

GG Relax

GREENWICHGIRL™

issue iii

**IT'S ALL
ABOUT
THE SPA**

**WHAT'S WITH
CHARCOAL
FACE MASKS?**

**OUR BEST
LOCAL
GEMS**

**DIY
AT HOME
TREATMENTS**

**TOP
DESTINATIONS
FOR UBER R&R**





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Editor's Note

I have always found that summer is the best time to squeeze in a little R&R and catch up on all of the little things you have been meaning to do for the year. There is just something about lazy summer days and low-key nights that allows for a level of calmness that is otherwise hard to find. While the nostalgia of lightning bugs and fireworks, BBQ's and pool days surround us we decided to take a different focus for this issue. Whether you are crazed with overpacked mommy schedules or work more hours than there are in a day we know how hard it can be to find even the shortest interval of "me" time. So for this issue we wanted to share a few of our favorite ways to wind down with a specific focus on spas and pampering yourself. While the weather and season encourage a

slower pace having a plan set in place or something to look forward to can assist with achieving that zen state of mind. Whether you need to leave town for this indulgence or can do by so by staying home or even just keeping local we have ideas for all. So grab your frozen lemonade, find that perfect spot to cozy into and tap through the pages of our first annual R&R issue of The GG Mag! We hope this inspires all GG's to take the plunge and dive into a treatment that will leave you feeling rested and refreshed. Wish you all a happy and wonderful summer!

Love,
Laura McKittrick
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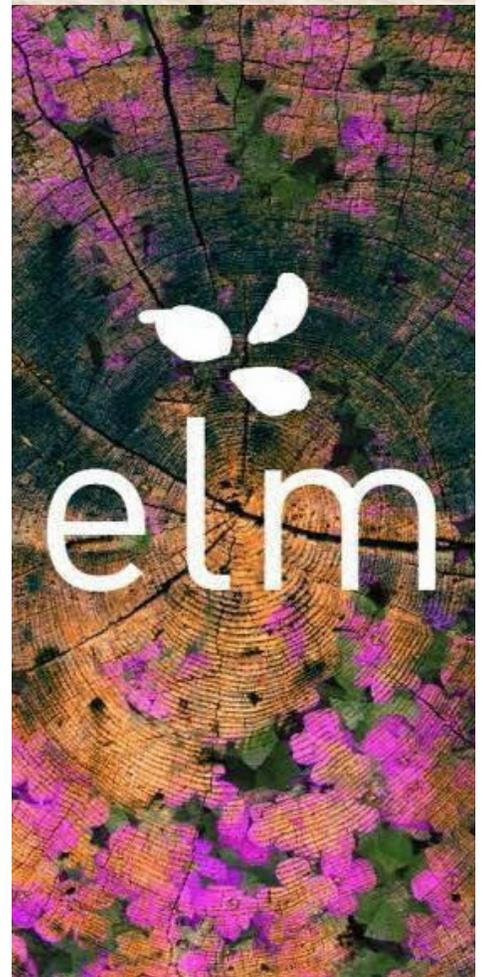


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Sissela Johansson/www.bysissela.com
Makeup:
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We believe that great meals start with the best ingredients, friends, family, (and of course), our favorite wines. In our charming neighborhood restaurant, we serve seasonal American dishes, inspired by elm's farmers and fishmongers, and on occasion, a far away place.



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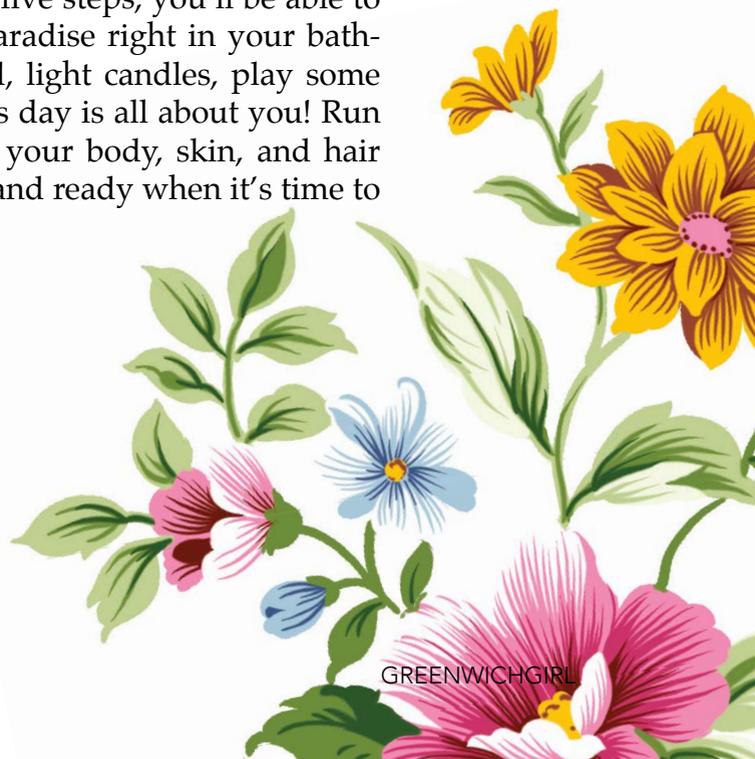
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Spa *at home*

Want to go to the spa without leaving the comfort of your own home? With these five steps, you'll be able to create a soothing spa day paradise right in your bathroom! First, get in the mood, light candles, play some calming music and relax, this day is all about you! Run your bath before you begin your body, skin, and hair treatment so that it is warm and ready when it's time to get in and soak!



Almond Supple Skin Oil

To start your spa day, do a facial steam. This will open your pores, relax your face and prepare your skin for the upcoming treatments. You can even add some essential oils to the skin. We like the Almond Supple Skin Oil from L'occitane. This essential oil helps skin feel supple, smoother, and nourished. After 10 minutes of steaming move on to the next step, your face and body scrubs!



Face and Body Scrubs



Face and body scrubs are great because they boost circulation and increasing blood flow to the skin's surface. By massaging your scrub into your skin, whether it be on your face or over your body, you are helping keep your skin looking young and fresh. We love the Verbena Exfoliating Body Duo body scrubs from L'occitane because of the way it leaves the skin smelling fresh and feeling smooth. We also love the Daily Microfoliant facial scrub by DERMALOGICA which can be found at Ulta. This scrub is a unique, rice-based enzyme powder with Papain, Salicylic Acid, and Rice Enzymes in it that help smooth and accelerate cell renewal. Exfoliating after a steam is especially beneficial. This is because it's a great way to keep blackheads at bay. Because your pores are open and your skin is relaxed from your steam, the skin is more open to the scrub and this will allow for your skin to be more protected to fight against blackheads. Following your steam with a scrub also prepares your skin for the next step of your at home spa; masks!

