

Great Ideas

TRAVEL

For a list of spas participating in Spa Week, go to spaweek.com.

CELEBRATE SPA WEEK

From either Sept. 14 to 20 (West Coast) or Oct. 12 to 18, more than 700 spas across the country—including these celeb faves—are offering deep discounts

▲ RECESS NAIL SPA, LOS ANGELES

Celeb client: Anne Hathaway **Service:** The Musk Try, a manicure and pedicure that includes a hydrating Lavender Paraffin Wrap and Indian Spice Moisturizer Massage. **Spa Week price:** \$50 (usually \$95) from Sept. 14 to 20. **Info:** recess-la.com



◀ SHIZUKA NEW YORK DAY SPA, NEW YORK CITY

Celeb client: Victoria Beckham **Service:** The Geisha Facial, which brightens and softens skin by taking "all-natural" to a new level. Its ingredients include sterilized nightingale droppings! **Spa Week price:** \$50 (usually \$180) from Oct. 12 to 18. **Info:** shizukany.com



STONELEIGH HOTEL & SPA, DALLAS ▶

Celebrity client: Lauren Conrad **Service:** 45-Minute Focused Warm-Oil Massage with Scalp Treatment, a body-and-head rubdown. **Spa Week price:** \$50 (usually \$125) from Sept. 14 to 20. **Info:** stoneleighhotel.com



drops of coconut oil until it feels like a scrubbing mask.

2. Massage into both feet in a circular motion, moving up to the calves.
3. Using 2 halves of lime for each leg, massage in a circular motion from foot to knee releasing the lime juice.
4. Let sit for 5-10 minutes and rinse legs.

Skin moisturization

1. Mix a small amount (about the size of a quarter) of coconut oil with a few drops of honey in the palms of your hands and massage each leg for about 5 minutes.
2. Wrap each foot in warm towels and let sit for 5-10 minutes.
3. Remove any excess oil with the towels.

