



# SPRINGSKIN

Uncovering a new season of beauty

By Jean Cervi

Rejuvenate and refresh on the brink of a new season. An afternoon at one of Bucks County's many day spas can help you look and feel as fresh as spring.

**A**fter long months of hiding under heavy coats, we're just weeks away from warm weather – and all the strappy sandals, dresses and sleeveless tops that come with it. What better way to enter the new season than freshly scrubbed and glowing?

Aestheticians and beauty practitioners say the best preparations for the coming months of skin-baring clothing are treatments that slough off the dull, dry cells that have built up during the winter, and to give the skin extra toning and hydration. You could call it spring-cleaning for the self.

Be it a long getaway or a brief escape, spring is the time for pampering. Bucks County is strewn with spas, so the task simply becomes deciding where to go. Here are the best of the best.

## SKIN 'N TONIC

At Skin 'n Tonic, in Lahaska's Peddler's Village, spa director Megan Atkins recommends improving skin texture and tone with an invigorating Phytomer exfoliant, then following

with one of the spa's body wraps.

"For winter into spring, it's all about moisture. But first you've got to exfoliate or else the treatment just gets soaked up by dead cells," she says. Atkins highlighted the Sea Foam Cocoon, in which self-heating mud is applied, and the African Savanna wrap, in which vitamin-rich Karite Nut butter is applied. She also said the spa's Herbal Linen Wrap, in which clients are wrapped in fleece sheets infused with essential oils, is excellent for cool-weather skin care. Regardless of which wrap a client chooses, Atkins says, the whole process is cathartic.

"It's like a snake shedding its skin," she says. "It's like having new skin."

Proprietor Kerian Bray says the spa also offers a range of other treatments to get ready for the warmer months, including treatments for men, a range of facial and body treatments, waxing, tinting and makeup services.

"Our menu includes a variety of massages for relieving stress, relaxing the mind and body as well as alleviating pain, stimulating the immune system and supporting the circulation and lymphatic systems," Bray says.

The spa also features a boutique offering gift items, candles, natural makeup and wellness products.

For more information, contact Skin 'N Tonic in Lahaska, at 215-794-3966 or at [www.skinntonic.com](http://www.skinntonic.com).

### NURTURE SPA

Nurture Spa's seasonal packages aim to ready skin for its spring debut as the only spa in the area to use the luxurious Sonya Dakar line of skin care products.

"As we prepare for warm weather, less layers of clothing, and greater skin exposure, it's important to revive dull, dry skin with a nourishing body treatment, such as Nurture Spa's Detoxifying and Balancing Body Wrap," says Nurture Spa owner Carolyn Holdsworth. "And when followed by a facial using the uber-exclusive Sonya Dakar skin care products, these treatments will not only make you feel fabulous, but they will also leave you feeling purified, replenished and completely nurtured."

Nurture Spa also offers numerous facials, including a Brightening Facial, massages and treatments for hands and nails.

Contact Nurture Spa in New Hope, at 215-862-7010 or [www.nurturespa.com](http://www.nurturespa.com).

### ZANYA SPA SALON

In preparation for shoulder-baring tops and knee-skimming skirts, Zanya General Manager Amy Layton recommends the Caribbean Therapy Body Polish for all-over rejuvenation. "It's my favorite treat," Layton says. "It's very nurturing. You really feel like you're pampered." The scrub starts with aromatherapy and steam, followed by a 40-minute, full-body scrub. For clients with more time, Layton suggested following the polish with a facial and pedicure — both of which the technicians at Zanya custom-fit to the client on arrival.

"The body polish, facial and pedicure — that gets you ready from head to toe," Layton says.

For a full menu of offerings, contact Zanya Spa Salon in Lambertville, N.J., at 609-773-0770 or [www.zanaspasalon.com](http://www.zanaspasalon.com).

### HEAVEN SPA

Heaven Spa Director Irena Cheberko suggests a trio of treatments for spring preparation: Heaven Spa's honey scrub, lemon drop pedicure and paraffin manicure. "The honey scrub is a sugar scrub, which is gentle to the skin. We scrub, then wash in the beach shower. Then we put honey, a natural moisturizer, all over the body," Cheberko says. "The lemon drop pedicure is a lemongrass soak and a foot masque with fruit acids, wheat oil and algae extracts. It gets rid of dry, rough calluses. Finish with the paraffin manicure, which uses warm peach vanilla paraffin."

Heaven Spa, which boasts an extensive lists of awards, also offers a number of other services, including massages, facials, manicures and pedicures, body treatments, laser hair removal and free cosmetic surgery consultations and procedures.



"Our Myofascial Release treatments for pain control and pain management are unique and world class," Cheberko says. "These treatments offer clients a great deal of pain relief."

For more information, contact Heaven Spa in Jenkintown at 215-576-7000 or at [www.heaven-spa.com](http://www.heaven-spa.com).

### SERENITY DAY SPA

If relaxing before the first big spring event is on your list, Serenity Day Spa in Doylestown offers an array of massages, body treatments, hydrotherapy and facials. Serenity's exotic treatments include the Lomi Lomi Hawaiian Massage, Fiji Islands Hot Stone Massage, Ayurvedic Massage, Body Contouring Massage and Thai Fusion.

There are also body wraps, deep-cleansing back treatments with custom-



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