



A YEAR OF INDULGENCE

Make a date with the spa and treat yourself right all year long.

At a spa, there's a thrill in getting yourself tucked away, far removed from the world outside. A trip to the spa for some "you time" should be a sign of your regular maintenance regimen. So, in 2014, we treat your New Year's resolution to be making more time for yourself—specifically for 12 spa days, one per year, January and now. We've compiled a year's worth of indulgent experiences to meet the demands of each month. It might be the winter holiday season or the New Year's season, depending on your spa calendar, simply book your treatments now.

By Amanda M. Fallon, Lindsay B. Kowles,
and Rebecca Lanzwehr
Photography by Annette Sacks

JAN

The hot days are over. The pain has slowed, and you're in need of serious rejuvenation. A relaxing facial or a herbal body wrap might do the trick.

On a cold winter's day there is nothing so pleasurable as a new spa at Boulder's **Essence Spa**. Anybody who needs indulgent spa in the snow state, Essence offers a signature facial (\$80) that will melt away your stress. The treatment, which lasts 60 minutes, begins with an exfoliating back facial. Your relaxation then will begin a multi-step routine of exfoliators, massages, and steam/fragrance therapies. You'll be delighted with a scalp, neck, shoulder, and arm massage. The facial also includes a heated exfoliating treatment for your hands. Essence really does everything right—the rooms are quiet, the treatment tables are like being in your own bed, and use of the steam and sauna rooms is included in the cost of your treatment. 1630 Canyon Blvd., Boulder, CO 80501.

If you celebrated a bit too much over the holidays, now yourself to a heavenly detox treatment at **Soak Soak Body Spa**. The Herbal Wrap (\$60) will help rid your body of toxins so you can start the new year refreshed. As you lie in a candlelit treatment room, steam wafts in a hot herbal concoction and wrapped tightly around your entire body. Now, prepare to become a human burrito as you are wrapped further in dry sheets and finally a Micro-Mesh. For the next 20 minutes, your body soaks in a toasty temperature, which is relaxing and detoxifying. While the herbal wrap does its work on your body, the technician treats you to a peppermint scalp massage—truly heavenly. Finally, after relaxing alone for 30 more minutes, you'll be unwrapped to hop into the showers before the technician lathers your body with the salon's rich Peppermint Body Lotion. You'll feel fresh and smooth, and you'll smell fantastic for the rest of the day. 500 E. 19th Ave., 303-683-6483.

FEB

Finally an almost holiday, but that's not the greatest problem you'll get into without a significant other for the 28th day out of the old month of February. A massage for two is the perfect way to spend the day.

The Rita Carlton, Esthetic Salon, on Beaver Creek Mountain in your neck to a romantic spa getaway. The state-of-the-art spa offers a variety of treatments that will melt your heart as well as your muscles. Try the Close to You Massage (\$200 for 50 minutes; \$330 for 90 minutes), a relaxing side-by-side Swedish massage. For the ultimate indulgence, follow your massage with a soak in the built-for-two copper soaking tub (\$75). The spa offers many other treatments, including facials, massages and pedicures, body treatments, and more. Plus, after your spa treatments are over, the resort is a couples' haven. Be sure to request one of the guest rooms with a fireplace. And relaxing the rose-petal mandarin service is sure to inspire romance. For a royal winter in the mountains, new, grab a Martini and a glass of wine, and head outside for some strolling at the outdoor hot ge. 1733 DeSoto Ridge, Avon. For resort reservations, call 1-800-575-5892. For spa reservations, call 970-933-7928.

WINTER MAR

The longest the month is not that's the idea, is to feel they love your skin, pale and white. With nothing to get around the corner, it's time for a little help with a little beauty treatment.

If you start to notice your spring resemblance to Snow White after the long winter months, you should get your bod over to the **Orchard Spa & Salon** for a timeless skin-renewing treatment. Following a thorough but quick skin glow to exfoliate your skin, you'll get a full-body redness with Dermatology's soothing summer. A professional's touch makes self-tanning look more even and less streaky. Plus, you'll avoid the craggy skin of lower quality products. Return home with a golden glow and save your skin from those harmful rays for only \$20. 1011 17th St., 303-638-6483.

JUN

For the June bride, this is the perfect time for the ultimate indulgence. Grab your best bridesmaids and schedule yourselves a dose of girl time before your big day. Looking for the best destination day spas? Search no more.

For bridal luncheons or shower excursions, what could be better than a day at the spa? Copperfalls Aveda Day Spa is a short trip to heaven. Every treatment here is first-rate, from the pedicures to the body wraps to the massages. The spa welcomes groups, and spa lunches are available. The common room, complete with waterfall chair, is perfect for girl talk between pampering. Finally, Copperfalls' no-tipping policy will be a godsend for your bridesmaids. 340 Perry St., Suite 200, Castle Rock, 303-814-2035.

Finally, treat your littlest member of the wedding party to kids-style pampering. For flower girls and junior bridesmaids, a trip to LolliLocks Kids Salon is a must. The stylists here can make any mop top picture perfect. Your flower girl will feel like a princess for the day. Consider it a little insurance that she'll make it down the aisle tantrum free. Prices range from \$14.95 to \$39.95. 7600 E. Park Meadows Drive, Lone Tree, 303-799-1658.