

Summer at the Spa

Our favorite professional pampering and DIY treatments



Beach Babe

Aura Spa's Uplifting Body Polish and Hydration (\$100 for 60 minutes) can prepare you for bikini season with just one treatment. A clinician buffs away dull skin with a cream-based scrub containing ground apricot, followed by an application of shea body butter infused with lemon, lemongrass, lime and orange essential oils. *The Renaissance Hotel, 999 Ninth St. NW, 202-742-1940; auraspa.net*—CHRISTIE FINDLAY

MASTER OF MASSAGE

The world's newest type of massage was invented right here in the District. Imagine feeling like you're floating, waves lifting and swirling around your body, while muscles are kneaded to relaxation. It's called Interpretive Touch massage (\$120 for 50 minutes), and was created by Brad Drummer of **Nusta Spa**, formerly of the Sports Club/LA. Unlike traditional Swedish or deep-tissue massage, the approach addresses opposing muscle groups at the same time to go deeper without any bruising or pain. "It makes people feel weightless, like their legs or arms could float away, but it also works on their deeper emotions," Drummer says. His technique is apparently catching on: L'Auberge de Sedona and Exhale spas in Miami, Chicago, LA, New York and Dallas have already adopted the concept. *1129 20th St. NW, 202-530-5700; nustaspa.com*—c.f.



Dewy skin backstage at Gucci's ready-to-wear spring 2010 runway show

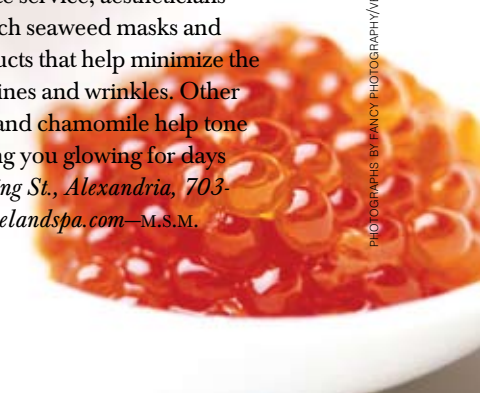
A Golden Glow

Banish pasty arms and legs with **Clarins'** Delectable Self Tanning Mousse (\$42). The SPF 15 formula glides on smooth—ensuring a streak-free look—while moisturizing and protecting against exposure to harmful UV rays. *Bloomingdale's, Tysons Corner Center, 703-556-4600; clarins.com*—MONICA STERN-MORALES



Treasure from the Sea

The Rejuvenating Caviar Dream Crème facial (\$200) at Alexandria's chic **Lorien Spa** is not your average cleanse-and-extract routine. During the 80-minute service, aestheticians apply antioxidant-rich seaweed masks and caviar-infused products that help minimize the appearance of fine lines and wrinkles. Other marine ingredients and chamomile help tone and firm skin, leaving you glowing for days afterwards. *1600 King St., Alexandria, 703-894-3434; lorienhotelandspa.com*—M.S.M.



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