

the Spa LIFE

BY
GRACE
ALBRITTON

Bliss is just a phone call away



spas *beauty* HEALTH 2011

It can be hard, more often than not, to just relax.

As much as we might tell ourselves, and those around us, that it's okay to take a deep breath, put deadlines aside, and create a little "me" time, it is inevitably easier said than done. Clichés often ring true, and the adage "a healthy mind is a healthy body" cannot be dismissed. To truly relax and be pampered, to be immersed in an experience that distances us from all of the little stresses of life, is what keeps us sane and smiling no matter what. While a spa day might sound like a major undertaking, consider this: Bliss might be closer than you think. Virginia plays the gracious host to a plethora of spas designed to please the senses and calm the mind.

Imagine being gently scrubbed with a mixture of sugar and herbal extracts that feels divine (and smells even better) as you close your eyes and slip into a Zen-like state of calm before being served a cup of specially blended tea that soothes the mind and pleases the palate; inhaling steam from the hot tub as you soak away your cares, in a resort designed to be both pampering and eco-friendly. Whether you want to indulge in mother-daughter pedicures, a specialized couple's treatment or simply sneak in a little time for yourself, Virginia's spas and resorts offer something special for everyone. From time-tested soaks and scrubs to more modern treatments like the manicure, or the intoxicating blend of mental and physical relief offered by massage, Virginia offers a wealth of options. One can even follow the historical tradition of "taking the waters," soaking in mineral-rich hot springs for the health of mind and body. No matter what your preference, chances are that a Virginia spa has what you're looking for—all you have to do is call.

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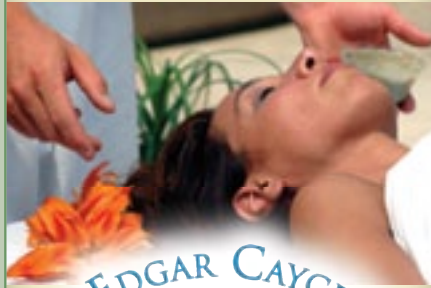
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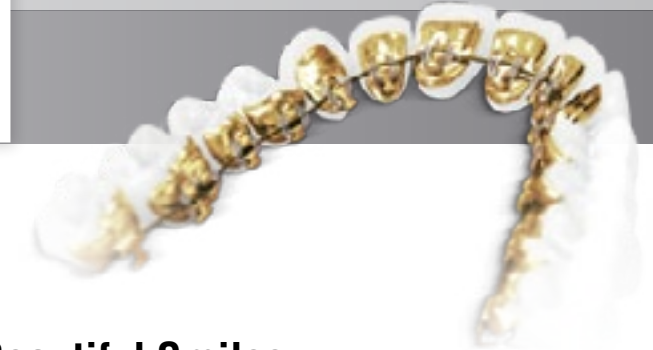
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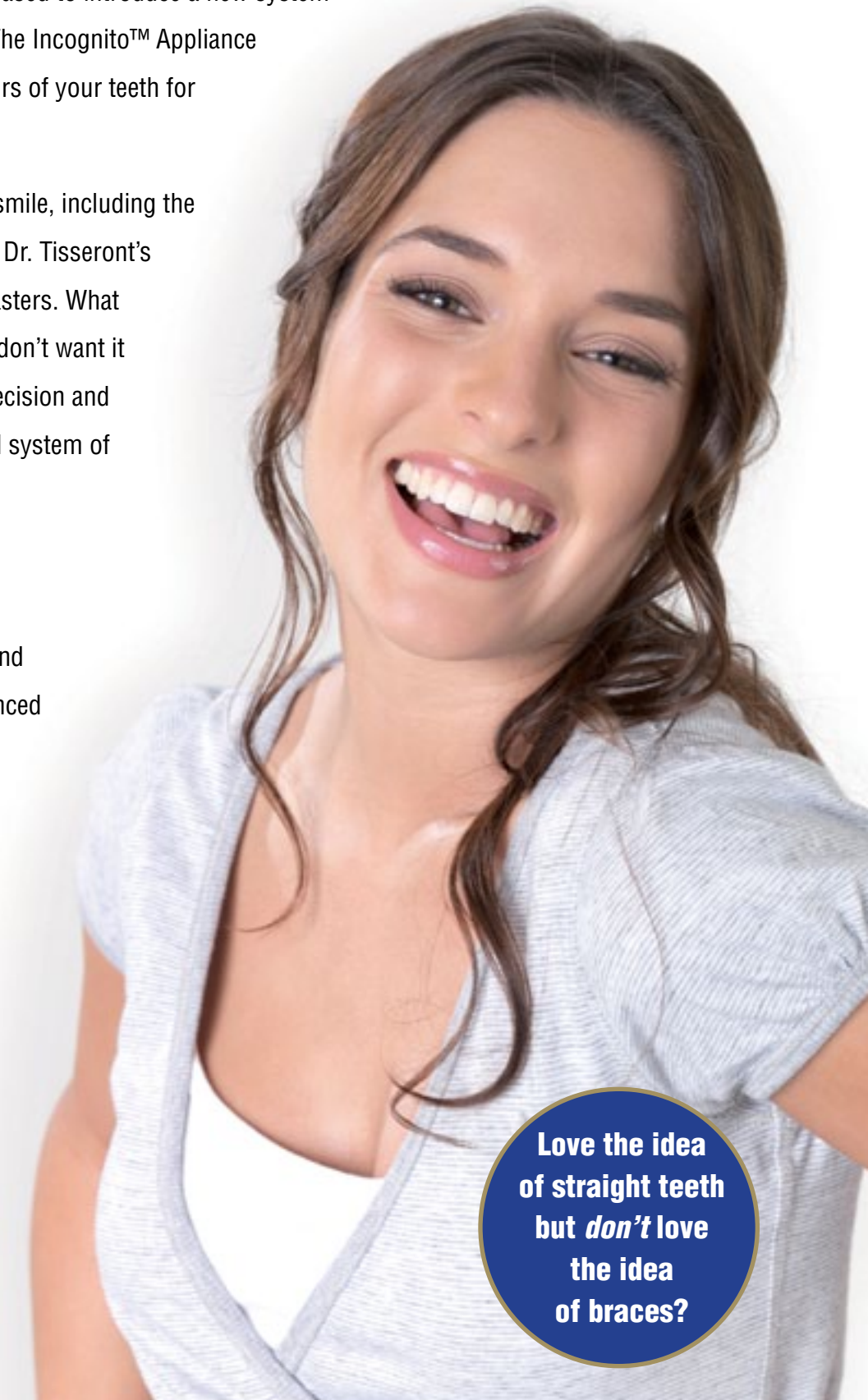
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