

InSPArational Getaways

Ellie Robyns

A visit to a spa can lift your spirits and detoxify your body and mind, especially in the cold winter weather. Spa experiences come in many forms—day spa treatments, spa resorts and health spas.

The word spa is derived from the name of the town, Spa, in Belgium. In Roman times, the town's name was Aquae Spadanae, perhaps related to the Latin word "spargere," meaning to scatter, sprinkle or moisten.

The Greeks began bathing regimens that formed the foundation for modern spa procedures, using small bathtubs, wash basins, and foot baths for personal cleanliness. The earliest baths were found in the palace complex at Knossos, Crete and luxurious alabaster bathtubs were excavated in Akrotiri, Santorini.

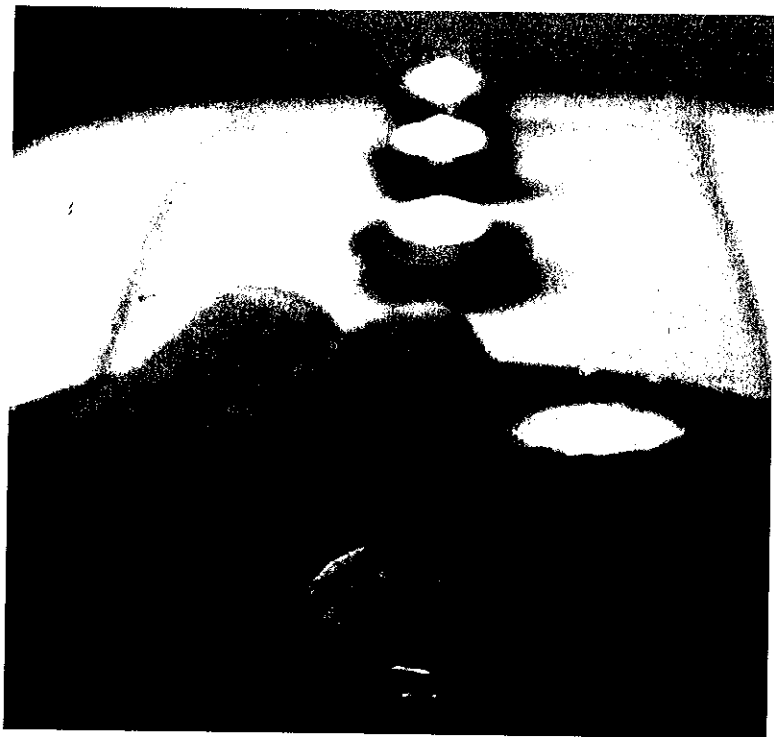
In case you don't plan on traveling to Belgium or Greece in the near future, here are a list of local day spas and spa resorts :

Elizabeth Arden's Red Door Spas

With 31 nationwide locations from Boston to California, Elizabeth Arden's Red Door Spas offer hundreds of unique spa treatments and a full service hair salon. This unique combination in an elegant setting, gives you the chance to cover all the "body bases." There is no need to go to separate locations for each service. From stone massages, to bridal packages, to a full line of gentleman's spa services and high end salon services, you will find it all at Elizabeth Arden's Red Door Spas.

Try the one on 5th Avenue, in New York City or one of the other eight tri-state locations.

www.reddoorspas.com



Copperhood Inn and Spa Shandeken, NY

The perfect combination of an Inn and Spa, Copperhood is nestled in the tranquil Catskills Mountains. Here you will find calm and serenity, as well as antique-style guest rooms and numerous antique shops in town. They also offer Yoga classes and a healthy breakfast.

www.copperhood.com

Green Spa Brooklyn, NY

The Green Spa offers many health classes, spa pedicures and super friendly service right in your own backyard. Where else can you be so close to home, yet so pampered? They have classes all week long and also sell a full line of natural makeup and skincare products.

www.greenspany.com

Ocean Place Hotel and Spa Long Branch, NJ

Ocean Place Hotel and Spa is close to New York City but far

enough away to feel like you have really escaped from the city's hustle. Great for one night or a long weekend, Ocean Place offers unique spa packages, including a "Mom to Be" package and an "Executive Escape" special, which is great for the busy executive who does not have a lot of free time but still has a need to de-stress and balance out his/her hectic business schedule.

www.oceanplace.com/spa

The Spa Toccare at the Borgata Hotel Atlantic City, NJ

The Borgata is unique for Atlantic City because of their newly built Water Club Hotel/Resort and in-house spa. The Spa Toccare offers great services such as vanilla body wraps and hot stone massages. They were recently voted best casino spa and spa for men by *Spa Finder Magazine*.

www.theborgata.com

Ellie Robyns is a travel writer.