

Boost **Your Body Image** Now! 3 Easy Steps

SHAPE

SHAPE
YOUR
LIFE

8
SPA
TREATMENTS
WORTH EVERY
PENNY



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TUSH,
TONED
THIGHS**

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READY TO RELAX? If a time or budget crunch means you're pampering yourself a little less these days, reprioritize. We've ID'd eight spa treatments (in no particular order) that offer equal amounts beautification and rejuvenation—and give you the biggest bang for your beauty buck.

TREATMENT #1 BODY BRONZING

If you want to look like you spend your days in the Caribbean instead of a cubicle, book this service. After exfoliating your skin, an aesthetician applies self-tanner to your body with gloved hands or an airbrush machine. A golden "tan" will develop in about six hours and lasts four to seven days. A word of warning: You might look like Snooki at first, but it's temporary. The extra tint that lets your therapist see where she's placing the product washes off later.

WHY IT'S WORTH IT: Your color will be even and streak-free. "The therapists trained to do this tend to be very detail-oriented," says Mary Bemis, a spa expert and SHAPE advisory board member. The bronzer takes a few hours to set, so bring loose clothing and flip-flops to wear home and don't rinse off for at least eight hours.

EXPECT TO PAY: \$50 to \$150

WHERE TO GET IT:

- Boston: G2O Spa (g2ospasalon.com); ask for a Spa Tan, \$125.
- Denver: Oxford Club Spa (oxfordclubspa.com); ask for Sunless Bronzing, \$75.
- New York City: Senses NY Salon & Spa (sensesny.com); ask for Organic Spray Tanning, \$95.

TREATMENT #2 OXYGEN FACIAL

Taking a deep breath helps when you think you might blow your top, and a burst of fresh air has benefits for stressed skin too. At the spa, an aesthetician will apply a nutrient-rich serum to your face, then mist it with pressurized oxygen to help push the ingredients into skin.

WHY IT'S WORTH IT: "Stars get oxygen facials before red-carpet events because they create noticeably radiant skin that looks youthful in photos," says Bemis. Though they're pricier than other facials, you may want to splurge on one before your own big event. "The oxygen temporarily reduces fine lines by causing mild inflammation, which plumps up the top layers of your skin," says Paul Friedman, M.D., a dermatologist in Houston and New York City. Expect the effect to last three days.

EXPECT TO PAY: \$140 to \$250

WHERE TO GET IT:

- Nationwide: Bliss Spas (blissworld.com/spa); ask for the Triple Oxygen Treatment, \$160.
- Atlantic City, New Jersey: Spa Toccare at Borgata Hotel Casino & Spa (theborgata.com); ask for an Oxygenating Facial, \$140.
- Calistoga, California: Spa Solage (solagecalistoga.com); ask for a Dermal Quench Oxygen Rich Facial, \$175 for 50 minutes or \$235 for 80 minutes.

