

BRIDE & GROOM™

Spring 2014

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Spahhhh...

Pamper yourself with these trendy treatments from around New England.

by Stacey Marcus



It's been a long winter here in New England, and whether your wedding is next year or next week, your body, mind, and soul could benefit from a little (or a lot) of pampering. It's never too early to take time out to rejuvenate!

Planning a wedding is a joyful occasion, but it can use up lots of energy and even cause stress, so it is important to set aside time for relaxation and rejuvenation. We've scoured the region to unearth six sensational ways to renew. Take a look at what's trending at spas around New England and remember to put your self-care at the top of your to-do list!

Get to the Point

Let the wonders of traditional Chinese medicine bring you relaxation with Acupuncture for Facial Rejuvenation at **The Well** in Gloucester. Although you may feel a tad apprehensive about having tiny needles inserted into your face and body, it is incredibly relaxing and the results are really amazing. The treatment includes a very intense facial massage whose aftermath is pure bliss. The beauty of acupuncture for facial rejuvenation is that its holistic magic is healing for your entire being—leaving you feeling relaxed and looking resplendent.

Get the Glow

Perhaps the best way to erase the stress of a long, cold winter and reveal a whole new you is through a great facial. Christie-Anne Robinson of **LuxeBeautiQue** in Swampscott recommends a diamond-tipped microdermabrasion followed by a vitamin C booster using Intraceuticals Oxygen Therapy. The combination of the professional exfoliation and infusion of moisture, vitamins, and antioxidants creates a glorious glow without irritation or adverse effects. This duo treatment goes below the surface to get glowing results.



Lounge Around

Many brides-to-be are turning to blow-out lounges like **Be Styled** in Chesnut Hill, Wellesley, and Lynnfield for their beauty needs. At **Be Styled**, brides have the opportunity to experiment with different styles before the big day, book the whole bridal party for morning of the wedding, or even have a bachelorette party hosted in their honor at the lounge. What could be better than sipping champagne and watching romantic comedies with all your favorite gals? The lounge also offers make-up application so everyone can get a full one-stop beauty treatment.

Firm Up

At the **White Elephant Resort & Spa** in Nantucket, brides-to-be can indulge in some pre-wedding pampering with the **Nature's Firming Signature Facial**. This hour-long treatment nourishes and rejuvenates the skin with a mask of purifying and firming sun-dried sea algae, which opens the pores of the skin, traps impurities, and removes them with the peel-off mask. The restorative fruits and plants of the Amazon, such as organic cocoa bean, andiroba, and buriti will firm, smooth, and renew the skin's elasticity.

Surrender with Your Sweetheart

Inn by the Sea in Cape Elizabeth, Maine has a couple of great ways for couples to relax together. When enjoying the **Sweet Surrender** treatment, couples begin with a relaxing, thirty-minute soak by candlelight in a private deep-soaking tub, followed by an hour of side-by-side aromatherapy massage.

Another great way to unwind is with an experience called **Indulgences**, where couples enjoy a scalp massage followed by a mini-facial. Next, couples enjoy a therapeutic massage with essential oils and a soothing aroma wrap accompanied by candlelight,

soft music, and chocolates. The grand finale is a deep soak in a private tub.

Soothe Your Sole

Give your wonderful feet some TLC at **Stowe Mountain Lodge** in Stowe, Vermont. Unwind in the **Sound Chair** as music resonates through your body, your scalp is massaged, and your feet pampered with warm paraffin wax. You'll want those tootsies to be in tip-top shape when you walk down the aisle. **B&G**

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Sources

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Stowe Mountain Lodge

stowemountainlodge.com

Relax and enjoy your wedding day in a historic clubhouse overlooking beautiful grounds.



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