

HAPPY SPA LA LA LA LAAAA-LI-DAZE

The Wizard Of Spa
By Laura Anne Pelliccio



It's jingle bell season. Time for old movies and traditional food! Get ready for making snow angels and sipping hot cocoa after a sleigh ride. Heatmeister! Coldmeister! Lights! Family! Shopping!

I truly love this time of year. I feel spoiled to be so close to New York City, where I can see a Broadway show, sip a holiday tea at The Plaza Hotel, and hop onto a horse n' buggy for a private scenic tour through Central Park with a friend. I feel even more spoiled to be so close to my hometown in the suburban county of Westchester where my neighborhood, Mount Vernon, can look like a Norman Rockwell painting when snowed in on a blizzard morning. This year, I feel triple spoiled to have not two but three destinations so special and close to me.

Being back in the Hamptons for the holidays is as festive as the third week of July (except for a few extra layers of clothes and lights along the streets). Winter in the Hamptons is electric with boutique handmade items, shopping, parties and more parties. Most of all it's about being able to appreciate the calmness of our lands. This is what makes the Hamptons winter holiday season so special to me.

With all of this said, it is also Gift Certificate season and every town has a spa. Why not get your loved ones the gift of wellness.

TIPS for GIFTS:

- 1) Gift Certificate to a spa treatment or a spa/gym membership.
- 2) Manicure & pedicure supply kit. Everyone should have their own supplies!
- 3) You can't go wrong with a candle! Try a battery operated one for safety.
- 4) Lessons for Yoga, Thai Chi or any meditative class.
- 5) Recipe book on Spa Cuisine.



SPARTY! Sip, Spa, Celebrate! THE MEGGA AT HOME SPA EXPERIENCE

Have you ever experienced an in-home spa treatment or better yet, planned an evening of tranquility with food, fun and your favorite friends? How about planning a mini get-together with a few great spa therapists from your local spa, salon or makeup counter to pretty up your feet, face, hair, skin and pamper you with full body massages? Or perhaps it is too overwhelming to coordinate? Let



me guess, you already have a "masseuse" who comes to your home who works on your friends when you throw your "ya-ya" parties (ehem...the correct term is massage therapist). Why would you do all of this work when you can have a specialist do it for you?

I must warn you though, I am not about to promote the latest mobile spa to come to your home in my column. It's your home for goodness sake! If I am going to tell you something is MEGGA in my headline, you need to be serious before reading on...

If you have always wanted to do something DIFFERENT and SPECIAL and OVER-THE-TOP that none of your friends could ever match when it comes to the ultimate beauty pampering, than you MUST call Alexis Ufland. Alexis is the owner of Lexi Design, a company that will build or better your spa from ground level to luxury. She is a Spa Consultant, Designer and Founder of SPARTY! Among holding many other titles, Alexis is a leader in perfecting the ever-so-evolving spa industry. Catering to every major city across the U.S. this spa guru has an endless portfolio of celebrity clients and media related events that take advantage of her truly unique experience.



SPARTY! Sip, Spa, Celebrate! will custom create the perfect special occasion day for you and your unlimited list of friends. You will receive spa cuisine, special cocktails, manicures and pedicures, massages, facials, body treatments, makeovers, gift bags, all in a spa-like designed setting. She custom creates a day of pampering to meet the needs of you and your guests with a polished team of licensed therapists, adding her special touch.

Although the guest lists are strictly enforced, if I could crash a party, it would definitely be a SPARTY! Sip, Spa, Celebrate!

To Schedule your SPARTY! Contact:

Lexi Design ~ Spa Definition, Design, Development
SPARTY! Sip, Spa, Celebrate!
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The Bakery Line is Hot and Ready to be served!

I have yet to find a more enticing soy-based spa care line than this Iowa born company, Soy Spacasso. Founder and Creator, Maria Lutrell Murphy does not just whip up a batch of sweet scented lotions, exfoliators, and candles, but she puts love into every beauty item she makes. Soy Spacasso has an endless list of just about everything from skincare to men's products to essential soy perfumes to... ohhh you just have to check it out for yourselves! Visit www.spacasso.com.

During November at the Oceanview Salon at Gurney's Inn in Montauk New York, Soy Spacasso took the driver seat launching an unmatched Soy Pumpkin Manicure and Pedicure promotion attracting hundreds of Hampton-ites to the East End. Valued at \$60, guests enjoyed a thorough massage exfoliation and massage moisturization from knee-to-foot with a mixed blend of pure natural soy and real pumpkin slices infused with so much more you can just eat it up at the first moment the jar opens!