Face Masks

Hair and facial masks are not only fun but they also and extremely beneficial to your body. Get cozy in your robe and apply your face mask. We love the Fresh Rose Face Mask that can be found at Sephora. Made with “smart” algae that deliver optimum moisture to the skin, this hydrating and toning gel face mask will not only make your skin feel incredible but also the smell of soothing rose water that is infused in the mask will relax your sense even more. If you are looking for something a bit more fun, try the Peter Thomas Roth 24K Gold Mask Pure Luxury Lift & Firm Mask. This luxury mask is made with 24K Gold and it leaves the skin with an opulent, radiant glow. It also locks in moisture and keeps your skin looking young and firm.



Hair Masks



After your facial mask has been applied, you can move on to your hair mask. Keeping with the Rose theme, check out the Christophe Robin Cleansing Volumizing Paste with Pure Rassoul Clay and Rose Extracts. Gently massage the mask into your scalp until you feel the paste turn to foam. Make sure to focus on your roots rather than the ends of your hair. When you're done using this mask and it's rinsed from your hair you will immediately notice how much healthier and shinier your hair will look.

Moisturizing Soak

Now that you have prepared your body, skin, and hair it's time to soak! Add a bath bomb or some oils to your bath for some aromatherapy. We love the Lush bath bomb, oils, and melts. Try the Yoga Bomb. This bath bomb will add bubbles to your bath along with the relaxing scents of sandalwood, olibanum, and ho wood oils. It will create a tranquil sanctuary in your tub for the ultimate at home spa. If you aren't into bath bombs then try their oils and melts. The Ceridwen's Cauldron Luxury Bath Melt, with scents of oats, lavender, and sandalwood will whisk you away and sooth all of your worries. The rich, nutritious cocoa butter and walnut oil melt into the water and hy-

drate your skin. You could also try the Floating Island, a Luxury bath oil. Add this to your bath to create a soothing island of tranquility with scents of Sandalwood oil, vanilla bean, and lemon oil.

Take your time to soak and relax. When you are finished have a quick rinse in the shower to wash away any left-over oil that may still be in your hair or on your body. Get back in your robe for the last step in our at home spa day, a foot wrap!



Foot Wrap & Rest



Apply your cream of choice to your feet, massaging as you go. When you have made sure that the cream is fully massaged in, wrap your feet in a hot towel and leave on for 10-15 minutes. Using a hot towel will make the whole experience feel like you're at a spa instead of your own so make sure to heat your towel! We recommend you try the Shea Butter Targeted Duo from L'occitane. This duo includes their award winning Shea Butter Foot Cream and Shea Organic Shea Butter. This combination will not only leave your feet feeling smooth and smelling great, but they will also hydrate and exfoliate the skin. With its natural soothing ingredients of arnica and lavender essential oils, your feet will go from feeling tired to feeling revived!

And if you don't have time for a full day of R&R, here is a quick list of things you can do to have an at home spa. Use a body scrub to exfoliate and rejuvenate the skin. Then pamper your face with a face mask to cleanse your pores and make the skin feel smoother. Lastly, show your feet some love with a foot massage with your face mask dries. When you're ready, clean everything off and you're ready to take on your day! Make sure that after your spa day you get the R&R your body needs. You can use all of these products and get results but you'll get the best results when all of the products are accompanied by a good night's sleep!

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4 BEST

Destination Spas

Looking to get away with some friends for a girls vacation? Why pick any spa and resort when you can go to these four luxury destination spa that is awaiting your arrival! From the east coast to the west coast and even internationally, there are so many options to chose from but these are the four that we believe will satisfy your R&R needs!



The Westglow

Starting in North Carolina, the Westglow Resort and Spa in Blowing Rock is an all-inclusive, luxury spa that incorporates all aspects of health, wellness, and relaxation, you can even take part in fitness classes like yoga and pilates to enhance your spa experience. They have all sorts of Body, Vichy, Facial, and Salon services, day spa packages, and even acupuncture! If you are looking to spend a day or two at Westglow make sure that you try one of their three offered day packages, Westglow Sampler, Deluxe Sampler, or Day Glow. The packages are also customizable and you can choose from any of their wellness, body, face, salon or fitness services. You will be able to enjoy all of the amenities that the resort has to offer including, the indoor swimming pool, whirlpools, steam room, saunas, car-

diovascular center, weight room, tennis court, fitness classes, fireside relaxation lounge and morning guided hike along with a gourmet spa lunch at our poolside café when you need to take a break from everything that Westglow can offer you. The spa at Westglow wants to ensure that you feel refreshed after spending the day at their spa. The staff wants to help you unwind from all your stresses and make sure that they day at their resort is dedicated to you. With the slogan, "We Treat Every Body Special", we know that this spa will take good care of you. The location of this spa and resort will make you feel peaceful and relaxed, located within the Blue Mountains, you will be surrounded by absolute tranquility.

<http://www.westglowresortandspa.com/spa/>



Canyon Ranch

Located in Tucson, Arizona, Canyon Ranch is a spa and resort where you will find yourself surrounded by rest, relaxation, renewal and a staff waiting to pamper you. With spa treatments such as Classic Massage, Eastern Therapies, Meridian-Based Energy Work, Advanced Restorative Touch Therapies, Ayurvedic Body Treatments, Restorative Body Scrubs and Wraps, Therapeutic Rituals, Replenishing Facials and Body Care Treatments, there is no doubt that you will be feeling relaxed and renewed when you are done with a session at this spa and resort. There are many different niches designed for many different people, so if you are looking for an aquatic experience, life management, maternity support, spiritual wellness, a metaphysical

experience, and other forms of self-care, then Canyon Ranch is a resort that will help you become closer to yourself and become more in control of your life. Not only does Canyon Ranch offer you physical relaxation but it also allows your mind to rest and focus on what really matters, your health and your happiness. The spa offers therapies and treatments, but there is also a team of specialists to talk about health, nutrition, exercise, and experts who will help you decompress, relax, and find your true self. And if you aren't looking to go out west, then you can visit their many other locations including their spa and resort in Massachusetts.

<https://www.canyonranch.com/tucson/>



Golden Door

If you're looking for something a bit more exotic, then the Golden Door is a resort that may catch your eye. Your week long stay at this unique resort will allow fro your mind to wander and your body to truly relax.

