

GREAT DAY SPAS



INDULGE in PURE BLISS
at these SPA RETREATS.

BY HILARY ADLEBERG

calvert rejuvenations

\$\$\$ 485 Carlisle Drive, Herndon 571-323-1088 calvertrejuvenations.com

PRICING KEY

\$ \$50 & UNDER
\$\$ \$51-\$75
\$\$\$ \$76-\$100
\$\$\$\$ \$100+

*price range
derived from
average of
signature
treatment costs

AN UNEXPECTED OASIS HIDDEN IN THE CENTER OF A BUSINESS COMPLEX, CALVERT REJUVENATIONS promises quality relaxation. Don't be discouraged by the office park ambiance. Continue straight into SugarOak Office Retreat, and upon the first steps into the spa, all doubts and stresses are eased.

The spa has been open four years but was recently renovated in July and August of 2011. An expansion was completed last fall, introducing a larger reception and retail area as well as additional treatment rooms. The extension

allowed for more room to display products for sale and, in turn, increased the number of product lines carried.

Among the most popular lines are Image, a results-oriented brand that offers an organic collection as well as a partially natural collection of skincare products. Owner Calvert Thompson caters to every personality offering robes, scarves and blankets unmatched in softness for her luxury-loving customers, a broad selection of

POPULAR TREATMENTS

Massage, Signature Facial, Waxing

FACILITIES 6 dual-purpose treatment rooms

BRANDS Image, SkinCeuticals, BioElements

GRATUITY Can charge gratuity on card

PARKING Located in an office park, available spots in front

GROUPS Welcome

brightly colored eye glitter for the flirtatious patron, a chic earring collection from an artist Thompson particularly enjoys herself, slippers handmade in Europe for the eclectic consumer, and cupcake-shaped bath fizzies for the playful customer.

With five expert massage therapists on staff, massages are one of the most sought after treatments at Calvert Rejuvenations. The signature facial and waxing, both bikini and Brazilian, are also customer favorites. The facilities readily accommodate parties with two couples massage rooms and a relaxation room that looks to be the perfect stress-relieving sanctuary. Though nail care is not typically offered at Calvert Rejuvenations, customers do have the option of requesting the services of an on-call manicurist or makeup artist.

The newest addition to the spa is the "Sound Table," as Thompson calls it. A client lies down on a massage table, cocooned in blankets, wearing headphones. A pad nestled underneath the client vibrates with the bass of the music. The device is intended to delicately massage the body's muscles to rest.

Even the spa's restroom, fully stocked with high-end products and a remote-controlled, heated seat, illustrates that the spa takes care of clients from top to bottom. ●

FRANCIS TAYLOR (DANCE/SPA/FACIAL PAGE), JIMMY MEYER (TOKA SALON)



➤ toka salon & day spa

\$\$ 4907 Brennan Park Drive, Alexandria 703-370-5133 tokasalon.com

FACILITIES:

Nail room, massage room equipped for shower massage, facial room, 2 handicapped-accessible bathrooms

BRANDS:

Dermologica, OPI

GRATUITY:

Can't charge gratuity on card

PARKING:

City parking for free

GROUPS:

Welcome

TOKA SALON & DAY SPA OPENED ITS FOURTH LOCATION A LITTLE MORE THAN A YEAR AGO IN

Alexandria and is a perfect retreat for a spa party with close friends. Situated right next to Brennan Park, the spa is set in a quaint neighborhood of quiet boutiques and homes. In this type of suburban setup one may assume parking would be an issue, but on the contrary; spots are plentiful around the area.

The spa's appearance alone is revitalizing with big, open windows inviting an abundance of sunlight that energetically bounces off its pristinely white walls. The interior is pure and seemingly limitless due to the windowed walls that extend throughout the entire entrance area. The salon section is located to the left of the reception desk, and the spa treatment rooms occupy the right half of the building.

