



Elegant Wedding Fall 2004

Get Glowing

Local spas share their skin-baring wisdom

Amazing Arms:

If you get dry skin on your elbows and arms, try an exfoliating and hydrating treatment. Your whole body will benefit from the ACE treatment at Bella Santé on Newbury Street and in Lexington. After starting with a body buff, your therapist will apply a cream rich with vitamins A, C and E. You'll be wrapped so your body can absorb the nutrients. "When you leave, your entire body has a glow," says Kim Trufant, spa director at Bella Santé's Lexington location.

Lovely Legs:

If you're still planning on packing a razor for your honeymoon, consider the waxing alternative. At Bella Santé, they use a gentle lavender wax. For best results, let your hair grow for about two weeks, or until it's a quarter-inch long.

Once your legs are smooth, treat them to a cryotonic leg treatment, which uses a cooling gel "to help with that heavy leg feeling," says Trufant. This treatment helps rid the legs of spider or varicose veins by increasing blood flow and circulation.