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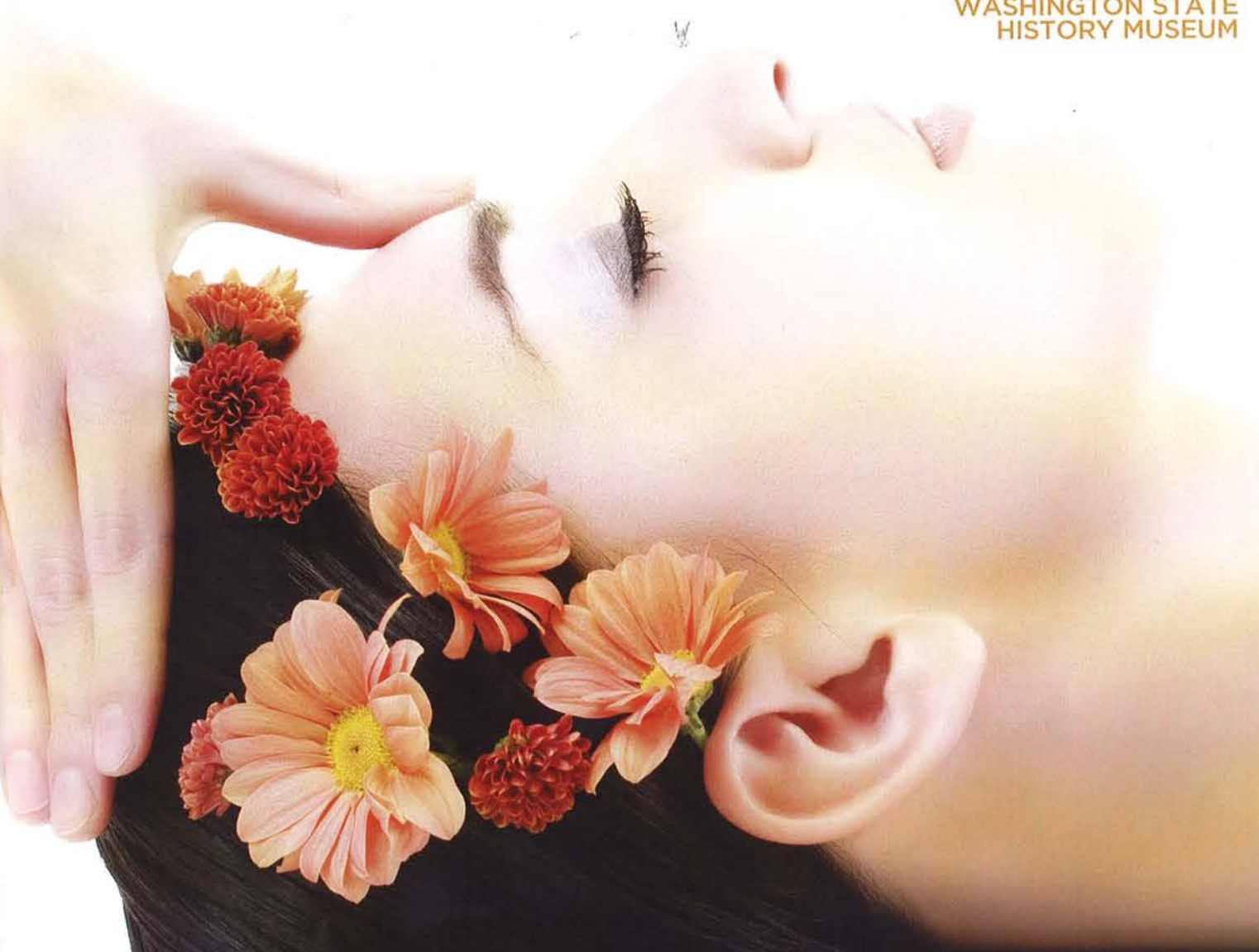
THE COMPLETE GUIDE TO GO™// WWW.WHEREMAGAZINE.COM

