

# Exotic Local Spa Treatments

by Nia Davis

PHOTO COURTESY OF ELAJ AVEDA DAY SPA



Elaj Aveda Day Spa's  
Himalayan Rejuvenation Treatment

**T**he spa industry is an overflowing wellspring of creativity. New treatments seem to arrive daily.

*InSight* surveyed local spas to highlight some of the more esoteric treatments out there—just in case spring has got you in a mood for something uniquely luxurious. Some of these treatments provide more than simply a massage or facial—they combine pampering with ancient sciences to offer healing, calm and spiritual adjustment.

So, take a peek at our list and grab a friend in need. This is an excellent moment in time to treat your self.

## Be You Bi Yu Holistic Spa *Crystal Chakra Experience Facial*

This facial uses a variety of healing properties from around the world: electrolyzed-Vitamin C technology

discovered in Japan; pharmaceutical-grade healing cosmetics made in California; and Rhodochrosite from Russia, a natural filter that rids the body of irritants. Combines the power of micronized crystalline gemstones with bentonite clay to engender high energy, tightening and healing.

*\$160 for 80 minutes*  
*Gift certificates available*

Wyngate Medical Park  
5602 Shields Drive  
Bethesda 20817  
[www.beyouspa.com](http://www.beyouspa.com)  
301-493-4911

## Dessange Paris *Face and Body Treatments with Precious Clays*

Experience ultimate luxury with a treatment that combines precious stones and metal extracts, essential

oils and clay. It works to stimulate, detoxify and eliminate dehydration and boost the blood and lymphatic systems. Choose from five different treatments: malachite, copper, gold, pearl and silver.

*\$145 for 90 minutes*  
*Gift certificates available*

5410 Wisconsin Avenue  
Chevy Chase 20815  
[www.dessangewashington.com](http://www.dessangewashington.com)  
301-913-9373

## Elaj Aveda Day Spa *Himalayan Rejuvenation Treatment*

Loosely based on an ancient healing treatment that combines five “actions,” this procedure nurtures and rejuvenates your body. The first step is a 30-minute face-and-scalp massage with essential oils. The next is a dry exfoliation followed by vigorous massage and a perfumed steam bath. Finally, warm Aveda Tranquillescence is poured onto the forehead to encourage relaxation.

*\$255 for 2 hours, 45 minutes*  
*Gift certificates available*

King Farm Village Center  
801 Pleasant Drive, Suite 110  
Rockville 20850  
[www.elajavedadayspa.com](http://www.elajavedadayspa.com)  
301-977-1514

## Elizabeth Arden Red Door Spa *Body Bronzer*

Full-body exfoliation followed by a luxurious application of soft tanning

lotion preps your skin for tanning under a UV lamp giving your body an “exotic” glow that lasts up to 10 days. Perfect for a “tanned” look. For those on the go, try the express body bronzer that takes 24 minutes.

*\$140 for 50 minutes  
Gift certificates available*

*Two Locations:  
Wildwood Shopping Center  
10213 Old Georgetown Road  
Bethesda 20814  
www.reddoorspas.com  
240-644-1319*

*The Kentlands Shopping Center  
62 Market Street  
Gaithersburg 20878  
www.reddoorspas.com  
301-527-1901*

### **Mosaic Total Body Salon**

#### ***Indian Head Massage***

Originated in India, this is a seated massage using various stroke techniques along the face and head to create the ultimate in relaxation.

*\$65 for 45 minutes  
Gift certificates available*

*8001 Wisconsin Avenue  
Bethesda 20814  
www.mosaic-bethesda.com  
301-986-9151*

### **Natural Body Spa and Shoppe**

#### ***Naturopathica Bamboo***

#### ***Lemongrass Body Scrub***

Enjoy this sensual-smelling scrub as it works to exfoliate and soften skin.

*\$110 for 60 minutes;  
\$140 for 90 minutes  
Gift certificates available*

*1081 Seven Locks Road  
Potomac 20854  
www.naturalbody.com  
301-610-5004*





**O’Hair Salon & Spa**  
**Chocolate Immersion Facial**

Indulge your craving for chocolate—on your skin—with this ultra-smooth facial. Cleans, hydrates and smoothes. Relax as your face is enveloped in creamy chocolate infused with cocoa beans and your choice of six different oils.

*\$130 for 75 minutes*  
*Gift certificates available*

*The Kentlands*  
*424 Main Street*  
*Gaithersburg 20878*  
*www.ohairsalon.com*  
*301-977-0800*

**Perez Salon and Day Spa**  
**Cranberry Facial**

A twist on the traditional facial, this one cleans and hydrates skin using a cranberry masque full of antioxidants.

*\$125 for 60 minutes*  
*Gift certificates available*

*Congressional Plaza*  
*1677 Rockville Pike*  
*Rockville 20852*  
*www.perezsalonandspa.com*  
*301-881-5052*

**Serenity Zone Day Spa**  
**Multi-Vitamin Facial**

Combats visible lines with a powerful firming complex: Vitamins A, C and E. Protects against damage, accelerates

repair and strengthens elasticity.

*\$98 for 60 minutes*  
*Gift certificates available*

*3225 Spartan Road*  
*Olney 20832*  
*www.serenityzone.com*  
*301-570-6245*

**Spalon Day Spa**  
**Chocolate Body Treatment Massage**

A guilt-free treat that’s also sugar-free, this massage combines body exfoliation and massage techniques using 100 percent natural Italian chocolate infused with almond oil.

*\$165 for 90 minutes*  
*Gift certificates available*

*Fallsgrove Village Center*  
*14925 Shady Grove Road, Suite A*  
*Rockville 20850*  
*www.spalondayspa.com*  
*301-610-7733*

**Studio I**  
**Hot-Stone Pedicure**

Heated stones and healing hands massage your calves and the bottoms of your feet. This pedicure also includes a facial mask for 15-20 minutes.

*\$60 for 90 minutes*  
*Gift certificates available*

*16821 Crabbs Branch Way*  
*Rockville 20855*  
*301-977-9190*

**Today’s Image Salon**  
**Therapeutic Mud Moor Wrap**

First, you’re massaged with oil. Then, the mud is layered and you’re cocooned. Afterwards: massaged with oil again.

*\$80 for 60-75 minutes*  
*Gift certificates available*

*15717 Columbia Pike*  
*Burtonsville 20866*  
*www.todaysimagesalon.com*  
*301-476-9222*