Because the resort only hosts a maximum of 40 guests each week, you will be surrounded by the most attentive staff waiting on you hand and foot. The staff at the Golden Door want your week to be rejuvenating so that you can reach your most relaxed state. Your road to relaxation begins when you arrive at the Golden Door. The Golden Door insist on your spa experience is seven days long to ensure that you become fully relaxed and that you can become one with your true self. The staff at the golden door are experts in their craft and making sure that the many treatments and therapies that they offer our meeting your every need. Exfoliating body scrubs,

hydrotherapy baths, and customize the treatments, the Golden Door will make you weeks stay worth it. From Specialized Massages, Skin Body and Hair Care, this is a resort dedicated to you. The Golden Door also offers fitness facilities equipped with two swimming pools, Watsu water therapy pools, exercise studios, and more, your exercise needs will not only be met, but exceeded. The resort also has a state of the art meditation center where you can go to take time off from a rigorous fitness regime and a day at the spa. Build a head space for yourself where you can truly relax and become content. There will be experts to guide you through your rejuvenating, week long stay, ready to exceed all of your expectations.

<http://goldendoor.com/>



12 Apostles

Want to take your vacation abroad? Get some R&R in Cape Town South Africa at the 12 Apostles Hotel and Spa! The spa is nestled within the mountain range of Cape Town bringing incredible, picturesque scenery to your spa experience. With specialized treatments for facials, pregnancy, body, and touch, along with their signature treatment, the 12 apostles spa resort wants you to feel fully relaxed and pampered. Their treatments beginning with a foot ritual that releases stress from your tendons, one of their many specialized touch treatments. You can then also try some of their signature treatments such as the Himalayan Salt Stone Treatment, designed specifically to “enhance health and optimize body functioning.” This salt stone treatment

will relax and revive your body mind and soul. There are also other signature treatments such as African signature experience in their use of natural resources such as volcanic Basalt mineral rocks. The 12 Apostles Hotel and Spa is an award-winning resort where guests feel “indulged in luxury, passionate service, and generous hospitality.” From fantastic service, food, luxury, and their dedication to their guest’s enjoyment and relaxation, there is no doubt that your stay at this resort will make you feel like you are a goddess.

<https://www.12apostleshotel.com/>





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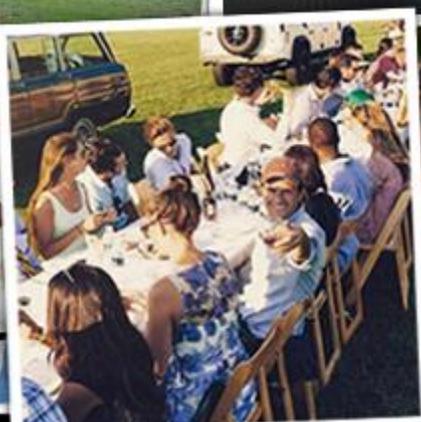


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What the Charcoal Facial Mask is Really All About



What is all the hype with the Charcoal Face mask? And will it actually be beneficial to add to your skincare routine? Face masks, we love them!! They are so fun and a great at home spa day essential when you're hanging out with the girls! Face masks are a staple for every at home spa or pamper night. Without them, a night with friends isn't nearly as fun! But are you tired of your old face mask? Well then hope on the charcoal trend!

The new trend around the Internet is activated charcoal. People are using it to whiten their teeth, strengthen their hair, but most notably, cleanse their skin. The world has become fascinated and obsessed with these

peel-off face masks that will essentially suck out any dirt or blockages that you have in your pores when you peel away the mask. Activated charcoal is the ingredient that people are raving about, but how does it work? When using the charcoal, it traps the toxins and chemicals in your pores. These charcoal masks are designed to stick to your face and let the activated charcoal do its job. When the mask gets hard that means it's ready to peel and with the mask will come all of the day's dirt that has been blocking your pores. People have been adding this ingredient to their beauty products and stores have been stocking them more and more on their shelves because people have found that this isn't just a placebo, this stuff actually works! The charcoal acts as a tiny magnet, grabbing the tiny

oil and dirt particles from all over your body and people are going crazy. There are soaps, makeup products, hair treatments, and almost any makeup product you can think of!

From all the masks that people rave about, the Origins Clear Improvement® Active Charcoal Mask to Clear Pores sold at Sephora seems to be a crowd favorite. If you find that your skin has dullness and uneven texture, oiliness, or visible pores, then this mask may become your best friend. This mask will help you achieve your best skin. Clear Improvement™ says that this mask will, “flush out environmental toxins, dirt, and debris that can clog pores and cause the skin to look dull—leaving the complexion clarified, refreshed, and healthier-looking. Bamboo charcoal acts like a magnet to draw out deep-dwelling pore-cloggers, white China clay absorbs environmental toxins, and lecithin dissolves impurities”. This mask doesn't lie, the activated charcoal does what everyone says it will and more. This mask will tighten your skin and give it a soft, clean, and healthy feel. If you use this mask one to two times a week you will see visible results. Cleaner, clearer pores are in your future with this mask. Just beware, this face mask will hurt when you pull it off, but it's worth it because of the condition it leaves your skin in!

Our only tip, DO NOT make your own because experts will advise you not to!! DIY versions of these masks are making their way around the internet that experts claim could actually be harmful to your skin. These masks can actually cause damage if you aren't using the right ones. DIY masks are often made with glue, which will only irritate and hurt your skin. Yes, when you pull up your home-made mask your skin will feel silky smooth but that is because you probably pulled up a layer of skin and not just the dirt from your pores. Take precautions when using these masks and only use masks from reliable sellers like skin care stores and makeup stores, not amazon or home remedied masks. These mask will show you results but only if you know what you are using, so become informed and understand how the activated charcoal will work and affect your skin.

If you do plan on using these charcoal masks, make sure you do your research about ones that work and ones that don't. Some marks on the market can cause damage to your skin if they aren't made with the proper ingredients. Websites like Sephora, Cosmopolitan, and skin care companies like Clear Improvement will supply you with reliable, working masks that will show you results, and not damage. Check out some of our favorites:



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6 SPA WORTHY BATH ROBES

that we are swooning over

Are you looking for the perfect at-home spa experience? Have you decided on all of your treatment and luxuries that you're going to enjoy the comfort of your own home? What's all that you need now? The perfect, spa-worthy bathrobe! Want something short, hooded, or silk? Well, look no further because we've compiled a list of what we believe to be the six most spa-worthy bathrobes for you!

Whether you want colorful patterns, floor length, short, silk or cotton, any of these six bathrobes are sure to satisfy your needs and make you at home spa days enjoyable and luxury filled. They make us swoon because of their quality, comfortability, and pure beauty. These are six gorgeous, luxury bathrobes that will satisfy you in any way that you want them to. If you are looking for something traditional or something fresh and new, we've got options for you!



1

First, the Josie Natori “Yuzen” Floral-Print Silk Caftan, in Multi Pattern. This bathrobe has a v-neck, long bell sleeves, and slits that fall in the front of the robe starting at the thigh. The robe has a relaxed silhouette with a tassel self-tie cinched waist. The pullover silk style of the robe will make from the perfect spa day accessory.



gain from Neiman Marcus, we have the Meng V-Neck Floral-Print Long Satin Wrap Robe, in Light Green. This bathrobe is also a v-neck with a shawl collar that wraps in the front. With three-quarter-length kimono sleeve, a self-tie belt at the natural waist, Asymmetric hem that falls at the ankles, and a relaxed fit this bathrobe made in the United Kingdom is sure to make you feel like royalty.

