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Seattle + The Eastside

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This month's top spas, winter activities, gifts, and dining.

BODY+SPIRIT

Spa Escapes

A little pampering goes a long way for the body, mind, and soul. So go ahead, leave the hustle and bustle of the holiday season behind and indulge in a dreamy massage, head-to-toe detox, or gratifying foot rub.

New year, new you:
relax at Alderbrook
Resort and Spa

1 ALDERBROOK RESORT AND SPA

Experience the peace and tranquility of the Pacific Northwest at this resort and spa just a short ferry ride and drive from Seattle on Hood Canal. Surrounded by nature, schedule an appointment for the Hood Canal Starry Night—a marine algae, sea brine, and aloe wrap, or spend some time in the herbal infused steam room. Did you bring Fido with you? Alderbrook provides pampering from a canine massage therapist for your furry friend, too. 10 E. Alderbrook Dr., Union, 360.898.5520, alderbrookeresort.com.

2 ELAIA SPA

Located in the Hyatt at Olive 8, a luxury green hotel, Elaia focuses on natural, organic products from regional growers. For example, the Market Fresh Facial changes seasonally with the climate and the skin's condition. Try the Holistic Massage for a treatment that is scent personalized for your individual needs — we like lavender for a calming effect. 1635 8th Ave., 206.676.4500, elaiaspa.com.

3 ELIZABETH ARDEN RED DOOR SPA

One of only two locations on the West Coast (and the first in the Northwest), this state-of-the-art spa has nine treatment rooms and men's and women's spa lockers. Experience pure luxury with the Seawater Pearl Hydrating Facial where algae and seawater pearls are massaged onto the skin, activating trace minerals that replenish its moisture. *The Shops at the Bravern*, 700 110th Ave. NE, 425.455.3700, reddoorspas.com.

4 THE SPA AT FOUR SEASONS HOTEL

There are touches of the Northwest in everything here — down to the eco-friendly Northwest ingredients. Book a couple's massage in the ultra-luxe room overlooking Elliott Bay with a private soaking tub and rain shower, or fly solo with a Four Hands, Four Seasons massage where two therapists work together on your aching muscles. 99 Union St., 206.747.7070, fourseasons.com.



For more great spas: wheretraveler.com

Salish Lodge and Spa



Yuan Spa



Elizabeth Arden Red Door Spa

5 HABITUDE

This Aveda spa is cozy with rustic style. If you're in a hurry, get some quick relief with the Chair Massage where you'll relax upright, fully clothed, for 20 minutes. Traveling with girlfriends? The Togetherness Massage allows you to get pampered with all your loved ones. 2801 NW Market St., 206.782.2898, habitude.com.

6 PENELOPE AND THE BEAUTY BAR

At the Fairmont Olympic Hotel you'll find this spa providing everything from European designed body slimming machines and non-surgical facial toning devices, to acupuncture and mink or silk eyelash extensions. 411 University St., 206.438.1750, penelopeandthebeautybar.com.

7 SALISH LODGE AND SPA

Just a half-hour drive east from Seattle is this award-winning spa with therapeutic pools, a relaxation room with a fireplace, day beds, and comfy pillows. Indulge in treatments using honey from the lodge's own hives, or try the Dermalife Spa Jet — a multisensory system combining aromatherapy, hydrotherapy, and massage therapy. 6501 Railroad Ave. SE, 425.888.2556, salishlodge.com.

8 THE SPAHH AT HOTEL 1000

This spa is a tranquil refuge in the heart of the city. Book an Urban Defense Facial for your guy to soften and rehydrate skin affected by shaving, sun exposure, and environmental damage, while you

try the Sunrise Body Glow — a lavish tanning treatment including full body exfoliation and rich tanning milk to create a natural, subtle glow. 1000 First Ave., 206.957.1000, hotel1000seattle.com.

10 YUAN SPA

Combining Northwest flavor and modern spa luxuries with Asia's ancient healing philosophies, Yuan Spa provides a unique pampering experience. Try something new like reiki, cupping, foot reflexology, or acupuncture to reduce stress. There is also a hydrotherapy circuit with a hot bathing pool, cool sea salt bathing pool, cedar sauna, eucalyptus steam room, and private soaking tubs with an exfoliating sea salt bar. 1032 106th Ave. NE, 425.449.8788, yuanspa.com.