

SAY SPA-AAH!

BEAT THE WINTER BLAHS WITH A RELAXING DAY OF PAMPERING



If frigid weather, wiping runny noses and gloomy skies have you feeling a little down these days, why not energize your spirit with some much-needed rest and relaxation? If you don't have the time to jet off to Canyon Ranch, let a day spa serve as the next-best thing, a brief yet perfect oasis of calm in your busy, wintry week. Indulge in a tension-busting massage, a rejuvenating facial, a scaly skin-smoothing body buffing treatment or anything else your heart desires (and soul needs)—and chase those winter blues away.

Below, find our guide to the best day spas across the country:

Smooth Synergy

686 Lexington Ave., Suite 3N
New York, NY
212.397.0111
www.smoothsynergy.com

This cosmetic and medical spa offers both pampering spa treatments like facials, massages and body wraps, but also offers traditional medispa procedures like IPL Photofacials, Botox and cosmetic fillers and laser hair removal. Check out their organic spray tan to add a glow to pasty winter skin.