2

3

Something shorter and a little more casual? Then the Hooded French Terry Knit Robe from Garnet Hill may be perfect for you! Made with cozy in mind, this short length robe will be a perfect addition to your daily life. Whether you're lounging around or having the ultimate at-home spa day, this cotton, relaxed fit, hooded, long sleeve robe is perfect for you and your spa day needs.



4

Not sure what length you want? Not a problem! Williams Sonoma offers spa-worthy bathrobes at all lengths! These incredibly soft cashmere bathrobes come in many different colors and are offered in a short and long length. With roomy pockets and a colored v-neck collar this robe that will provide you with not only style but also functionality. Designed to create a flattering drape with a self-tied belt around the middle, this beautiful bathrobe will not only be soft to the touch, but also be lightweight, comfortable, and flattering.



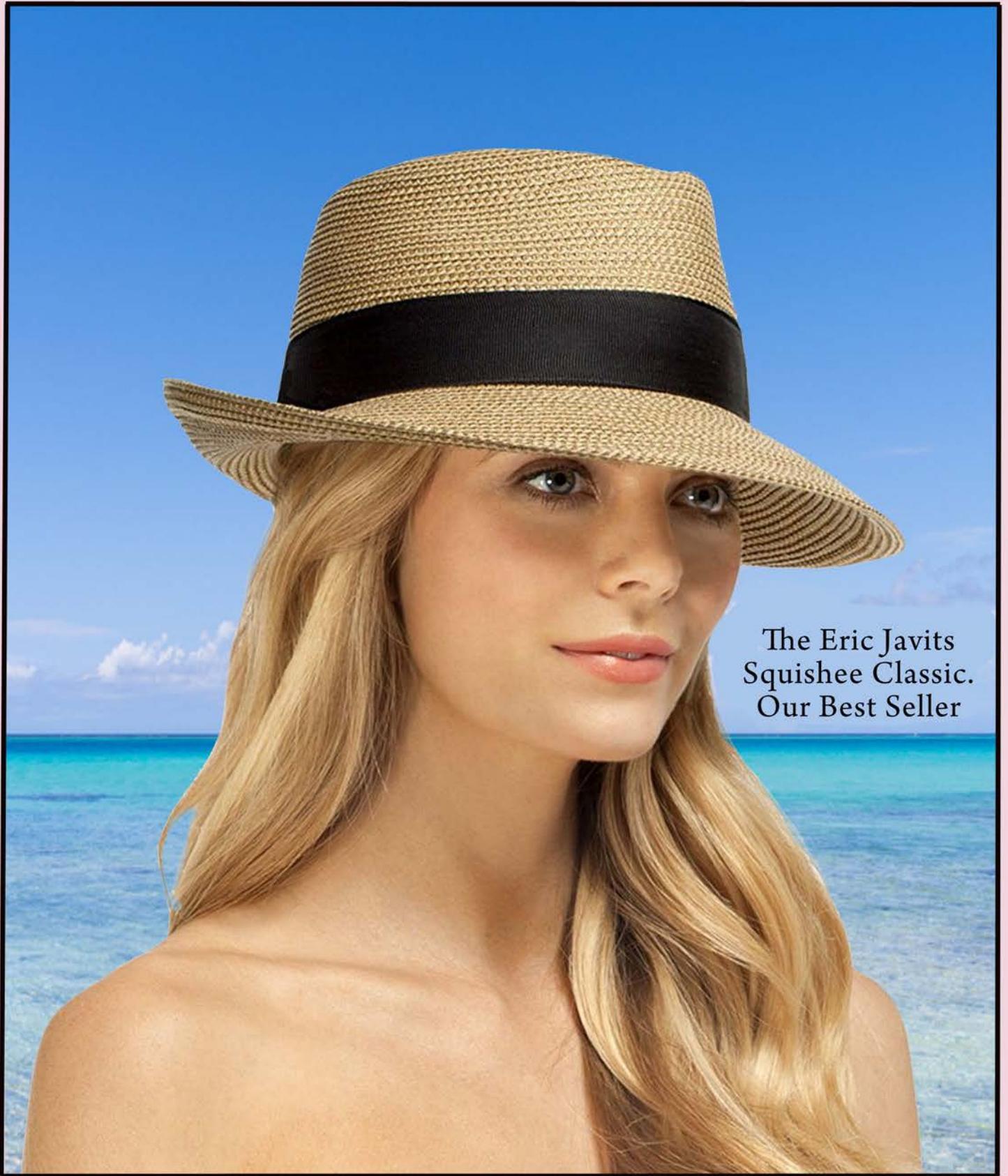
Want to feel like royalty? The “Lord” Bathrobe from Hugo Boss will satisfy your spa day wishes. Made from 100% canvas cotton, this luxury bathrobe and its beautifully plain design and velvety feel will complete your at home spa. This white and grey bathrobe is machine washable, soft, and will ensure an extremely enjoyable and relaxing day if you choose to lounge in it. This bathrobe will make you feel as if you are in a spa resort far away from home when actually, your resting comfortably in your own, familiar space.

5

6

Looking for something a little bit more traditional? Try the classic Terry cloth and Waffle Spa robe in white from LuxurySpaRobes.com This Classics spa robe is made from a 100% cotton waffle shell and absorbent terry cloth material. This terry cloth and Waffle Spa robe is a modern classic with a traditional shawl design. Accompanied by luxurious satin trims on the cuffs, belt loops, and conveniently placed side pockets, this spa robe will transport you from your own bathroom to your favorite five-star spa resort.





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GLO SQUAD

Skin Lounge

Think you don't have enough time for beautiful and healthy skin? Think again. Skin is your largest organ and needs to be part of your regular health and beauty routine ASAP! Like your health, teeth, nails, hair and physique, your skin needs it's TLC. GLOsquad is a skin lounge whose philosophy is that skin maintenance is a necessity, not a luxury. They are a revolutionary concept, wherein all of their professional treatments are 30 minutes or less and are priced to be a regular part of clients' beauty and healthcare routine. Most treatments feature topically derived probiotics and the lounge treats tweens, teens, women and men. Created by Michelle Baizer Cooper (television producer, entrepreneur and integrated nutrition health coach) and Shawna Hamilton Doster (attorney, entrepreneur and veteran skin care consumer), the lounge is meant to change the way women approach their skin.