SEATTLE  
MAY 2008

DIARY OF ANNE FRANK

CHEESE FESTIVAL

IMMIGRANT STORIES AT  
WASHINGTON STATE  
HISTORY MUSEUM



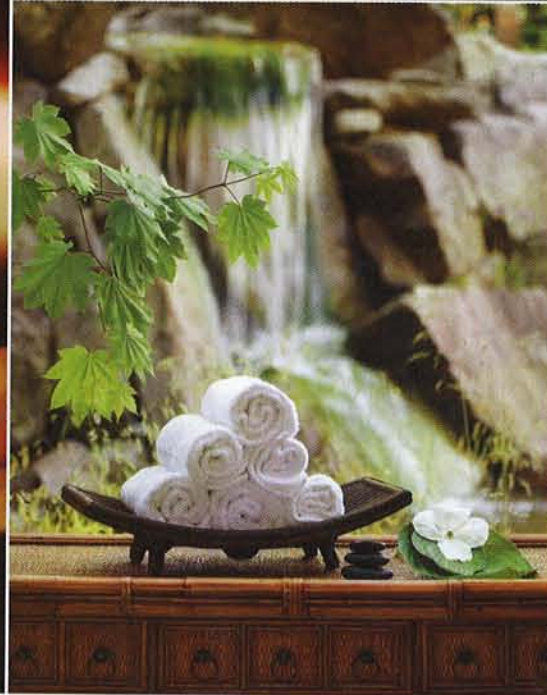
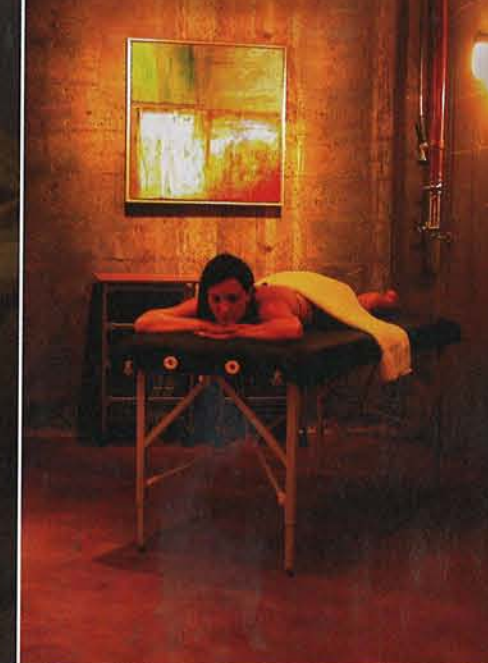
## THE SPA ISSUE

Relax, Rejuvenate, and Pamper Yourself in Style

# RELAX

## IT'S THE SPA ISSUE

Treat yourself with a trip to one of Seattle's spas



Spring is racing by, and you know what that means: summer is right around the corner. Have those months of gloomy chill left you shivery and blue? Do you have a plan for hydrating that parched winter skin? And have you even looked at your feet since, well, September?

Whether you're looking for a spot to gab with your gal pals while getting matching mani/pedis, a romantic evening with your paramour, or a total glam makeover, we've got the spot for you. We scoured the area's swankiest spas for all the best in face-care, foot-care, skin-care, and you-care.

### PERFECT FOR PARTIES

If you've got a birthday party, a bridal party, or a just-because party coming up, several local spas offer options for group beautification. Capitol Hill's hip **Swoon Boutique Spa** (1422 E Pine St,

206-323-0106, [www.swoonspa.com](http://www.swoonspa.com)) has a fun group manicure table and pedicure bar that can service 4-6 people at a time (bring your own snacks and champagne!). On Saturday and Sunday evenings, you can also reserve the entire space for a private party.