Owner Teresa Yurt describes the business ratio as 50-percent salon and 50-percent full-service spa. The nail room, equipped with multiple manicure and pedicure stations, leads to the shower massage room. The shower massage is a unique treatment available

POPULAR TREATMENTS

Massage, Manicure/Pedicure, Facial

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only at the Alexandria location. A wet treatment, like the body polish, for example, employs 15 shower heads hanging over a massage table. The client lies on the massage bed and has the choice of a sugar or salt scrub with different scents including vanilla, rose, champagne and lavender. After the scrub is complete, the shower—which can be adjusted to preferred pressure level—rinses off the residue and dead skin. A

light body butter massage completes the relaxing, indulgent experience.

Toka welcomes group parties with the stipulation that they are scheduled ahead of time. Yurt explains that the bathrooms and nail area are intentionally designed to accommodate larger groups. There is even a portable bar so that customers can admire their manicure as their freshly styled fingers clasp a Champagne flute. ●



tranquility day spa & salon

\$\$\$ 15125 Washington St., Suite

304, Haymarket 571-248-4150

tranquilitydayspa.com

ABOUT FIVE YEARS AGO, OWNERS GLORIA AND WAYNE HARDING decided to uproot their business in Manassas and move it to Haymarket. An extremely hospitable environment and staff makes Tranquility Day Spa & Salon feel more like a home than a business operation. The Haymarket facilities were constructed with customer convenience in mind.

Special sound-proof sheeting, for example, that continues up through the ceiling engulfs the massage room walls so the customer can feel completely at peace. Flowers are delivered weekly from a local florist who is also neighbors with the Hardings. Food, including homemade chicken salad, cheese and crackers, fresh fruit and Tranquility's signature cupcakes baked downstairs at Cupcake Heaven and Café, is available to all customers. The second

JONATHAN THOMAS

POPULAR TREATMENTS

Tranquility Signature Massage,
Facial and Spa Pedicure

FACILITIES

2 facial rooms, 2 massage rooms, nail room (with 2 manicure and 2 pedicure stations), sleep lounge

BRANDS

Dermalogica, Image, OPI

GRATUITY

Can't charge gratuity on card

PARKING

Large parking lot on main level

GROUPS

Welcome

Monday of the month Gloria hosts a community coffee time at the spa to unite the community spiritually.

The entrance opens to the reception desks, beauty bar and retail area. The beauty bar caters to spa parties or individual clients, and offers time-conscious treatments including makeup application, mini manis, eyebrow waxing and even a few free services like bang trims. A doorway separates the full-service salon, which was recently refurbished in March and April. The door past reception leads to the spa.

The three components of the business seem to be intentionally divided because in each section the ambience changes slightly. The spa is dark yet comforting. The massage beds are made up of seven layers including a heating pad and egg crate mattress pad. I-Pods with customizable playlists are available in every massage room.

The sleep lounge is a new and unique feature at Tranquility, a small room equipped with two lounge sofas for resting before, after or between treatments. Proving the space is a big hit, one customer even proposed to his girlfriend there. ●



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➤ *dansk day spa*

\$\$ 212 A Commerce St., Occoquan

703-492-1991 danksdayspa.com

LOCATED IN HISTORIC OCCOQUAN, DANSK BEGAN AS A MASSAGE clinic and expanded its list of services to offer a broad selection of wellness-related and non-invasive cosmetic treatments. The spa continues to grow with the community. As times change, Dansk looks for new advancements in the industry. It is their goal to offer the latest treatments at the best, most results-oriented quality of service. The spa's interior is equipped with plenty of rooms to accommodate several clients comfortably.

This spa not only offers all the typical services expected at a day spa—massage, facials, nails—but also provides an expansive list of specific massage options, holistic care and cosmetic treatments that cover an impressive breadth of client needs. Dansk offers permanent makeup and other cosmetic services including teeth whitening, Botox and eyelash extensions. A licensed physician comes into the spa every Friday to apply Botox and permanent makeup treatments.

