

Go Stuff Your Face

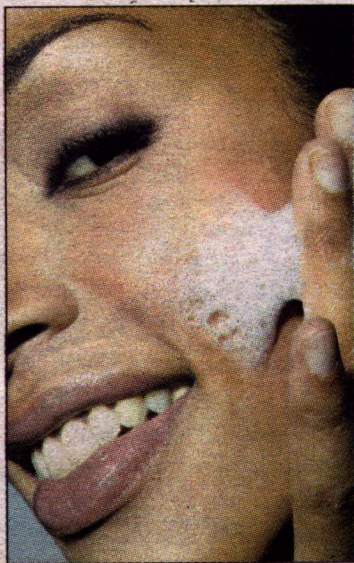
Thanksgiving side dishes aren't just for chowing down

Who says it's hard to wear orange? Pumpkins and yams feel surprisingly good slathered on your face, we found. Also from the Thanksgiving spa smorgasbord: skin-softening corn oil and a tangy cranberry manicure. Sadly, mashed-potato massages aren't on the menu.

Yam It Up

Even if your relationship with yams is limited to skinning, roasting, and snuffing off the top, the **PUMPKIN AND PUMPKIN PIE EXOTIC PEEL** (\$120, 60 minutes) might make them your new favorite tuber. The light-sausage, pie-scented peel uses yam-pulp puree to infuse the skin with vitamins, while the pumpkin acts as an antioxidant. The facial will likely include two additional masks, such as one cherry for dehydrated skin or an Algae mask, which pulls off toxic big, rubbery pores. Afterward, vanilla-pumpkin spiced tea. The peel's not for the sensitive-skinned, who can instead opt for a yam-pumpkin body treatment or mani/pedi.

► **FLA'S Favorites** 20772 Studley Manor Dr., Missoula, 703-262-2120; preppartners.com



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Corn on the Bod

If you do your Thanksgiving shopping at Whole Foods, you'll appreciate Comfort & Joy's **CORNUCOPIA BODY TREATMENT** (\$95, 60 minutes) using Amaize Organics products. The spa's display of Native American artwork, handwoven Navajo rugs and arrangements of Indian corn take you back to your elementary school pageant days — the only thing missing is a construction-paper hat and buckles on your shoes. In the treatment room, you're first whisked with a dry brush, then scrubbed with a mixture of cornmeal and essential oils. Three formulas are available: invigorating, cinnamon-y red; calming, citrus-

based yellow; and woods-scented blue. Then you're smeared with corn-based body cream, just like a cob slathered with buttah. (An optional body wrap kicks the price up to \$135.)

► **Comfort & Joy Wellness Spa: 9514-A Main St., Fairfax; 703-425-8800; comfortjoy.com**

Sweet, Saucy Hands

You know Soul Day Spa lives up to its name when its lounge music is R&B, the seating is a circular, cushioned bench and your wait-staff, wearing slacks and crossing his arms, is the coolest man you have ever seen in a spa, or perhaps ever. The **POMEGRANATE AND CRANBERRY MANICURE** (\$22, 30 minutes) starts with a guide-chocolate and raspberry scrub. Next, Boston Spa's pomegranate and cranberry hydrating lotion is massaged into palms and fingers. The cranberry-lite nail, select CPT's Berry Berry Broadway. Then stick your hands into the oven — we mean, under the UV heat lamp — for the polish to dry. Hours later, hands still felt soft and moisturized. Let someone else do the dishes at Thanksgiving dinner. A pomegranate-cranberry pedicure and a cranberry-almond body scrub are also available.

STEPHANIE JONES

► **Soul Day Spa of Salem, 20 Florida Ave. NW, 800-566-7000; soulspaspa.com**