

feel great all over



Wherever you go, you want to look and feel incredible from head to toe—without spending an arm and a leg! We've made that easy. Our cross-country search for the best spa deals in America took us east (Boston) and west (San Francisco), to spots both swanky (big-name salons) and no-frills (beauty schools). The common denominator? They're all unbelievable treats.

Behold, 39 spa treatments for your body's every region.

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head & hair

Relaxing scalp massages, head-turning cuts and blowouts: Nurture your top tier at rock-bottom prices.

Philadelphia

Free haircut

An appointment with a senior stylist at the posh spot **Pierre & Carlo Salon** can run you \$65, but make an appointment with a trainee and you'll get your strands snipped for nothing. (Multiple locations including 200 S. Broad St., pierreandcarlo.com, 215-790-9910)

Miami

\$15 scalp massage with snacks

Many salons offer scalp massages with green tea or red wine. (Ouch.) Not so at **Aqua Day Spa**, where you'll be ushered into a tranquil room to have your head's pressure points kneaded. Bonus: Snack on butter or chocolate cookies with green tea or red wine. (10864 S.W. 104th St., aquadayspamiami.com, 305-595-5118)

Chicago

Free haircut

Head to the modern, industrial **Tirra Salon & Spa** on a Wednesday and a salon assistant will cut and dry your hair for free. Secure your freebie by calling at least a week in advance—spots fill up fast. (375 W. Erie St., tirrasalonspa.com, 312-951-8255)

Des Moines

\$4 scalp massage

At the **Tuscany Day Spa**, part of La James International College, students perform all treatments on the cheap. A rejuvenating quickie like the half-hour scalp rub costs less than a latte! (8805 Chambery Blvd., Johnston, 515-278-2208)

Tupelo, MS

\$26 blowout

Humidity? Ha! Stylists at **The Creative Touch Day Spa and Salon** kill frizz with kindness. (2613-A Traceland Drive, creativetouch.us, 662-844-3734)



Paul Mitchell the School

Denver

\$25 haircut with cocktails

On May 23, funky salon **Blondies The Beauty Shop** will host its monthly Cocktail Cuts Night: Enjoy tunes, martinis and shrimp cocktail while you get your hair done. (563 Detroit St., blondiesdenver.com, 303-377-5313)

Salt Lake City

\$7 deep-conditioning treatment

At **Paul Mitchell the School**, get the conditioning treatment with a sleek blowout: You'll fend off compliments for days. (1969 E. Murray Holladay Road, 801-266-4693)

San Francisco

\$30 head massage

Treat yourself to a half-hour head rub at **U2 Beauty Health Center**. Keep the easy vibe going by sipping tea in a cushy recliner. (3940 Geary Blvd., u2feet.com, 415-386-6628; cash only)



Bring It Home

Mint refreshes your breath, sure, but spa pros use it to rev up your extremities—namely, your scalp and feet. For the latter, try the **Super Minty Soap'n Scrub** (\$30, blissworld.com).

Pomfret Center, CT

\$60 deluxe hand and foot package

Take friends to the holistic **Pomfret Center Spa**: Groups of three or more score a half hour of reflexology, plus a foot soak and a paraffin hand dip for \$60 per person. Be sure to milk every penny by taking a dip in the outdoor Jacuzzi. (79 Mashamoquet Road, pomfretcenterspa.com, 860-963-0846)



Pho-Siam Thai Spa



hands & feet

A basic mani-pedi combo can set you back about \$50. Hit up these spots and watch your money go further.

New York City

\$15 foot massage

Huffing it in the concrete jungle? Take a break at **Tamago Skincare**, a sparse spa specializing in Japanese techniques. A pro will rub your weary feet with sweet-smelling oil for \$1 a minute (15 minutes minimum) between downtown shopping jaunts. (251 E. 13th St., tamago-skincare.com, 212-505-1599)

Atlanta

\$5 manicure

The International School of Skin & Nail Care has a more sterile than spa-like atmosphere. But the students are careful, communicative and conscientious—and you can get professionally painted nails for 50 cents a digit. So there. (5600 Roswell Road NE, skin-nails.com, 404-843-1005)

Cincinnati

\$20 exfoliating pedicure and foot massage

Allow extra time for service: at the **Tri-County Beauty College**. Because they're supervised, the students take their time and give your toes plenty of TLC, sometimes for more than an hour. (155 Northland Blvd., 513-671-8-

Seattle

\$32 pedicure with champag and sliders

Treat yourself to a half-hour pedi at the **Spaahh at Hotel 1000** any day between 11:30 a.m. and 2:30 p.m. in May or June, and you'll score free glass of champagne and appetizer from the restaurant upstairs. We like the short-rib sliders. (1000 First Ave., hotel1000seattle.com/spa.h 206-357-9490)

Los Angeles

\$40 reflexology

Take a load off on an Asian-floor mat as a massage therapist at the serene **Pho-Siam Thai Spa** applies heavenly pressure to your peds for a full, luxurious hour. (1525 Pizarro St., pho-siam.com, 213-484-8484)





face

Save cash while saving face. These spas show love to your most-seen part—and your wallet.

