

THE WICKED STEPMOTHER WHO SAVED MY LIFE *By Martin Amis*

TOWN & COUNTRY

MAY 2014

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Ginevra Elkann, of Italy's Agnelli family

MAY 2014 \$5.99



SPA DAZE



For head-to-toe recovery after an intense winter, I took an indulgent spa journey to the Swiss glaciers and the English countryside—without ever leaving Manhattan. **By AMANDA R. HEARST**



MIRACLE WHIP
The Prime Renewing Pack mask combats aging on the cellular level (\$210), boutiquevalmont.com.

< The Lap of Luxury

SPA AFICIONADOS SEEKING THE ultimate in pampering should look no further than the Valmont Spa in the Plaza Athénée.

The treatment rooms used to be hotel suites, so each has its own changing room and bathroom, along with a heated bed with high-thread-count linens. I chose the Vitality of the Glaciers treatment (\$350), which includes a 25-minute facial massage that uses the new Prime Renewing Pack mask. With ingredients like “triple DNA” and “liposome RNA,” it sounded deeply scientific. But it helped me achieve a pretty straightforward version of glowing skin—the kind you normally get only after skiing for an entire day.

ABOVE: ETRÔ SLIPPERS (PRICE ON REQUEST), ETRO.COM.

The (Spa) Doctor Is In >

WANT TO CLEAR YOUR MERIDIANS AND look younger in the process? Book the Anti-dote facial (\$750) at Shellie Goldstein Acupuncture. This treatment, from acupuncturist Shellie Goldstein and herbalist Daniela Turley, has two parts: a 60-minute consultation (for part of it I held on to a metal rod that measured imbalances in my meridians), and a 105-minute facial from Shellie that combined a skin-cleansing microcurrent treatment and acupuncture. I left with a bag full of products, all formulated to my personal needs. I've already scheduled follow-up appointments, and, yes, my internal energy feels much more balanced.

BELOW RIGHT: ARAKS ROBE (\$391), ARAKS.COM; THE ANTIDOTE CUSTOM HERBAL TINCTURE (\$80), 212-388-0800.



^ Peace, Love, and Synesthesia

IF YOU'RE FEELING ADVENTUROUS, TRY A RECENT BRITISH import, Lush Spa. The upstairs treatment space evokes the British countryside, and the consultation area seems to have been modeled on a fairy godmother's house. I opted for the Synesthesia treatment (\$230), which was designed by one of the founders to produce interconnection among the five senses. The massage aimed to unite touch, sound, and smell; during my full-body massage, scented products were used and there was an original score playing—with bird sounds, no less!

FAIR TRADE FOOT LOTION (\$24); PEACE MASSAGE BAR (\$14), LUSHUSA.COM.

Amanda