Another great group option is the **Ummelina Tea Spa** (1525 4th Ave, 206-624-1370, [www.ummelina.com](http://www.ummelina.com)). Serving up to 12 guests, the tea spa is a unique, tranquil space decorated with antique Indonesian furnishings. Before or after your spa treatments, enjoy a rejuvenating Aromatic Hand Washing Ritual, or a

Cross-Cultural Tea, in which an expert will guide you through the herbal properties of one of their organic teas.

**InSpa** (2740 NE University Village, 206-985-7033, [www.inspa.com](http://www.inspa.com)) is another popular stop for packs of beauty junkies. Their side-by-side pedicure stations are perfect for conversation.

### POSH SPOTS

Sometimes only the utmost in elegance and class will do. **Gene Juarez Salon & Spa**, which has a number of locations including downtown (601 Pine St, 206-326-6000, [www.genejuarez.com](http://www.genejuarez.com)) and a recently renovated space at Northgate (401 NE Northgate Way, 206-365-6000), offers a full-spectrum of treatment options performed by highly-trained specialists. CEO Janet Denyer notes, "Because of this deep commitment to

training, our Artists are uniquely qualified to tailor beauty, style, and fashion trends." One new product recently incorporated into the Gene Juarez menu is ARCONA ([www.arcona.com](http://www.arcona.com)), a California-based skin care line. Made from plant products like pumpkin and kiwi, processed at low temperatures to help preserve natural enzymes, ARCONA turns a facial into something sublime.

Located in the Bellevue Westin, the new **Truce Spa** (600 Bellevue Way NE, Suite 400, 425-454-0622, [www.trucespa.com](http://www.trucespa.com)) is already making waves on the upscale spa scene. Combining "ancient traditions and luxurious tropical botanicals with the most advanced massage and beauty techniques," this Balinese-inspired spa offers a diverse, exotic menu of services. Do not miss the Aihatsu Oriental Bar Therapy, a 60 or

90 minute massage treatment in which trained therapists walk barefoot on your back, "to bring about structural change and deep relaxation." Seriously.

We'd be remiss if we didn't mention the pampering possibilities at the brand new, super-swank **Vida Wellness Spa** (Pan Pacific Hotel, 2125 Terry Ave, 888-865-2630) where personalized treatments make every visit a tranquil treat.

### SERENE SANCTUARIES

Sometimes just going for a massage isn't enough. If it's time to head out of town for a truly tranquil environment, the Puget Sound region offers several irresistible options.

**Salish Lodge & Spa** (30 minutes from Seattle, 6501 Railroad Ave, 425-888-2556, [www.salishlodge.com](http://www.salishlodge.com)), perched next to stunning Snoqualmie

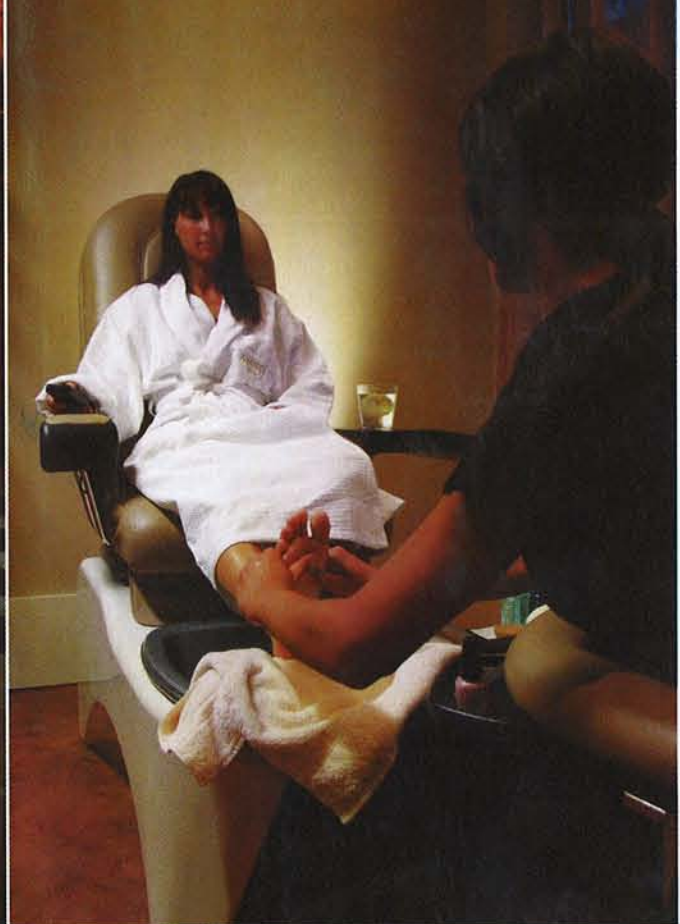
(This page, clockwise from top left) Settling in at Bellevue's Truce Spa; a signature Banyu 5 massage; the sleek interior at Swoon; back to nature at Alderbrook.

