



Treat Yourself

This winter, re-energize at one of Boston's leading spas. Whether you're looking for a quick fix or quality time with friends, we'll fill you in on the top places to unwind and the best treatments once you get there.
By Erica Corsano

BEST ALL AROUND

The scoop: With its calm, quiet lounge, dimly lit treatment rooms, and extra touches like herbal teas and cucumber water, **Bella Santé** is one of the most relaxing spots on busy Newbury Street.
Star treatment: Self-Heating Sea Foam Cocoon.
What it does: With this body treatment, you're slathered in active marine mud to soothe tired muscles. Then, following a warming, cleansing shower, you're doused in a liberal application of anti-aging cream for smooth, refreshed skin.
Cost: \$135

Bella Santé, 38 Newbury Street, Boston, 617-424-9930; 76 Bedford Street, Lexington, 781-862-2444.

Boston Common Holiday 2005

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