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HEALTH & BEAUTY

It's a Spa World, After All

By Sarah Markel

Day spas, those havens from the stresses of modernity, are no longer the preserve of the pampered few. Yet with new spas opening weekly in Northern Virginia, it is easy to become overwhelmed by selection. So we waded through the spas, non-spas and wannabe spas to find places where we would send our girlfriends, our mothers, our daughters and even the guys in our lives—Who knew research could be so relaxing?

The criteria were two-fold: the spas had to offer full-service facials, massage and waxing, and also be hip to the latest trends in detoxification, anti-aging and wellness. So here is the run down on the rub down: Twenty great spas. You choose which is right for you.

Natural Spas

The trend these days is toward natural healing using essential oils, organic products, recycled materials and detoxification. Here are two spas that offer all that and then some:

Natural Body Spa & Shoppe
4100 Wilson Blvd., Arlington
703-243-4015; www.naturalbody.com
Relax with a clear conscience at these earth-friendly spas in Ashburn and Arlington. The Ashburn spa has only been open two months, but is already generating buzz because of its environmentally conscious building design (they've applied for LEEDS certification). Everything is recycled. The floors in the treatment rooms were school bus tires in a former life, which keeps the rooms warm and quiet. It's the only zero-polluted spa in the area. The retail shop sells an array of organic beauty products including aromas, the biodynamic line of manufactured products from Australia.

Comfort and Joy

9514 A Main St., Fairfax

703-425-8800; www.comfortjoy.com

Open the door to Comfort and Joy and enter a restful world of chemical-free beauty. Owner Julie Smalfelt has created a spa that appeals to the general public and is safe for those with immunological issues or severe allergies. Even the water is triple-filtered. This is the place to go for formaldehyde-free manicures (that actually last), henna dyes and detoxifying wraps. Comfort and Joy also offers energy medicine, Thai yoga massage and Ayurvedic healing. Shop here for Suki products, and Amrita essential oils.



Natural Body Spa & Shoppe / Photography by Anastasia Chernyavsky