight and soothing music (during my visit, French tunes, which truly made me feel like I was getting away from it all.) After the soak, I was escorted to the black leather chairs so commonly found at nail salons, but these weren't your average chairs with not-quite-so-comfortable motorized massagers. Rather here, the zero-gravity chairs reclined me all the way back and a heated aromatherapy pad was placed around my neck and over my eyes. Requesting a luxurious chenille throw, I dozed off as my feet were massaged and babied.



The manicure bar at 10 Ten



Then it was off to the bar for my manicure, which exfoliated, hydrated and massaged my hands before a perfect coat of paint completed my look. My only wish was that I was as smart as the woman seated beside me, who was a pro at visiting 10 Ten and began her service with the manicure so she could fully relax for her following pedicure. Next time, I promise.

### 10 Ten Nail Bar

The Avenue Webb Gin  
1350 Scenic Hwy.  
Snellville  
770-985-8310

1401 North Highland Ave.  
Atlanta  
404-815-6690



## *Bellus' Rejuvenation Spa*

OK, I'll admit it. I've seen "med spas" cropping up in my Alpharetta neighborhood. I've also seen the before and after shots of women who have had cosmetic procedures. And I've looked at my 36-year-old face in the mirror and started wondering if anyone else noticed the creases that had begun to appear on my forehead when I raised a brow in question or squinted in the sun. So when I learned about Bellus' Rejuvenation Spa Center for Anti-Aging & Medical Cosmetics, I thought, "Why not?"

Housed in the office of Alpharetta Internal Medicine near Harry Farmer's Market in Roswell, I met with Dr. Jason Holbrook, medical director, to give BOTOX a try. I had chosen Holbrook because he is a leader in cosmetic injections, training physicians around the country in these procedures and providing his services to a number of clients who fly in specifically to see him. If anyone is going to inject a poisonous substance into my body, I wanted it to be the best.

Oh, I had questions all right. Holbrook answered every single one of them, never rushing me to move on to the procedure but making sure I was entirely comfortable and that I understood exactly what was going to happen. With diagrams he showed me the muscles on the face and how they work and don't work when injected with BOTOX. When I asked about the horror stories of looking emotionless or having a frozen face, Holbrook laughed and said the result is as good as the doctor performing the injections. When I explained my fear of needles, he showed me just how thin his needles are, used a cold air treatment to numb the area, and put pressure on the injection sites to prevent bruising. I received five injections into my forehead, and surprisingly, they did not hurt at all (the number one question every friend has asked me once hearing I

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have had injections). But best of all, I didn't look swollen, bruised or puffy for the walk out of the office and back into the real world.

Holbrook said it would be a week before I noticed the benefits, but a day later, I could see the difference. While my wrinkles weren't very noticeable to anyone but myself – the best time to have BOTOX is before deep wrinkles are set, requiring surgical procedures to correct – my forehead had a youthful appearance. I could smile and was filled with expression and didn't feel frozen at all. A week later, I'm amazed I didn't think to do this sooner. Those not in the know about what I have had done keep asking why I look so good. One friend summed it up well: I just look rejuvenated. For something so simple and relatively inexpensive (\$500 for my five shots), I know when my BOTOX wears off in three months that I will visit Holbrook again.

Bellus' Rejuvenation Spa also provides injections of collagen, restylane and a fat-dissolving lipodissolve (think liposuction without the surgery). Microdermabrasion, chemical peels and laser treatments such as laser hair removal on any part of the body, intensive probe light therapy to absorb age spots on the face and skin, and laser removal of spider veins or sclerotherapy injections to treat larger varicose veins are also available.

### **Bellus' Rejuvenation Spa**

**1380 Upper Hembree Road**

**Roswell**

**678-405-7622**

**[www.rejuvespa.net](http://www.rejuvespa.net)**

