

More than just a massage

By Tracy E. Hopkins
Special to amNewYork

You shop at a specialty grocery store and hunt for hidden treasures at tiny boutiques. So why not do the same thing for your skin? Try one of these innovative spa treatments that will surely make you feel renewed and refreshed this fall.

Betty Ford Treatment

We're not trying to make you go to rehab, but your skin may need a 12-step program. Face to Face's energizing Betty Ford Treatment begins with a 45-minute lymphatic drainage massage to recharge the immune system and includes a 15-minute scalp and hair treatment, detoxifying wrap, and facial.

(135 minutes, \$185; Face to Face NYC Day Spa; 20 W. 20th St., suite 603; 212-633-0404; www.facetofacenyc.com)

Bio-Marine Slimming Treatment

Loose inches and get toned without lifting a barbell or stepping on the treadmill. Where do we sign up? Finesse Day Spa's rejuvenating treatment is a body wrap with natural sea-based products. It contributes to the reduction of cellulite and water retention, and leaves skin feeling firm and fresh.

(60 minutes, \$95; Finesse



Damage from summer's sun, wind, salt and chlorine can be lessened by a skin treatment.

(iStockphoto)

Day Spa; 133 W. 25th St., second floor; 212-352-3434; www.finessedayspa.com)

Diamond Peel Microdermabrasion

Want a summertime glow during the autumn chill? Christine Chin's innovative Diamond Peel Microdermabrasion exfoliates layers of dead skin to reveal a more youthful you. Chin's new Lower East Side location (she just moved from Rivington Street to the nearby Orchard Street) has a VIP room where celebrity clients including Kimora Lee Simmons and Hilary Swank — or you, if you

book the exclusive spot for a special occasion — can hide out from paparazzi and commonfolk.

(90 minutes, \$180, \$216 with Chrisine; Christine Chin Spa; 82 Orchard St.; 212-353-0503; www.christinechin.com)

Detoxifying Far-Infrared Treatment

Home Spa's Detoxifying Far-Infrared Treatment may sound like something from a sci-fi flick, but, trust us, it isn't that spooky. It is essentially a tabletop sauna treatment that helps the body release toxins. During deep-



Face to Face spa offers a 12-step "rehab" skin treatment.

steam cleaning, a technician incorporates essential oils, plant extracts and a soothing eye masque.

(60 minutes, \$125; Home Spa; 300 Court St., Cobble Hill, Brooklyn; 718-596-8668; www.homespa.com)