

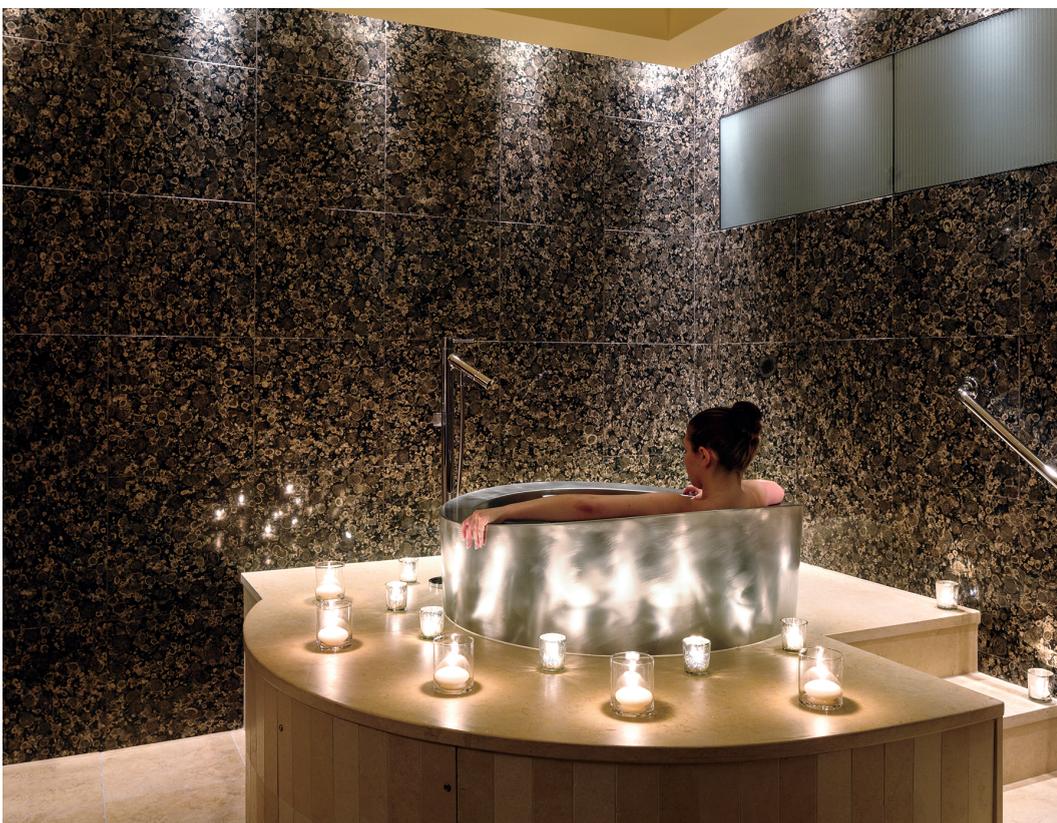
receive one of these treatments two times a month, while men can follow a less vigorous schedule. The Sweet Shot conditioning treatment begins with a massage using one of the Zents aroma oil options. The hair is then shampooed, massaged with conditioner, and wrapped in a steamed towel to allow the nutrient-rich formula to work its magic. A day of pure bliss, head to toe.

The Spa at The Ritz-Carlton, Westchester
3 Renaissance Sq, White Plains
(914) 467-5888; www.ritzcarlton.com/westchester

An Oasis of Calm

We've got just three words for you: Muscle Meltdown Massage (starting at \$130 for 60 minutes). A divine combo of moist heat packs and cool marble stones, it's the No. 1 massage treatment at Oasis Day Spa. (Fitness enthusiasts might want the Arnica option to soothe sore muscles.) As you'd expect with 16 treatment rooms (including a couples' suite) in 6,400 square feet of space, there are plenty of other treatments to choose from: wraps, hair services, tanning, facials. "Our aestheticians and clients have been blown away by our Eminence Citrus C and Kale Facial [60 minutes, \$145]," says Christie Lavigne, director of skincare at Oasis. "This new treatment incorporates all the benefits of a traditional Eminence facial plus a powerful antioxidant infusion of vitamins C and E, which protect the skin and combat signs of aging, all while brightening and hydrating the skin—a perfect winter treatment."

While not new, microcurrent is getting a lot of buzz these days. "It's one of those treatments that keeps coming back and is one of the most effective tools we have to lift the skin,"



Top left: A spacious, secluded VIP suite at THANN; bottom: Oasis' rooftop lounge is one-of-a-kind in Westchester. Above: the poshest of serene settings at The Spa at The Ritz-Carlton, Westchester

Lavigne says. Tiny pulses of a low level of electricity (microcurrent) trigger chemical reactions at the cellular level to boost production of natural collagen and elastin, enhancing circulation and tightening the muscles under the skin. A series of 10 is recommended, but results are noticeable after only one visit, Lavigne assures. The first treatment includes a full facial (75 minutes, \$175), with follow-up treatments (45 minutes, \$125) scheduled every one to two weeks.

While it's a bit chilly this time of year to enjoy it, we are particularly fond of Oasis' rooftop garden—often the site of parties and special spa events—with its Zen-like charm, along with the spacious relaxation room with its selection of teas and healthy snacks. A boutique sells hair- and skin-care products, candles, clothing, and gifts.

Oasis Day Spa, 50 Livingstone Ave, Dobbs Ferry (914) 409-1900
www.oasiswestchester.com

Best of Both Worlds

Jonathan Adler, Eames, and Philippe Starck furnishings set a glamorous tone at Bellava MedAesthetics & Plastic Surgery Center, a lovely 3,000-square-foot medi-spa that combines medical services with decadent spa pampering. The medi side, led by board-certified plastic surgeon Chang Soo Kim, MD, offers injections, fillers, laser liposuction, hair removal, and skin resurfacing. Medical procedures like tummy tucks, facelifts, and breast enhancement are performed in an accredited on-site medical suite. Luxurious facials (Hydrafacial is the No. 1 treatment here—45 minutes, \$165), massages (starting at \$110 for 50 minutes), and body wraps (the sweet new mango-and-passion-fruit wrap is like a quick trip to the tropics—45 minutes, \$125) are the other side of the beauty business. Eyebrow shaping and makeup services are also available.

"I think that with all the stresses in today's world, people are taking the time to spend money on beauty and stress-relief treatments in order to feel good about themselves," says owner Erica Breining, noting that the baby boomer market has been very good for business. "Boomers gravitate toward anti-aging treatments such as skin rejuvenation and injectables using Botox and dermal fillers. Plus we are finding that people are investing in nonsurgical cosmetic medical procedures at a younger and younger age."

Bellava MedAesthetics & Surgery Center, 182 Rte 117 Bypass Rd, Bedford Hills (914) 864-2140; www.bellavaspa.com