An important focus of GLOsquad is educating women on the importance of having a professional skin treatment on a monthly basis to promote healthy skin and anti aging via skin cell turnover, collagen and elastin production and rejuvenation. Like their hair, nails and physique, skin needs the same maintenance and regular care. Plus, since they know how busy their clients are, their treatments are express (yet still pampering) to make them easy to fit into client's busy lives.

They have a range of amazing treatments priced to be accessible so that they are able to be done monthly. Their signature treatment is their probiotic facial treatment. The benefits include volumizing, brightening, tightening and lightening while also reducing redness, fine lines and hyperpigmentation. It has all the benefits of a

chemical peel without the downtime, peeling or pain. Powered by topically derived probiotics, they call this their "unpeel" as the treatment works to put back in what skin has lost through environmental factors, neglect, aging, and/or lasers, and chemical peels. Clients should instantly see the difference and it causes no injury or inflammation to skin which is how many of the other anti-aging treatments work, ultimately causing more aging. Probiotics (and active ingredients) are an incredibly healthy way to achieve anti aging goals by rebuilding vs. breaking down (see below). They

can truly transform skin!

Finally, as important as the professional treatments are, for real lasting results, they teach women that they need to be following a recommended at-home routine on a regular basis. They know from their research and experience that so many women are not taking proper care of their skin at home and 90% of skincare products (including professional, over-the-counter, and high end products) do not have any active ingredients that are actually making any real difference . . .most likely working from the outside rather than from within, often doing more harm than benefit. Their incredible line of skincare products is also uniquely powered by topically derived probi-

otics and other active non-toxic ingredients (paraben and sulfate free) that will promote the benefits of all of their treatments and help their clients' skin look its best. With so many products filled with toxic ingredients that are linked to many diseases and health issues, including cancer, their products have an incredible safety profile and are comprised of

active ingredients that actually work to change the skin without those toxic ingredients.

They also believe it is essential to GLO from the inside out, aka GLOlife, and are one of the few retailers in the US to carry Elle McPherson's line of Welleco Super Elixir Greens and Protein Powders, so that their clients can achieve beautiful skin from both the inside out and outside in!





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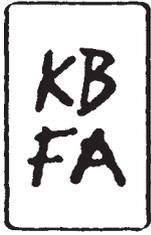
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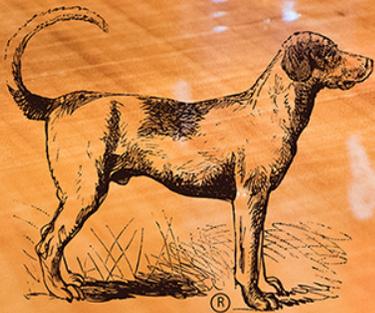


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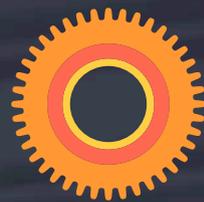
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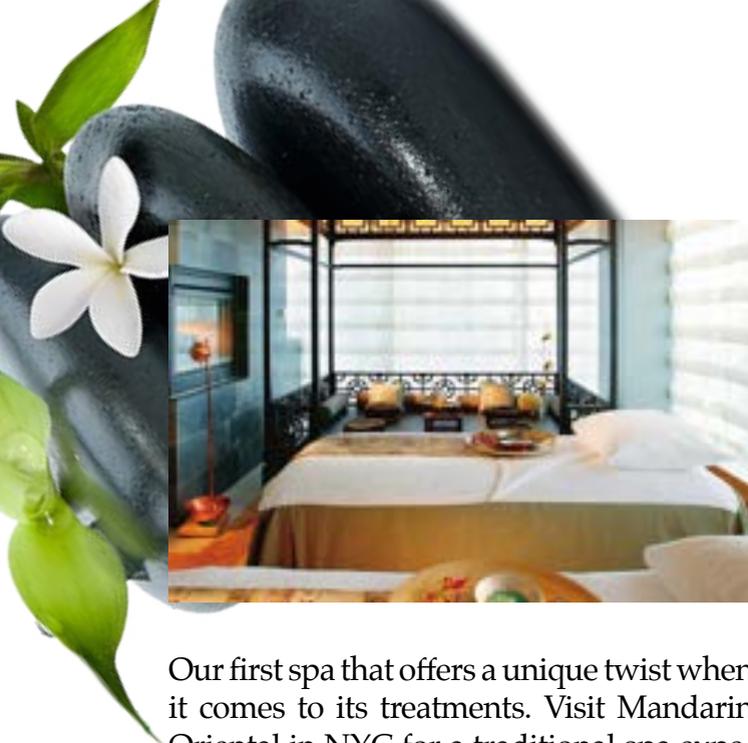
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3 UNIQUE SPA VISITS



Are you looking to try something new at the spa? Facials and massages are a staple when going to the spa, but why not try these three unique spa treatments to mix things up a bit! All of these spas are based in NYC and offer some exotic treatments that you won't find anywhere other than these spas. At first, you may think, "No Way!" but believe us, these spas are going to intrigue you and having you going back for more. You can't go wrong with New York City. From the uniqueness of the people and the vast amount of services that the city has to offer if you're looking for something specific the then city probably has it. The three spas we are going to talk about are signature to New York and very popular not only with tourists but also amongst the locals.



Our first spa that offers a unique twist when it comes to its treatments. Visit Mandarin Oriental in NYC for a traditional spa experience that will make you feel like you are in India rather than in Midtown Manhattan. This is a three-hour spa experience that will not only make you feel luxurious, but it will help you understand why it is one of the most popular and raved about spas in the city. Your three-hour Ayurvedic treatment starts with a traditional foot cleansing. This cleansing is meant to determine your dosha, (your body and mind type). You are then pampered by professionals for the duration of your stay and treated like royalty, only to end the experience with a Shirodhara, (warm oil being poured over the “third eye” on the forehead for complete relaxation). This Hotel and Spa Resort want you to feel as if you are in an “oasis

of relaxation and rejuvenation high above New York, we offer a blend of treatments as inspiring as the city itself”. The spa offers two specialty suites, a VIP Spa Suite and a Thai Yoga Suite. The VIP Suite has stunning views, a fireplace, elevated bath, dual massaging beds and a kang relaxation bed. This is the first of its kind in NYC, seeing as it is 650-square feet, and is meant to replicate an Oriental-style. In addition to the VIP Suite, the Thai Yoga Suite was custom created with Thailand in mind. Designed to create a distinctive sense of place, the deep soaking tub within the spa will help you enjoy an immersed feeling of peace and comfort. Both of these suites will help you reach full relaxation and tranquility with their incorporations of peace and spirituality.





