

# the pleasures of pampering

Whether you're craving a basic massage or want to give your skin a boost of moisture with a specialty facial, the Valley's local day spas offer an assortment of ways to partake in a little self-indulgence.

by Bonnie Steele

Spring is in the air, the flowers are starting to bloom, and you're even thinking about attacking your closet for the annual purge. Yes, it's the season of renewal, so why not consider spending an afternoon on a little rejuvenation of your own? It is amazing what a couple of hours at the local day spa can do for your soul. After a relaxing massage, a cleansing facial or a pampering pedicure, you'll go home with a complete attitude adjustment. To tempt you with possible indulgences, "Valley Magazine" recently visited several pampering palaces to learn about their latest offerings. We feel better, and so will you.

## dttox Day Spa

With its high exposed-beam ceiling, big cushy sofas, a soothing waterfall, bamboo wall panels and big potted plants, the inviting co-ed atrium at this friendly day spa is the sort of place you want to plop down, read a magazine and just chill.

It's also the site of the spa's monthly Happy Hour Friday, where complimentary cocktails and snacks are served up with 20-minute mini treatments like the Text Message Delete massage, which focuses on your forearm and hands; or the Girls on Heels massage, designed to make your calves and feet forget all about those four-inch Jimmy Choos you had on all day. The 20-minute treatments run \$39, \$69 or \$99 for one, two or three services.

If 20 minutes isn't going to do it for you, make an appointment for the 80-minute dttox Signature Experience. As the soothing sounds of the waterfall lull you into a relaxed state, you'll be slathered with organic aromatherapy oils (containing no nut oils, no direct alcohol, no mineral oils and no paraben preservatives), then kneaded and de-knotted with a hot stones massage that also incorporates elements of a traditional Swedish massage as well as the long, lingering strokes of an Esalon massage.

The spa menu is also very man-friendly, with a section dedicated to the spa-loving male, including the 50-minute Urban Man facial and the 80-minute dttox Urban Peel, which includes a glycolic peel to reduce the appearance of fine lines and a revitalizing oxygen booster. And, grooming services like a male nail treatment and a host of hair removal procedures are also available to keep men trimmed and waxed.

A beautiful yoga studio is located in the back of the spa for pre- or post-pampering workouts. *dttox Day Spa, 3206 Los Feliz Blvd., Los Angeles; (323) 665-3869; [www.dtoxspa.com](http://www.dtoxspa.com).*

