



What's Hot in Beauty and Body

By Courtney Hollands



PRECIOUS in the "24-Karat Gold" facial at Bella Sante, the face is painted with the metal.

Go for the Gold

If it's over-the-top indulgence you want in a spa experience, Bella Sante, a spa with locations in Back Bay, Lexington, and Wellesley, has the treatment for you - and it's a whole lot sexier than an algae wrap. This month, the spa plans to introduce a "24-Karat Gold" facial. The 80-minute treatment begins with the aesthetician using a warm balm to rub the neck and shoulders. Next comes exfoliation of the face, neck, and décolletage, and an eye-area and facial massage. Then a mask is painted onto the face - it contains gold, myrrh essential oil, and frankincense resin extract. Bella Sante vice president Sara Lahey says that the procedure is designed to moisturize, firm, and lift the skin. And while Dr. Michael S. Kaminer, a dermatologist at SkinCare Physicians in Chestnut Hill, says he doesn't know of any studies showing gold's effects on the skin, he says that facials, like many other spa treatments, are really about relaxation and feeling good. "If you want to get a gold facial, and it makes you feel better, go for it," he says. *About \$155 at Bella Sante, 76 Bedford Street, Lexington, 781-862-2444, and other locations; bellasante.com*

