



There's nothing like a massage to take you away.

Spa {Re}treats

If you can't get away for a weekend, let alone an entire week, a day spa can offer the same luxurious benefits as a fabulous resort spa

DAY SPAS OFFER everything from skin care to aromatherapy and are a therapeutic way to pamper and rejuvenate the body while providing a retreat-like experience for a single treatment or a day of relaxation.

Give your mind, body and spirit an overhaul at one of these northwest Valley spas.

Desert Jewel Massage Spa

Open since 2005 inside the Monogram Salon Suites, this spa looks like a scene from *Under the Tuscan Sun* with a Trompe-l'œil depicting a view from a balcony, draped by drawn-back curtains, overlooking a waterfall.

"It is definitely a relaxing and soothing atmosphere, an oasis for the overworked individual," says owner Hyla Merrifield.

SIGNATURE TREATMENTS

LYPOSSAGE: Merrifield is the only certified lypassage practitioner in Glendale. She calls lypassage an "all natural alternative to invasive procedures such as liposuction and lypodissolve to help rid the body of unwanted inches, detoxify and assist in a healthier lymphatic system." This six-week program is performed three times each week in 30-min-

ute sessions (18 sessions) for \$1,695.

CHOCOLATE-COVERED STRAWBERRY BODY WRAP: For the ultimate indulgence, this exfoliating, detoxifying and moisturizing treatment immerses you in the aromas of chocolate and strawberries while soothing your senses. First the Wild Berry Body Polish exfoliates dead skin cells, and then the Strawberries & Cream Masque detoxifies pores as you enjoy a therapeutic face and scalp massage. The treatment is concluded with Peruvian Chocolate Bliss Creme, a moisture-rich lotion. An 80-minute treatment is \$105.

BEAUTY LINE:

Bella Luccé is a globally inspired skin-care line with natural ingredients that include clay from Morocco, sea salts from Hawaii, shea butter from Ghana and honey from New Zealand. The product list reads like a dessert menu with offerings such as Wild Berry Body Polish, \$24; Strawberries & Cream Masque, \$15; and Peruvian Chocolate Bliss Creme, \$15.

DETAILS:

Desert Jewel Massage Spa, 19805 N. 51st Ave., Suite 6, Glendale. Located inside Monogram Salon Suites. Appointments are available Tuesdays through Sundays. (623) 826-3218, (623) 261-2238 or desertjewelmassage.com.

ImageNation Salon & Spa

Open since 2003, this salon and spa has a loft appeal with a sleek, contemporary decor

accented by concrete floors and a high ceiling with exposed vents.

"ImageNation offers every service that you would typically get in a large spa or resort, but with a quaint, comfortable mom-and-pop-shop feel," says owner Jenni Giatroudakis.

Spa services include manicures, pedicures, full-body waxing (including the Brazilian wax), chemical peels and full-body massages.

SIGNATURE TREATMENTS

AGE-DELAYING FACIAL: Using products from the Dermalogica Professional MultiVitamin line, antioxidants are infused into the skin to reverse early signs of aging brought on by factors such as exposure to UV rays and stress. A 60-minute treatment is \$65.

CHEMICAL PEEL BY PCA: This treatment is comprised of six sessions with a peel every two weeks. "A well-known procedure in dermatologists' offices, the chemical peel is very effective for removing age spots, fine lines, acne scarring, sun damage and rough skin," Giatroudakis says. A session is \$65, with a 10 percent discount with advance purchase of six-session package. Products are available for sensitive skin.

BEAUTY LINE:

Dermalogica is a non-comedogenic skin-care system developed by the International Dermal Institute to provide skin care free of artificial colors and synthetic fragrances. Products range from \$14.50-\$75. →



Therapist Hyla Merrifield performs a treatment on client Nancy Barron of Surprise at Desert Jewel Massage and Spa in Glendale.

DETAILS:

16140 N. Arrowhead Fountain Center Drive, Suite 102, Peoria. Hours are 9 a.m. to 6 p.m. Mondays, 9 a.m. to 8 p.m. Tuesdays through Thursdays, 9 a.m. to 6 p.m. Fridays and 8 a.m. to 5 p.m. Saturdays. (623) 776-2223 or imagenationsalon.com.

Sibonné Day Spa

Upon entering this spa, clients are given the VIP treatment as they are served strawberry water and adorned in a spa robe and slippers. Co-owners Philip and Colette Pepperell opened Sibonné Day Spa in 2004 with a broad range of products and services such as massages, wraps and cosmetic treatments that include lash and brow tinting.

"We focus on providing a totally pampering experience, whether a person is coming in for a 30-minute massage or a package of treatments lasting five hours," Philip says.

In addition to the euphoric experience of visiting the day spa, clients can receive the royal treatment in the comfort of their own homes with the Sibonné VIP Mobile Spa.

SIGNATURE TREATMENTS

DERMO-ENERGIZER: Microdermabrasion of the face and neck, for exfoliation, followed by a collagen-rich treatment gives skin a supple texture. A 90-minute treatment is \$160.

MASSAGE SAMPLER: Experience it all with a mix of Swedish, warm-stone, scalp and face massages, foot reflexology and paraffin hand treatment to relax and rejuvenate the entire body. A 90-minute treatment is \$115.

BEAUTY LINES:

G M Collin, skin- and body-care products derived from plants and marine extracts, priced from \$28 to \$120. Image Skincare has easy-to-use products that treat aging, dry and acne-prone skin. A color-coding system makes it simple to choose the right products, priced from \$25 to \$49. Pevonia Botanica, a botanically based face, body and spa-care line that combines natural ingredients with high-tech formulas, priced from \$24 to \$56. Eminence, a 100 percent organic line, priced from \$28 to \$60.

DETAILS:

Sibonné Day Spa, 18561 N. 59th Ave., Glendale. Hours are 8 a.m. to 7 p.m. Mondays through Thursdays, 8 a.m. to 6 p.m. Fridays, 9 a.m. to 5 p.m. Saturday and 10 a.m. to 4 p.m. Sundays. (602) 843-8185 or sibonne.net. ☐