



## Boston August 2005

### Massage > David Costa, Bella Santé

Gone are the days of having to endure deep-tissue torture in order to feel terrific, thanks to the skills of master massage therapist David Costa. His touch is strong enough to relieve stress and aches, but soothing enough to remind you that you're at a spa. Costa's ACE treatment—a full-body exfoliation followed by a massage—is 80 minutes of pure bliss. 38 Newbury St., Boston. 617-424-9930, [bellasante.com](http://bellasante.com).

### Waxing > Bella Santé

Pouring hot wax onto skin sounds strange at best. Ripping it off seems worse. Yet women everywhere repeatedly submit *>continued on page 206* themselves to this hair-removal process. Our hirsute pursuit takes us to Bella Santé, where we have actually dozed off during a thorough thigh-to-toe wax. That's how gentle was the aesthetician, whose careful attention to detail left us beach ready and bruise free. 38 Newbury St., Boston. 617-424-9930, [bellasante.com](http://bellasante.com).

### Day Spa > Bella Santé Day Spa

Some suburban day spas, catering as they often do to busy moms, have entirely missed the point of an escape: A noisy cut and blow-dry during a massage is *not* relaxing. But the Lexington outpost of Bella Santé gets the pampering thing down perfectly with imported teas, soothing music, and peaceful treatment rooms. And, of course, one-at-a-time services that are stress free. 76 Bedford St., Lexington. 781-862-2444, [bellasante.com](http://bellasante.com).