Looking for something a little more luxurious? Try a Red Wine Bath. At Aire Ancient Baths NYC, you can treat yourself to a glass of red wine while you soak in a bath of red wine. This unique experience unlike any other in the city focus on the antioxidant properties of the grapes. All of the grapes used come from the Matarromera winery in Spain, one of the most renowned winemakers in Spain. The Red Wine Bath is a private soak in an antique thermal tub for 30 minutes. During that time, you will soak in the tempranillo grapes and will get to feel the antioxidant effects that the wine is having on your skin. The red wine antioxidants will restore hydration to your skin. While you soak you will also receive a soothing scalp massage as well as a facial massage, true pampering for the 30-minute soak. After you soak in the red wine, you

will then receive a 60-minute full body massage using grape seed oil to relax, nourish, and hydrate the skin. This experience also includes the Aire Ancient Baths signature 90-minute Thermal Session in their baths at different temperatures. Experience the ice pool (46°F), cold pool (61°F), warm pool (97°F), and hot pool (102°F). Along with the baths, you will also experience the Steam Room with aromatherapy, the Propeller-Jet Bath (97°F), and their salt-water pool (flotation). A relaxation area is also a place where you will be able to rest on their heated marble seating and have some time to yourself while enjoying some tea. At the Aire Ancient Baths in NYC, you will be able to unwind not only physically, but also mentally and experience sensations and relaxation at a whole new level of luxury.

Want to celebrate the finer things in life, a gold face masks could help! If you're looking for a luxurious spa experience where you are treated like royalty, the try Gold Element. At Gold Elements, all of their products incorporate gold leaf microparticles. These gold microparticles have intense anti-aging qualities and will leave your skin with a fresh and healthy glow. Because their products are formulated with the latest technological innovations, the skin care products that Gold Elements produces are rejuvenation and refreshing for the skin, but more importantly, they are fun to use! From deep cleansing facials using only the finest ingredients to the ultimate detox experience in their salt room, this spa will never cease to amaze you. The other amazing thing about Gold Elements is that you can get all

of their products offered in the spa online for your own enjoyment at home. There is a wide array of body, moisturizers, masks, serums, and more that you can try at the spa and take home for your own enjoyment! The Gold Elements Spa elevates the spa experience as a whole. This new and luxurious way of going to the spa will top any experience you have had anywhere else with its hospitality, service, and experience. This spa is a world class spa that offers you a relaxing daytime retreat from all of your worries and responsibilities. The finest spa trip you ever have will be at Gold Elements. As the spa claims, "Gold Elements Spa is the gold standard of luxury". You will not be disappointed if you visit Gold Elements.



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3 LOCAL SPAS

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If you don't have time to book an extravagant weekend away for the girls, take them to our favorite local spas! These spas will not only rejuvenate you, but they will also give you the feeling that you did in fact go away for the weekend. You don't always have to travel far to get good results, so here are our favorite local spas and everything they can offer you if all you've got is an afternoon!

Delamar Spa

Delamar spa in Greenwich, CT is the place to go if you are looking for a relaxing day full of pampering. There are a variety of different massages, therapies, facials and body treatments to choose from such as a deep tissue massage, a detoxifying body wrap, the ultimate facial (the non-invasive facelift), and a variety of different packages the treatments to create the most relaxing day. The Delamar is not only a spa, but it is also a hotel situated on the Greenwich Harbor. Make your way the hotel's 2nd floor to receive not only a full day spa services but you can visit their nail salon too! The elegant hotel has 82 rooms, many with private

balconies overlooking the harbor. Styled with European decor in mind, the beautiful interior will make you feel as though you are away on a vacation even though you may only be a few minutes from home. There is a variety of in-room amenities such as a complimentary glass of champagne at check in, Bvlgari bath amenities in guest rooms and suites, and a variety of extra add-ons that will only enhance your stay at the Delamar. If you're looking for a luxury day filled with spa treatments, pampering, and beautiful views, then the Delamar is the spa for you.

<http://delamar.com/greenwich/spa/treatments/>



Lanphier Spa

Lanphier Day Spa located in Darien, CT is not only a spa but also a salon and wellness facility. With amenities like Body Care, Hair Removal, Massages, Skin Care, Nail Care, and Health Coach, Lanphier Day Spa wants to help you become your best self. The spa offers many different treatments, from body exfoliation and tanning treatments, aroma body solutions and wraps, over 15 different massage types, and facials that everyone can enjoy, this spa has got everything you're looking for and more. Looking for a soothing and nourishing facial? Lanphier has got it covered. When you're done being pampered, make your way over to their health coaching services and speak with a specialist. Their coaches

will provide you with valuable information that you will need to make a positive and impactful change in your life to help motivate and encourage you. Their goal is to provide their clients with a supportive mentor who will support the individuals and promote positive health, relationship, exercise, career, and spiritual choices. On top of everything they already offer, Lanphier also had a Teens and Kids Salon and a Bridal Salon. For any occasion, whether it be a day out with girlfriends, getting ready for a big party, or even a wedding, Lanphier has all of your beauty and relaxation needs under control.

<http://www.lanphierdayspa.com/>



Ritz-Carlton Spa

Last, on our list of our favorite local spas, but surely not the least, is the Ritz-Carlton Spa in White Plains, NY. Within the hotel is a beautiful spa dedicated to tending to your every need and focusing on you for the duration of your stay. The spa at the Ritz-Carlton is one of the most luxurious spas in Westchester and it's one of our favorites. Offering an array of treatments and spa packages to heal, you will be able to truly become relaxed and rejuvenated. Their professional masseuses will make you feel completely at peace and as if you were transported to a world of peace, quiet,

and calm. The spa has five signature treatments, their four seasonal offers, (Spring Equinox, Winter Solstice, Summer Solstice, Fall Equinox), and their Hot Stone massage. From scrubs, exfoliation, moisturizing, and wraps, when your session at the Ritz is over you are going to be wishing that it was just starting. The spa will soothe all of your muscles and worried and you will feel complete tranquility when at the Ritz.

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The Spa at Litchfield Hills

By Laura McKittrick

Next time you're seeking a little R+R and an escape from reality, look no further than The Spa at Litchfield Hills! For the past 10 plus years, The Spa at Litchfield Hills has serviced locals from CT and beyond with phenomenal facials, massages, manicures, pedicures, and more. Looking to pay some extra attention to your 'do? Did we mention their full-service hair salon? The Spa is way ahead of the curve, offering all the services you could ever dream of for a day of relaxation. They are sure to always focus on each individual customer and cater to their needs, using their own natural products and never ceasing to bring a little peace and serenity to each and every professionally conducted treatment. In their own words, "Whether you are looking for a quick styling or a full day of pampering, our beautiful amenities will transport you to a world of harmony and tranquility." Are you sold yet?! Read more about them in our exclusive interview below, and get ready to book your appointment! Trust us - we love them, and we know you will too.

What differentiates The Spa at Litchfield Hills from others as one of the only spas in the area?