Falls (you might recognize the waterfall from cult TV classic *Twin Peaks*) features luxurious saltwater baths, complete with a waterfall, for their lucky guests. After your rejuvenating dip (and any number of treatments at their full-service spa), kick back in the positively tropical Eucalyptus steam room. You won't regret a visit to their gourmet restaurant, either.

On the scenic banks of Hood Canal, **Alderbrook Resort & Spa** (2 hours from Seattle, 7101 E State Route 106, Union, 360-898-2200, [www.alderbrookresort.com](http://www.alderbrookresort.com)) features gorgeous views and

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(CLOCKWISE FROM TOP LEFT) DONNELLY IMAGES; COURTESY BANYA 5; COURTESY SWOON; COURTESY ALDERBROOK RESORT & SPA



expert treatments. After your massage and facial, be sure to spend some time strolling the grounds.

Okay, maybe a trip to **Banya 5** (217 9th Ave N, 206-262-1234) isn't really the same as getting out of town. but it sure feels like it. Located in South Lake Union, this old-world style Russian health spa offers a steaming hot banya oven, built from 20 tons of granite and reaching temperatures over 200 degrees.

#### PURE ROMANCE

Two's company, so don't pamper alone. Plenty of spas offer romantic couples' options. At **Biella Spa** (1506 Pacific Ave, Tacoma, 253-682-2005, [www.biellaspacom](http://www.biellaspacom)) couples can choose between several just-for-two options. The Rasul Mud Chamber combines mud and steam in an ancient nourishing treatment. Seduction

of the Senses incorporates aromatherapy, massage, a facial, and a gourmet meal from nearby Pacific Grill.

#### MANLY MANICURES

More and more men are indulging in spa treatments, notes **Ummelina's** (1525 4th Ave, 206-624-1370, [www.ummelina.com](http://www.ummelina.com)) Nina Ummel: "It started 10 years ago when women came in holding the hands of men. Men were so receptive to it. They love massages and our environment is not 'feminine' at all. The 'shavel,' a facial and a shave, is really popular."

Voted 2006's Best Day Spa by *Allure Magazine*, **Habitude** (Ballard: 2801 NW Market St, 206-782-2898; Fremont: 513 N 36th St, 206-633-1339; [www.habitude.com](http://www.habitude.com)) offers a Bear Print in the Sand package, popular with the testosterone set. A complete "mental health day," it includes

(Clockwise from top left) The saltwater baths at Salish Lodge & Spa; a pedicure at Biella Spa in Tacoma; InSpa's pedicure stations; the colorful decor at Gene Juarez; living la Vida tranquil.

a massage, facial, scalp revitalizer, and tasty smoothie.

#### HIPSTER CHIC

If you're looking for a funky new image, look no further than the expert stylists at **VAIN** (2018 1st Ave, 206-441-3441, [www.vain.com](http://www.vain.com)) in Belltown. Let Seattle's hippest hair and makeup experts bring out the fabulous in you.

And for your dainty digits, non-toxic products and the season's hottest colors are on the menu at trendy nail salon **Butter London** (Westlake Center, 400 Pine St #312, 206-652-0759).