

Time for a Spa Day

SCHEDULE SOME R&R INTO YOUR CALENDAR

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The Red Door, the iconic salon and spa helmed by Elizabeth Arden, has a new streamlined menu with three easy to choose experiences with enhancements and add-ons, which you can customize or enlist their expert staff to tailor for you. For the gal or guy on-the-

go, these quick services —facial, body treatment, and massage—were designed to fit nicely into your jam-packed day. Select from the Mini (25 min), Essential (50 min), and Escape (80 min). You can even add on a 50-minute facial with LED therapy or a relaxing body wrap.

RED DOOR SPA



If you have the time, I suggest you make a whole day of it. The Red Door Salon & Spa became legendary by offering the very best treatments and space – a luxe retreat where clients would feel that they were well taken care of. With high-end treatments that pamper from head to toe, you will undoubtedly leave relaxed and refreshed. All your senses are catered to from the thoughtfully-designed aesthetic to their treatment's signature elements like, aromatherapy, comfy heated neck pillows, and plush eye masks.

The day of my spa visit, I arrive a half hour early so that I can take advantage of their facilities, particularly their powerful steam room. Their pristine locker rooms are fully-stocked with products to freshen up, and appointed with keyless lockers, bathrobes, and bath slippers. I am here for the Essential Body Treatment with massage (add a hair and scalp enhancement for an additional \$25). You can choose a scrub: antioxidant boost, seasonal, refresher or hydrator, and a wrap treatment, or go with the refresher or a seasonal scrub and a massage. I go with the latter.

Once face down on the heated bed, I am asked to deeply breathe in the aromatherapy, during my exhale, I feel my body instantly relax. As calming music softly plays in the dimly lit room, the seasonal exfoliating scrub is rubbed into my arms, legs, back, and stomach. Then, after a quick shower in my treatment room, I return to the bed, where I receive a moisturizing, soothing massage. After 50 blissful minutes, I am completely relaxed, and my skin is silky smooth.

Hair, waxing, make-up, and nail services are also available at the full-service salon and spa. Booking your treatment is super simple. Browse the newly updated thereddoor.com, which features an easy-to-navigate design and booking platform and introduces The Tease, a blog weaving on-trend content into the narrative of The Red Door's 100-year heritage. **ML**