First and foremost, we offer your favorite luxuries and necessities all in one spot. We've assembled an elite team of experts in their field (hair, skin, nails, wax, massage) who ensure that all of our service providers have their fingers on the pulse of what's new, how to achieve the greatest results, and possess extensive knowledge to make product recommendations tailored to your individual needs. And it's right in your backyard!

We love the gift shop! How do you choose such extraordinary products?

Megan is obsessed and is constantly researching... Scouring beauty blogs, getting lost in the deep dark rabbit hole that is Instagram, chatting with clients and colleagues, attending beauty expos - particularly keen on a whole new circle of "indie" beauty expos that have popped up featuring eco-friendly, conscientious, often times with cottage industry roots.

Please provide five brands and photos with an explanation of why you chose them.

Henne - We chose this line because it's American made, 100% organic and most admirably, it's founded by an incredible woman entrepreneur who, despite her company exploding on the indie beauty scene, still finds time to hand pack her orders with a personalized note! Our favorite: Lip Balm V2 - cocoa butter goodness packaged in a sleek black lipstick tube that won't pop open in your purse.

SkinCeuticals - #1 Professional Skincare Brand of 2016! We chose this medical grade skincare line for it's proven, immediate results, it's science-based pharmaceutical peels, and how well it works as aftercare for cosmetic and injectable treatments. Our favorite: Triple Lipid Restore 2:4:2 - It's a treatment AND a cream all in one. It improves the look of fullness, texture, and pore appearance.

Oribe Haircare - #OribeObsessed - need we say more? This is the creme de la creme of luxury hair care and we love it because it delivers on it's promise and it smells AMAZING! We were early adopters of this brand and we haven't looked back! Our favorite: Dry Texturizing Spray - it's the perfect amount of grit with the oh-so-amazing scent. I used to carry an oversized hand bag around with me before they made a purse size version just to have this product on me at all times!

Baudelaire soaps - It's an oldie but a goodie boutique staple for us. Beautifully hand-crafted artisanal soaps sourced from Europe. They're simple and classic and we love them. Our favorite - (it's a tie!) "The Big Bar" in the Vervain scent - It's a truly BIG bar of soap and our guests buy them six at a time just so they won't ever run out! And Meg's personal favorite is the "Goat's Milk Honey Soap" - I love the soft, creamy texture and it's so moisturizing that even the most sensitive skin can enjoy this soap. And the fragrance is every bit as soft and lovely!

Smith & Cult - Gorgeous, gorgeous rich, saturated color pigments! The lacquer is high shine and high performance. We think it rivals Chanel! All polishes are 5-free at minimum, and they have a fantastic cosmetic line as well! Our favorite product - Lash Dance mascara - Megan was a Diorshow diehard until this mascara came along and stole the spotlight!

Explain the type of the treatments The Spa offers.

Our boutique nail salon features a full menu of natural nail services with manicures starting at just \$15. With 6 mani and pedi stations available, we can accommodate walk-ins and parties alike. Our advanced aesthetics team offer medical grade facial treatments, traditional spa facials, and is lead by Spa Director, Laura Duffany and Medical Director, Dr. Lucia Benzoni, DO. We also offer a variety of massage modalities, facial and body waxing, and a full service hair salon, newly under the direction of Charleen Koval, who comes to us with over 20 years of experience.

What other occasions can The Spa be used for other than individual use?

We welcome group parties, couples retreats, bachelorettes, corporate events, etc. We can accommodate up to roughly 18 people for a day at the spa. And just for brides, we have a go-to person in-house just for orchestrating all things leading up to your wedding day.



What treatments do you suggest for relaxation?

Massage, facial, mani/pedi - go with the luxe!

For relief of tension from working out?

Definitely deep tissue massage or pedi - massage those legs and feet!

Winter treatments?

Facial peels and microdermabrasion remove dead or damaged skin cells. Hot stone massage incorporates hot oil to help you relax and feel warm and fuzzy on even the coldest of days.

Summer prep?

Mani/pedis, Keratin hair treatment if you have unruly hair when humidity hits, and wax wax wax... Head to toe to be ready for anything!





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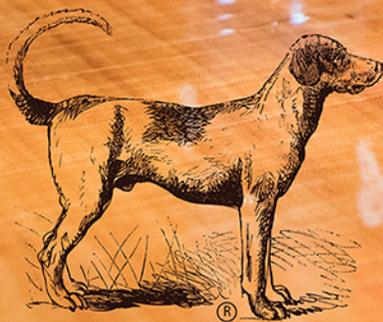
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Delray Sands Resort

Looking for a quick and easy escape from Fairfield county? Look no further than Delray Sands Resort in sunny Florida. Located between the cities of Boca Raton and Delray Beach, Delray Sands Resort is the perfect trip for any getaway. A boutique hotel, that contains resort style amenities, this resort has a gorgeous oceanfront view that is sure to help you switch gears into vaca mode quickly and easily. The property overlooks the ocean and 115 rooms feature wonderful amenities making Delray Sands Resort THE place to go for your next trip. Just steps from the beach, this resort has a wonderful waterfall hot-tub and pools to help you destress from your average life. Additionally, the beach has direct access within walking feet of the pool. Not only are you surrounded tby beauty at Delray Sands Resort but the staff will treat you like royalty. Designed as a destination for those craving a relaxing, sunny vacation, Delray Sands Resort caters to those traveling solo, as a couple, with friends and even with kids. Privacy is an option at Delray Sands Resort with chairs and umbrellas on the house with your stay. All you need to do is walk a few feet from your room and sink your toes into the sandy beaches for this dreamy vacation to take full effect.



The activities offered at the Delray Sands Resort are also amazing. From the beautiful beach, amenities, uber convenient location and even to the pools, there is no shortage of things to do - did we mention that the resort offers two oceanfront pools for guest use? The tropical pool is surrounded by loungers and is yet again conveniently located steps away from their restaurants. The adults can enjoy this large pool with chair side service from the Wave Pool Bar, while the children's pool is a few feet away. Kids can feel free to splash around and have fun, all while the adults are enjoying their vacation also. Feel like you need to unwind even more? Head over to the outdoor whirlpool and float your stresses away with a seaside breeze and ocean view. Delray Sands Resort makes it easy to work out even though you're on vacation with a 24-hour fitness center. You'll find everything you

need to get your blood flowing when it comes to breaking a sweat including cardio equipment with individual TVs, strength training machines, free weights and yoga mats. Water and towels are provided. Around the hotel there is also a plethora of activities sure to please the littlest of kids to the pickiest adults.

