

Spring is here and reminding us to renew and rejuvenate from within.

It's the time of year when nature gives us the gift of color and new life and another opportunity to make a change in our lives as well. A weekend or week-long getaway may not be possible with our busy schedules, however that doesn't mean we shouldn't take action to recharge. Day spas give us the opportunity to relax and immerse ourselves into "me" time and we've discovered a couple of local spas that do just that. Schedule time for your spa day vacation!

day spas

By Donna Mantone Adinolfi



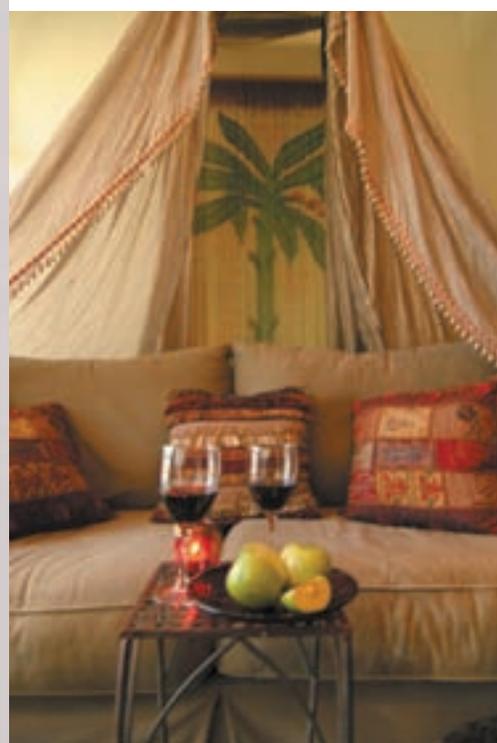
Casbah Spa & Salon

Ft. Lauderdale, FL

A Moroccan-inspired day spa beautifully decorated in muted tones, draped ceilings and wall tapestries prides itself on caring and attentive service and being part of a healthy lifestyle. Casbah Spa, just under four thousand square feet, offers nine treatment rooms with a unique and healing list of services as well as a hair salon, a male and female locker room, steam room and a private co-ed lounge. One of their signature treatments, Rock the Casbah, is a Swedish massage incorporating Basalt Lava Stones to enhance the body's circulation and the rocks are also applied to the chakra points to help balance the body – pure bliss! Two other unique services are Mango Madness, which includes a mango sugar scrub, hair treatment, facial and foot reflexology treatment and the Parafango Body Sculpting Treatment. This treatment, also exclusive to Casbah Spa, is detoxifying and focuses on the hips, buttocks, waist and thigh areas.

The owners and their team are passionate about what they do and it's evident in the level of service each guest receives. Casbah Spa offers several packages for a full day of pampering and rejuvenation and one to consider is the A Time for a Change package for a complete makeover. Other services include men's spa retreats, fitness training, hair design and styling and nail services. The product line they use is Éminence Organic Skincare, which recently received the Best of the Best - Body Line Award from *Skin Inc.* Magazine.

Location: Sunrise Harbor, 1000 Seminole Drive, Suite 200, Fort Lauderdale, FL 33304



Me Day Spa

Miami Beach, FL

If you are looking for a few hours of “me” time, the brand new Me Day Spa is the place to rejuvenate body and soul. Located in the heart of South Beach, this beautiful renovated cottage on Alton Road features a wide range of rejuvenating and restorative treatments. They include traditional massages, pedicures and manicures for both men and women. The spa's facialist does everything from glycolic treatments to mango peels with expert skill. The spa also offers the latest in non-surgical cosmetic procedures such as Botox, fillers, photo facial rejuvenation, chemical peels, microdermabrasion and laser hair removal.

In addition, Me Day Spa has a full service hair salon. Their special carotene treatment will leave your hair nourished and glossy. Their staff offers extensive knowledge and works with the most exclusive

product lines and advanced equipment to help you achieve your desired result - all with the convenience of a day spa. Services take place in a serene and relaxing atmosphere, under vaulted ceilings, exposed beams and crystal chandeliers.

The spa features several select lines of skin care products, scented soy candles, beach mats, journals, and other self-indulging goodies — all of which make perfect gifts.



For more information,
please visit:

www.casbahspa.com

www.medayspa.com