Boston

\$20 paraffin eye treatment

Layover at Logan? No problem. Depuff your eyes in the **Jetsetter Spa**, near JetBlue and United airlines. The 20-minute treatment seems to take off years. (Logan International Airport: Terminal C, Upper Level, 617-567-7979)

Chapel Hill, NC

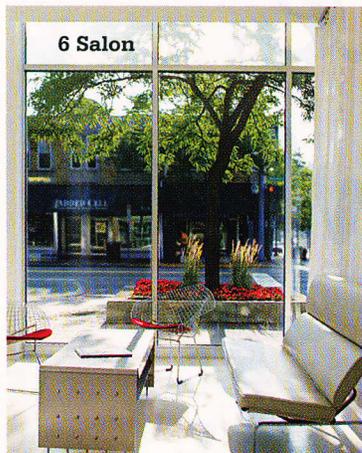
\$40 exfoliating facial

The **Aveda Institute Chapel Hill** feels like an upscale spa (tea service, candles, amazingly good smells), but the treatments are given by—and priced for—students. The hour-long custom facial includes exfoliation and either a mask or a face massage, depending on your skin type. (200 West Franklin St., avedachapelhill.com, 919-960-4769)

Detroit

\$26 brow shaping with wine and snacks

Getting your brows plucked is a lot easier to bear on Thursday nights at **6 Salon**. Nosh on appetizers (like toasted ravioli) and sip wine while a DJ spins hot beats until midnight. (multiple locations including 306 W. Sixth St., Royal Oak, sixsalon.com, 248-398-1586)



Birmingham

\$35 facial with custom mask

Sonia Tutuwan, a former nurse, runs the **Changes Salon Spa & Wellness Center**. Her 30-minute facials are designed to give your skin what it craves. (1210 32nd St. North, naturalhairandskin.com, 205-254-6959)

Dallas

\$65 facial peel with a personal grocery shopper

Unwind in the first-ever **Spa by Whole Foods Market**, a soundproof space upstairs from



Bring It Home

The French spritz sheets with lavender; you can find the calming herb in lotions and in the **Red Flower French Lavender Petal Topped Candle** (\$34, redflower.com).

the retail store. While you settle in for a 50-minute fruit-acid peel, a store concierge will shop for your groceries. (11700 Preston Road, wholefoodsmarket.com, 214-363-9760)

Boise, ID

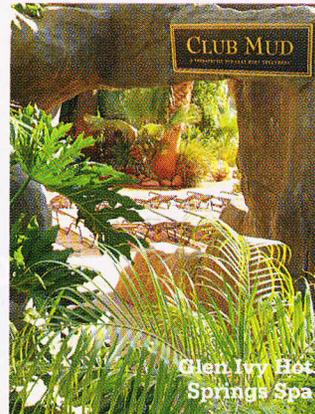
\$40 therapeutic facial, plus a limo ride

The **Panache Hair Studio & Day Spa's** 30-minute facial targets problem zones. Bring friends: Groups that spend \$300 or more can ride to and from the hotel in the spa's limo. (1115 N. Cole Road, panachespaboise.com, 208-377-3300)

Mesa, AZ

\$49 facial

Plunk down at **Fuchsia's** for the 50-minute facial. Then hang out awhile in the spa's pink lounge, watching episodes of *Grey's Anatomy*. (1854 S. Val Vista, Suite 108, fuchsiaspa.com, 480-813-7465; rate for new customers, regular price \$75)



Charlotte, NC

\$40 Swedish massage

Settle in for an hour at **Zen Massage Center**, a funky old house in the historic Dilworth district. (1021 East Blvd., zencharlotte.com, 704-342-0996)

Gainesville, FL

\$28 personalized massage

On Thursdays and Saturdays, a

Oklahoma City

\$15 aromatherapy massage

The pros at **Eden Salon & Spa** will blend a custom scent from 12 oils—such as citrus and ginger—and then apply the brew to knead your knots. At just a dollar a minute (with a 15-minute minimum), it's a real steal. (500 W. Main St., edensalon.com, 405-231-4772)

Los Lunas, NM

\$60 hot-stone massage

A massage therapist will place hot stones on your spine and rub you down for an hour at the adobe **Almost Heaven Spa**. Then lounge in your robe among the spa's piñon trees. (651 N. Los Lentes Road, almostheavenspa.net, 505-565-8089)

Flagstaff, AZ

\$39 trigger-point massage

At **Massage Envy**, heated tables and a trigger-point technique tag team to rub out your deepest knots in 50 blissful minutes. (1235 South Plaza Way, massageenvy.com, 928-526-3689; rate for new customers, regular price \$65)

Corona, CA

\$35 soak and bake package

For the price of a nice dinner, you'll have free reign over **Glen Ivy Hot Springs Spa's** six acres, which includes 16 pools, natural hot springs, steam rooms and a sauna, plus an outdoor mud bath where you can slather yourself from head to toe with red clay and "bake" until dry. (25000 Glen Ivy Road, glenivy.com, 888-453-6489; \$48 on weekends)



body

These body treatments—like muscle-melting massages and invigorating scrubs—pamper every inch without breaking the bank.



top to bottom

Really want to treat yourself? These big, fabulous—and affordable—packages are tickets to total-body satisfaction.