For fresh, oceanfront dining, Delray Sands Resort has got the best restaurant with, what I consider, the best view in all of Delray. Sprawled across a patio just feet away from the ocean and beach the view at Latitudes is just as indulgent as the cuisine. The sea-inspired lounge and restaurant, Latitudes, is the perfect spot to dine, no matter what time of day! With a unique culinary experience and a view only firsthand experience can convey the beauty of, Latitudes is the must go-to place at Delray Sands Resort. With five



distinct dining spaces: outdoor Ocean Terrace, ocean-inspired dining room, the Chef's Seafood Bar, and the Wave Pool Bar, Latitudes is an amazing place to go for a romantic night out, or for simple chill time with your family and friends. They also offer private rooms for parties of ten or more and have a menu that is focused on fresh ingredients and flavors from the sea, garden and farm. The best part about Latitudes is probably their Sunday brunch. Voted Palm Beach's best

brunch, their champagne Sunday brunch is the highlight of the resort and features displays of mouthwatering foods, cocktails and freshly squeezed juices. For fresh cuisine and a 180-degree panoramic view of the Atlantic Ocean head over to Latitudes and be sure to check out their seafood bar. Delray Sands Resort is the perfect spot to go to for a nice getaway. Whether it be a trip with the girlfriends, or even a family vacation Delray Sands Resort has got it all!

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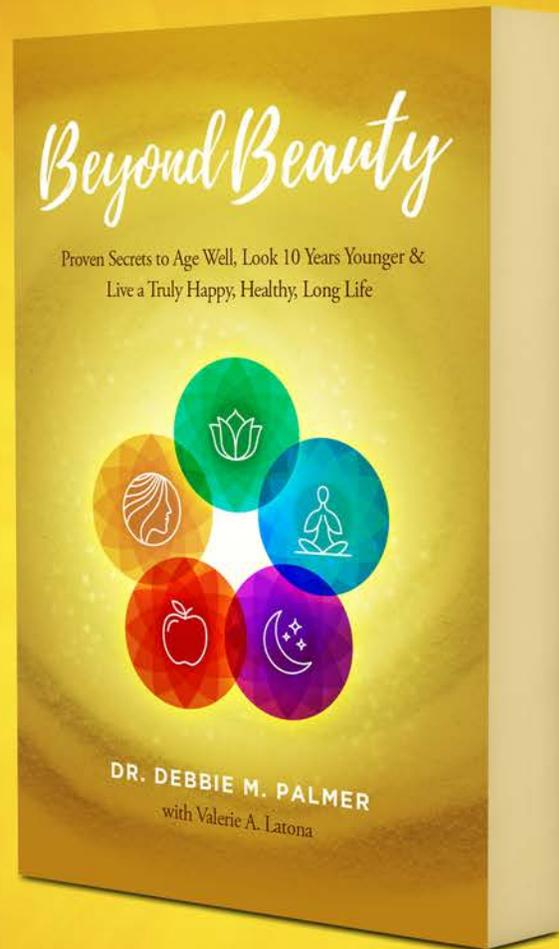
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A MESSAGE FROM THE NEW OWNERS

October 2016

Welcome to the new WineWise!!

We'll be making changes in the store and to the website over the next few months. Selections in every area of the store will be expanded to include favorites everyone loves, also wines we've hand-picked from personal tastings to offer exciting new experiences. We recently added a wine & food pairing wall, a large format section and many more organic wines.

We are also filling our wonderful climate-controlled CELLAR ROOM with some of the world's best wines!!

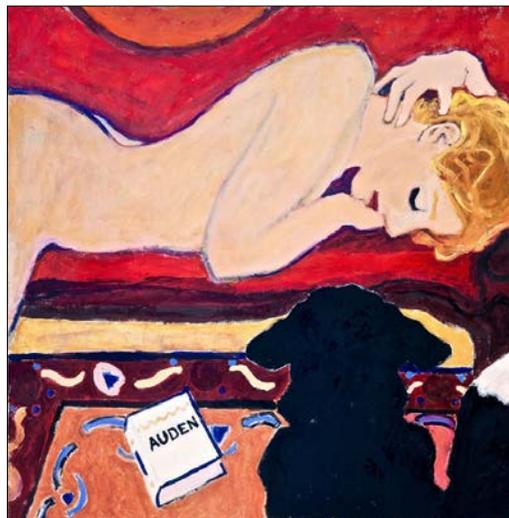
Look for emails announcing tastings of new and interesting wines, spirits, craft beers and ciders. If there is anything you would like to see in the store, please let us know. We are always interested in hearing from other wine and spirits lovers.

We look forward to meeting all of you!!

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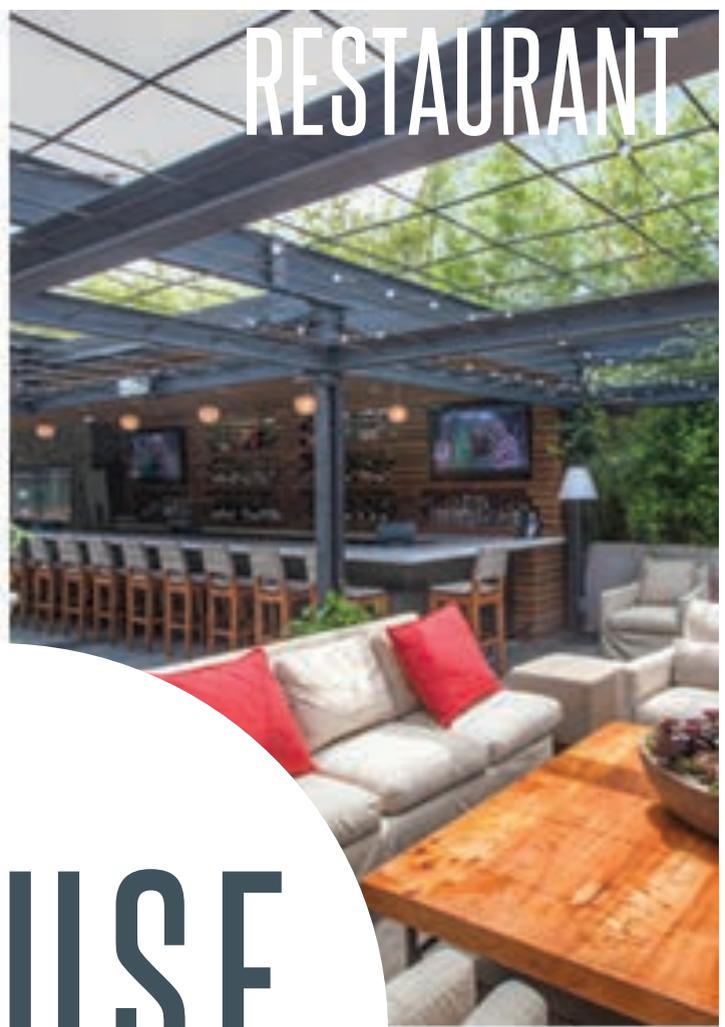


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