



Outer Limit

| By Carol Patton

Risi-Leanne Baranja has tried them all: fanny facials, white chocolate body wraps, tequila lime body scrubs, more than 100, if anyone's counting.

Ms. Baranja is editor-in-chief of www.palacinka.com, a website that reviews beauty products and spa treatments. She visits a spa twice a month to try the latest products or services. Risi-Leanne has also sampled some of the more decadent therapies. Who wouldn't like to get slathered in chocolate whipped body cream?

This web site will tell you which treatments are hype and which ones are beneficial.

"You have got to be an educated consumer," Ms. Baranja insists. Her website is

loaded with information about spa treatments. High end spas also furnish promotional literature and offer crash courses about their health benefits. Take vinotherapy, a French treatment that's new in the US. It incorporates grapes and grape seed oil, which are fantastic antioxidants, into facials, body scrubs or lotions.

However, if you're new to the spa scene, an actual spa virgin, start small with a facial. Baranja warns that you may not be prepared for the level of intimacy required for some treatments like body wraps. The same holds true for guys. Consider a gentlemen's facial or a sports massage.

"Know what your boundaries are," says Baranja. "If you can't relax, you can't enjoy the experience."

Beyond Basics

FOR WOMEN

• The Grand Luxe

Spa Radiance, San Francisco
\$750, www.sparadiance.com

Dream facial: Following a deep pore cleansing and an enzyme exfoliation, clear, odorless extracts of caviar are applied to your face. Caviar is an effective moisturizer since it's rich in healing minerals and vitamins A, D and B complex.

• 24 Karat Gold Facial

The Spa at Charleston Place Hotel, Charleston, SC
\$350, www.charlestonplace.com

Look like a million bucks: The natural healing properties of gold make your skin feel firmer, brighten your face and diminish fine lines and wrinkles. The gold remains in your

skin for up to 28 days to prevent premature aging.

• Cocoa Facial Experience

The Spa at Hotel Hershey, Hershey, Penn.
\$160, www.chocolatespa.com

How sweet it is: Enjoy the beneficial properties of the cacao fruit, an anti-oxidant that combats the visual signs of aging. Or consider the Chocolate Bean Polish (\$65), a gentle exfoliation of cocoa bean husks and walnut shells with cocoa body moisturizer.

• Resonance

Mii amo at Enchantment, Sedona, Ariz.
\$250, www.miiamo.com

Sound therapy: Great stress reliever. Tuning forks, Tibetan bowls, crystal bowls and Tinchas create harmonic vibrational resonance and stimulate and recharge stagnant or blocked chi (energy).

• Breacial Firming Breast Facial

Juvenex Spa (R), NYC
\$85, www.juvenexspa.com

Uplifting experience: Just had a baby? Or maybe you shed those holiday pounds. This treatment exfoliates and removes lymphatic congestion in the breast area and firms loose tissue.

FOR MEN

• Y-Chromosome Facial

face to face nyc day spa, NYC
\$160, www.facetofacenyc.com

All in the details: Takes care of ingrown hairs, razor burn, and stubborn debris from lack of at-home skin maintenance. Microdermabrasion also included.

• Luxury High-Tech Massage

Paule Attar Salon & Spa, Bellevue, Wash.
\$68, www.paulattar.com

Techies and TV warriors: Do you spend all your time in front of a screen or monitor? This massage focuses on your upper body, relaxing your neck, hands, arms and shoulders.

• The GQ Man

The Gentlemen's Quarters, Alexandria, Va.
\$220, www.thegentlemensquarters.com

Head-to-toe: you start out with a classic haircut, hot-lather, shave, nail treatment, 90-minute massage and finish with a complimentary shoeshine.

• Herbology

The Black Tie Spa, Norwell, Mass.
\$100, www.blacktiespa.com

Back to nature: Enjoy a Swedish-style massage with Chinese herbs & alpha hydroxy acids that exfoliate, smooth and de-age your skin.

• Vichy Plus Massage

He's Not Here BarberSpa For Men, Myrtle Beach, SC. \$195, www.hesnothere.biz

Great for golfers: Indulge yourself with a Vichy (table) shower, exfoliating sea salt body scrub, natural bee honey skin-conditioning wrap, finishing lotion and perhaps best of all—your very own remote control for three flat-screen TVs. ♦