Dansk also offers holistic care. Card readings are available at \$85 for

FRANCIS TATUM



FACILITIES 5 massage rooms (2 massage rooms cater to couples), 4 facial rooms, permanent makeup room, nail room

BRANDS Yon Ka, B. Kamins, Hylunia, Prolana Nails

GRATUITY Can charge gratuity on card

PARKING Somewhat limited street parking

GROUPS Welcome

a 50-minute session aimed at clarifying personal past and present circumstances to allow the client to more easily move forward in the future. Spiritual life coaching is offered to customers that wish to better their skills in communication and conflict resolution. More commonly known treatments like reflexology are also offered as part of the holistic care category of services.

Dansk caters to those in search of more unique treatment practices. Whether looking to improve your physical appearance or internal state of health, Dansk Day Spa has the right service for everyone. ●

POPULAR TREATMENTS

Massage, Permanent Makeup Application, Eyelash Extensions

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➤ *belevie day spa*

\$\$\$ 6801 Whittier Ave., Suite 100, McLean 703-761-4060 bellaviespa.com

IF YOU'RE IN SEARCH OF A FRANCHISED SPA, THIS IS NOT THE PLACE. HAVING JUST OPENED its doors last September, Bellavie has a small staff of Kalsang Dolma, massage therapist, and Lesvia Robinson, aesthetician, determined to treat every client's needs. Both Dolma and Robinson offer such personalized work that it transforms new customers into loyal, longstanding clients. Consider Bellavie the place to go for a truly customized experience in a low-key and peaceful atmosphere.

The spa itself is buried in an anonymous cubicle of brick, located on the ground floor of a three-story office building. The only signage that identifies Bellavie's presence in the office building is a small white yard sign with the bolded words "Bellavie Day Spa Now Open." But don't underestimate this spa for its lack of marketing. Once inside Suite 100, the scents from herb-infused oils—used for massage services—waft into the waiting area, which is actually more like an elegant family room than it is the lobby of a

business operation. The spa facilities are perfectly substantial with the exact amount of necessary space and décor, not designed to merely appear relaxing but to actually exceed the customer's service expectations.

Bellavie offers massages, facials and waxing. Dolma delivers massage treatments employing scents, ideals and rituals originating from India. Robinson has been perfecting her facial services for the past 20 years at various local spas. The two owners met while working at Med Spa of Virginia. After gaining years of experience at various spas, Dolma and Robinson decided to combine forces to create a spa experience like no other. ●

FACILITIES Massage room, 2 facial rooms, no nails

BRANDS Yon Ka Paris, Institut Esthederm

GRATUITY Can charge on card

PARKING City parking for free

GROUPS Welcome

POPULAR TREATMENTS

Deep Tissue Massage,
Signature Facial,
Abbayanga Massage



POPULAR TREATMENTS

Swedish Massage, European Facial, Spa Manicures and Pedicures

the spa at equinox

the spa at equinox

\$\$\$ 8065 Leesburg Pike, Vienna

703-790-6193 equinox.com/classic/Spa

N

ESTLED IN THE EQUINOX SPORTS CLUB ACROSS FROM TYSONS Corner Center, the spa at Equinox provides treatments customized to complement any fitness regimen. A health- and wellness-minded spa, Equinox welcomes all customers no matter their athletic ability. That being said, there are some perks that moreso benefit athletes. This spa is a perfect refuge for a gym enthusiast looking for a bit of relaxation after a workout.

Before treatments, the masseuse consults with the client's personal trainer to tailor the massage service in an effort to amplify performance and speed up recovery time. With the purchase of any spa service, clients are entitled to a full day's use of all the facilities that the sports club offers, including the children's playroom, exercise equipment, group classes and lap pool. The locker room—also available to spa clients—has a steam room, showers, plenty of changing space and hair dryers.