Also offering a Bakery retail option of lip spa balms, exfoliators and lotion "whips" to hydrate your skin. How could anyone walk away empty handed? The infamous "Soy Lady" has other aromalicious, spacassolicious, yummilicious, scintilicious soy products on her shelves! Her Bakery line consists of skin absorbing Lemon Bar, Caramel Marjolaine, Sugar Cookie Crunch, Peach Crumb Tarte, Fruit Tarte and Chocolate Raspberry Truffle. Check out her website and get your holiday shopping finished. For Gift Baskets or to contact Spacasso: chat@spacasso.com.



Always be ready for Spa Week!

We all know when "Restaurant Week" rolls around. It means fixed rates and lots of discounts at your favorite places to eat. Did you know the same concept applies to the spa business too? When I hear "Spa Week" I think lots of massages, facials, body treatments, spa gifts and... well, I found a company that really markets this truly unfolding Spa-liday for the general public to take advantage of! Behold they call themselves, Spa Week! Let's meet the Director of Social Media and Editor of Spa Week Daily, Michelle Joni Lapidosis. She is creating awareness of spa and beauty not just during Spa Week but 365 days a year! My friends, this is no Hallmark holiday. This is a force to be reckoned with!

Her website, www.spaweek.com also lists the places to indulge and unwind in your area where you can purchase a Spa Week gift card that can be used at any of these places of ambience. Michelle states, "The premier biannual spa event of the year, Spa Week indulges spa-goers in \$50 full-service treatments at more than 1000 spas throughout North America. No longer an indulgence, Spa Week invites everyone to make the spa experience a normal part of a healthy lifestyle".



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BOTOX and your EYEBROWS... Did You Know?

As a specialist in the Corrective Brow and Brow Shaping department, here is a major tip when enhancing your beauty. Get your brows done AFTER your BOTOX, not before. I always know when the brows were done when a client who recently had injectables comes in saying her eyebrow girl messed up her brows. I then see two almost symmetrical brows except one brow is lifted or pointed and the other is not (we are all built like the Mona Lisa and nobody has eyebrows that are identical, although I have seen some interesting cases). It's the Botox. The botox is working itself within the muscles and it needs about 4 to 7 days to settle in. Your face is changing therefore your brows are going along for the ride. Let it settle in, then come see me for your Brows! For injectables and more... Meet the Oculoplastic Surgeon!

Dr. Jessica Lattman, MD., PLLC Certified by the American Board of Ophthalmology



You are asked to play a round of darts for a \$100,000 grand prize, who would you pick as your teammate if you had to choose, your eye doctor or your best friend? Really think about this now... These days everyone has their "Botox" doctor for lack of a better term, as if he or she is their primary care physician. There are those who choose to age gracefully. My personal feeling is if I never had to experience Botox for a medical condition around my eyes, I might never feel that it truly is something I need for anti-aging. Don't knock it until you try it! After a few terrible experiences and trying to find the right surgeon who

is a specialist for a condition called, Blepharospasm. Responsible for relieving my migraines and heavy blinking of the eye for more than a decade (oh my!) along with being the artist of my face ensuring my eyelids do not droop or look distorted, is Dr. Jessica Lattman. Jessica Lattman, MD is an oculoplastic surgeon and a board certified ophthalmologist having a mission to customize each patient's care and to provide the most long lasting and natural result with the shortest recovery time possible. She does not just treat the problem with her expertise, she knows how to keep the end result looking radiant. She knows where in the muscles around the eyes to work her magic touch, making her unique to many board certified and double board certified surgeons who might wish they could have her as a teammate in a round of darts. Her midtown Manhattan office offers an extensive list of injectable and laser treatments, in addition to hair replacement services. She has an endless list of specialties such as cosmetic and reconstructive surgery in and around the eyes, the lashes and face, also dealing with skin cancer around the eyes. Try her as your eye doctor and you will enter a world of youthful possibilities! If anyone wants to challenge me on a game of darts, sorry BFF's but I choose Dr. Lattman to be on my team!

To find out more about Dr. Jessica Lattman or contact her office visit:

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911 "SPA" EMERGENCY! DO YOU OWN A SPA or SALON?

Does your laundry machine break down from towel overload? Wash n' Fold getting too expensive? Don't have enough help to pick up your laundry from the laundrematte? We have a Nice n' Simple solution... Stephanie Linen Service Specializing in spa and salon laundry and linen services. Available for emergency pick up if your laundry equipment fails. Currently serving lower Westchester, NYC, (minus Staten Island), Northern NJ and Fairfield county and coming soon to the Hamptons. Wash & Fold for personal laundry, shoe and garment repair and dry cleaning services available as well. Call 914-912-2601.

The best gift choice to give is a Gift Certificate to wellness. Happy Spa-Li-Daze from me to you!

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 Beauty Editor

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