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Mind, Body & Spirit

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A guide to Spas & Plastic Surgery

By Laura Scharf

Finding Fountains of Youth

Local spas give you the royal treatment

Photos & story by Laura Scharf
Mid-winter is a great time to visit your local spa for a rejuvenating afternoon of pampering.



Loretta Riley of Cortlandt Manor enjoys a facial by Robin Queen, Monteverde's Spa Director

To help you choose the spa that's best for you, North County News surveyed local facilities (it was a tough job, but someone had to do it!) to learn more about what each has to offer.

If you're looking for a facial to help your skin recover from too much holiday partying and winter weather, a regular spa offers a variety of treatments. But if you're considering something more drastic –perhaps Botox or Restylane, or other procedures that involve injections or other medical procedures – then your answer is a medical day spa, where all procedures are done under the supervision of a licensed physician. (see separate article for more details). Local spas provide facials, body treatments such as wraps, massages and some new techniques designed to help you look and feel better.

Monteverde Spa, Cortlandt Manor

The Hudson River makes a magnificent backdrop for one of our area's newest spas, with resort-like amenities.

The new owners of Monteverde restaurant, on Bear Mountain Bridge Road, have added a spa, a yoga studio and some guest rooms to the historic estate, making this a destination spa where you can spend an afternoon, enjoy lunch or dinner, or check into one of the well-appointed rooms for an overnight stay.

The intimate spa specializes in facial and body treatments using natural products, including several based on marine algae. You can detox, exfoliate, hydrate and rejuvenate, and even add aromatherapy to your treatments.

Robin Queen, director of the spa, customizes every treatment to her clients' needs. She encourages a holistic approach to rejuvenating mind and body, rather than focusing only on a facial treatment or a massage.