Watertown, MA

\$190 essentials spa package

A massage, facial, paraffin wax treatment and manicure-spa-pedicure combo add up to four decadent hours at the **Tranquility Day Spa**. For another \$20, Donna, a massage therapist, will give you a tarot card reading. (15 Spring St., watertownspa.com, 617-924-1026)



Woodcliff Lake, NJ

\$100 Get Away package

Head to **Daydream Day Spa**, housed in a gorgeous Victorian, for this two-hour sampler that won't break the bank: Choose between a Swedish massage or a facial, followed by a mani-pedi. (116 Broadway, daydreamdayspa.com, 201-782-0277)

Richmond, VA

\$35 spa sampler

A pro from the mobile **SPAmerica** will come to your home or hotel and give you a warm neck wrap, hand and eye treatment, shoulder massage and lip exfoliation, all in the time it takes to watch an episode of *The Office*. (myspamerica.com, 866-883-7957)

Blue Ridge, GA

\$275 girlfriends' weekend

Grab four of your best buds and head to **Serenity in the Mountains**, an elegant lodge in Northern Georgia. The girlfriends' package includes a facial, a massage and a mani-pedi, plus two nights' lodging with breakfast, a private wine and cheese party and \$100 credit at a nearby restaurant. (59 McKinney Road, serenityinthemountains.com, 706-258-2244)

Racine, WI

\$285 dawn-to-dusk pampering

You'll feel at home at the friendly **Headlines Hair Design Studio and Day Spa**. Good thing, because this package is seven hours long and includes a facial, massage, mani-pedi, makeup application and lunch. (1139 Blaine Ave., headlinesofracine.com, 262-636-1900)

Portland, OR

\$165 whole-body overhaul

Spa Willamina, tucked in the basement of a 1920s bungalow, has thoughtful touches, including a pebble-inlaid shower. The May special combines a massage, facial, scalp treatment and floral foot treatment—two and a half hours of bliss. (2223 N.E. 43rd Ave., spawillamina.com, 503-287-2787; special, regularly \$235)

Las Vegas

\$25 spa day pass

Skip the slot machines and spend your dough at **The Spa at Wynn Las Vegas**. Detox in the eucalyptus steam room, or settle in for a soak in the shell-shaped Jacuzzi. (3131 Las Vegas Blvd. S., wynnlasvegas.com, 702-770-3900; available to nonresort guests Mon.-Thurs.)



Bring It Home

The earthy, masculine scent of sandalwood shows up in incense and in **Sandalwood Essential Oil Shaving Cream** (\$22, theartofshaving.com).



just for men

Cool men's salons and spas are popping up all over the country. These reasonably priced packages will make any guy feel like a king.

Exton, PA

\$45 straight-razor shave

Regulars come to the handsome barbershop **Shaving Grace Barbers** for the ultimate flat-blade shave, which is essentially a facial for men who don't want to sign up for a facial. Plus, they'll get a damn good shave. (269 Main St., shavinggracebarbers.com, 866-427-4283)

Chicago

\$44 The Man haircut package

Halo [For Men] is practically guaranteed to bring out a guy's devilishly indulgent side: sink into black leather chairs, crack open complimentary Red Bulls, and watch the game on flat-screen TVs—all while enjoying a hand massage and paraffin treatment. It comes as part of the basic haircut package. (multiple locations including 1655 N. Damen Ave., halochicago.com, 773-342-4256)

Dallas

\$50 look good fast package

Swing by the tricked-out **Boardroom Salon for Men**, a stylish men's spa with a pool table and chessboards, and enjoy a shampoo and scalp massage, haircut, hand massage and paraffin dip, plus a minifacial—all in less than an hour. (5550 W. Lovers Lane, Suite 169, theboardroomsalon.com, 214-358-7565)

San Diego

\$35 full-service haircut

At **Well-Heeled Salon and Spa**, waiting is half the fun: There's free beer and flat screens tuned to sports. Tear yourself away for the haircut, which includes a scalp treatment, post-cut shampoo (to wash away hairs), warm face towel and even a shoe shine. (350 10th Ave., Suite 101, wellheeledsalonspa.com, 619-338-8385) ■



DO IT YOURSELF! Visit rachaelaymag.com/may

and learn how to cook up a chamomile facial, oatmeal body scrub and rice-filled neck pillow.