



SOUL DAY SPA

Potomac Pleasures

The Ultimate Relaxation—Day Spas in DC

People call it an art. While some say it is an important mind–body connection, others declare it an indulgence, and still others a way to rejuvenate your creativity. The dictionary even describes it as “making less tense or rigid.” We hope you haven’t stressed yourself out guessing what it is, since we are talking about the word “relaxation.” Some people can relax anywhere: witness the sound of snoring on a busy downtown local, or a yoga reclining on a bed of nails. But for many others, relaxing is something that you do only when you have the time.

Have you noticed how we are often told to take the “time” to relax? Once upon a time, in the mid-20th century, weekends were two days of freedom: spending afternoons with the family, worshipping, reading a book, or just lolling around the house. With the advent of the new age of “time-saving” technology, weekends have become a time to shop at the mall for the newest gadget you couldn’t live without that didn’t exist six months ago, tear through the chores put off from last week, take in

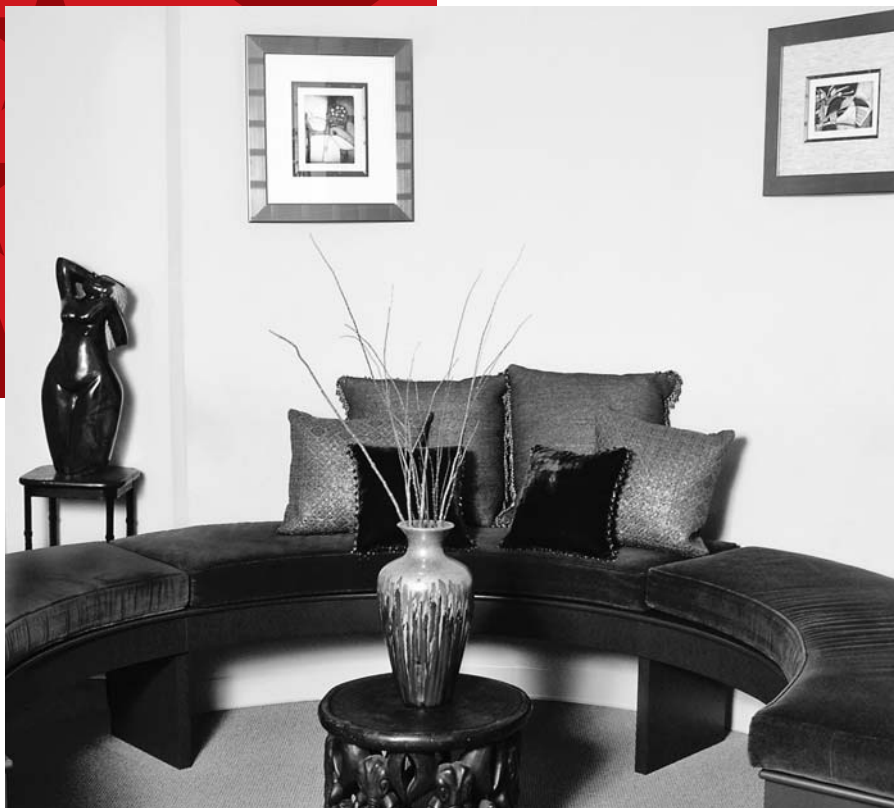
the movies and restaurants everyone else has already raved about, and squeeze in classes on learning how to...relax.

It is ironic that one has to schedule in time to relax, and actively try to do something that should occur naturally in a healthy human body. Relaxation has even turned into an industry. It has become synonymous with another word: spa. A recent *New York Times* article noted that Americans have spent \$14.5 billion in 2002 alone to get steamed, manicured, waxed, massaged, etc. Spas claim to help executives and homemakers, men and women, teens and the retired. Some spas offer “deals” for VIPs—four days just for them, with costs a mere \$3200.00 on top of a base rate. Pets are treated to special baths, shampoos, and massages. Birthdays and holidays are occasions to exchange do-it-yourself spa kits of moisturizers and aromatherapy candles.

The mere names of the body treatments can sound exotic, mystifying, and revitalizing. For instance, some spas offer a rose powder massage that

Ways to Relax Without a Spa Visit

- Treat yourself to room service, which will make your hotel room a comfortable place to look forward to visiting.
- Give yourself rewards to look forward to at the end of a hard day’s work, whether it be a phone call back home or a luscious dessert after dinner.
- Soak in a steaming tub and surround yourself with candles that give off a soothing scent. (You’re already paying for the hot water.)
- Invite some acquaintances up to your room after the booths are closed for chatting, nibbling, and imbibing.
- Get your necessary work done early and duck out a day early, to recharge your batteries for the return trip to the office.
- Take the time to sit or lie down in a quiet spot for 20 to 30 minutes during the day, and just breathe deeply with eyes closed.
- Have the spa come to you! Call up and ask if it will deliver a massage therapist, manicure, facial, or pedicure to your hotel.
- Visit the National Art Museum (or one of the other museums) for an ascetic treat: beautiful art, soothing white walls, and perfect quiet.
- Visit the Smithsonian Mall (or one of the other parks) for a good healthy dose of the outdoors: take in the breeze and flowers, as well as the monuments.



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Spa Finder

- **Anu Day Spa,**
617 Pennsylvania Ave. SE, Suite 2
(202) 544-5781
- **Aveda Environmental Lifestyle and Spa**
1325 Wisconsin Ave. NW
(202) 965-1325
- **Bang Salon and Spa**
1612 U St. NW
(202) 299-0925
- **The Capital City Club & Spa**
1001 16th St. NW
(202) 639-4300
- **Four Seasons Health Club & Spa**
2800 Pennsylvania Ave. NW
(202) 944-2022
- **Georgetown Salon and Spa**
1325 Wisconsin Ave. NW
(202) 965-1325
- **Lillian Lawrence Limited**
2000 M St. NW
(202) 872-0606
- **Mandarin Oriental**
1330 Maryland Ave. NW
(202) 554-8588
- **Piaf Salon and Day Spa**
1023 15th St. NW
(202) 783-3334
- **Ramona's Salon & Day Spa**
3103 Mount Pleasant St. NW
(202) 328-4480
- **Salon Charisma**
1365 Connecticut Ave. NW
(202) 331-8348
- **Skin Savvy Spa Express**
1730 Connecticut Ave. NW
(202) 319-1231
- **Soul Day Spa**
25 Florida Ave. NW
(202) 986-7685
- **Spalon**
1605 17th St. NW
(202) 462-9000
- **Unique Salon & Day Spa**
1624 I St. NW
(202) 331-7771
- **V On V Street**
1117 V St. NW
(202) 352-1226
- **Victoria's Day Spa**
1926 I St. NW,
(202) 254-0442

includes gentle exfoliation, a shower with rose gel, and a massage in rose oil. You can get wrapped in herbs, steamed in honey, and have your cellulite treated with special herbs and teas to improve circulation. You can get a double-oxygen facial and a synchronicity massage that includes two therapists and four hands. You can have your skin detoxified, polished, firmly wrapped. The fabulous end result is a back-from-the-beach glow, unburdened shoulders, and a mind more able to focus on the problems of tomorrow.

Average price ranges for spa services are:
 \$50—nail care/foot care/waxing
 \$50–\$150—facial or massage/body scrub/herbal wrap
 \$250–\$300—chemical peels/extended massage/full body
 \$500—a day of beauty/a day of wellness/combined services

Just reading about relaxation won't remove a knotty muscle or alleviate tuckered-out feet. Listed below are some Washington-area day spas located in and around the DIA conference area that can help you relax in between sessions or strolls around the exhibits.



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