A must: the spa's luxe facials. ●



POPULAR TREATMENTS

Deep Tissue or Sports Massage, Signature Facials, Reflexology

FACILITIES Skincare room and 3 massage rooms (one of which caters to couples), steam room, locker room, fitness center

BRANDS SkinCeuticals, Kiehl's

GRATUITY Can charge gratuity on card

PARKING Spa validates 2 1/2-hour parking at garage across street

GROUPS Welcome

E

VEN IF YOU ARE NOT IN CLOSE PROXIMITY TO THIS SPA, IT IS WORTH A VISIT. SPA MINERALE is beautifully designed and offers a handful of luxurious amenities to clients. Tucked into the back left corner of Lansdowne Resort, the spa is surprisingly large. Though it seems to be a very soothing, solitary escape, Spa Minerale also offers an accommodating atmosphere for groups.

The nail salon, a large space surrounded by windows, fits four pedicure stations and four manicure stations. The large locker room introduces the spa's color palette of soft purple, subtle orange hues and natural green tones. Amid the aesthetically pleasing and modernly functional design, the locker room also offers changing areas, showers, a dry sauna, a steam room, a hot tub and plenty of privacy. There are also lounge rooms for women, men and couples that are exquisitely decorated. All lounge rooms offer refreshments including water, tea, mixed nuts and fruits. Use of the resort's indoor pool and fitness center is also included for spa guests.

A selection of upscale, exclusive skincare and cosmetic lines are available, too, including an in-house brand of products with scents inspired by dogwood and other plants indigenous to Virginia. ●

FACILITIES

Nail room (4 manicure and 4 pedicure stations), steam room, sauna, hot tub, locker room, women's lounge, men's lounge, couples lounge, fitness room

BRANDS

Sothys, MD Skin Formulations, Moroccanoil, MOR Cosmetics, OPI

GRATUITY

Can charge on card

PARKING

Large parking lot in front

GROUPS

Welcome

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OFFERING ONLY 100-PERCENT ORGANIC PRODUCTS AND treatments, Comfort & Joy Wellness Spa is perfectly suited for the environmentally conscious consumer or woman looking for a little worry-free prenatal pampering.

Located in the Turnpike Plaza shopping center off Pickett Road, the spa aims to “help people feel good from the inside out,” explains manager Kim Beth of the spa’s ideology.

Immediately entering the spa, customers are greeted with lulling melodies and a vast assortment of natural products. Inviting aromas mix with tranquil tunes to subtly serenade customers as they browse the two front rooms of shelves stocked with a wide selection of all-natural teas, organic dietary supplements and other skincare and wellness products. The product lines offered contain no chemicals or synthetic ingredients.

In terms of standout services, Comfort & Joy offers a natural seaweed wrap—at \$120 for a 60-minute treat-

JONATHAN THOMAS

ment—performed with authentic seaweed and 100-percent real seaweed scent. The chemical-free EcoColors Natural Hair Color treatments are popular with pregnant women, and start at \$65 for roots only. Animal lovers also appreciate that the spa offers only one type of nail polish, Spa Ritual, a vegan brand that does not test on animals.

The spa's treatment rooms line the sides of a somewhat narrow hallway. Massage rooms are connected to each other and can be opened for couples massage or closed to accommodate more clients. The newest addition is an infrared sauna, priced at \$25 for 20 minutes. The infrared sauna shares the "same concept of a regular sauna—to calm inflammation in painful areas—but doesn't dehydrate the skin because it's not saturating it with water," explains owner, Julie Smalfelt.

A single room that contains two manicure stations and two pedicure chairs offers privacy for those looking for some seclusion along with serenity. The rooms designated for facial treatments promise tranquility as well. The estheticians mix products in a butler's pantry, away from clients, so as not to disrupt the relaxing experience.

Continuing down the corridor there is a seated living room that housees organic tea and books about spa treatments. Hair stations are at the end. ●

POPULAR TREATMENTS

Swedish or Deep Tissue Massage, Microdermabrasion

FACILITIES 4 massage rooms, shower area, 2 mani/pedi stations in separate room

BRANDS Ecolors hair coloring, Suki Naturals and Epicurensuki

GRATUITY Can't charge gratuity on card

PARKING Large strip mall parking lot in front

GROUPS Couples welcome



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