

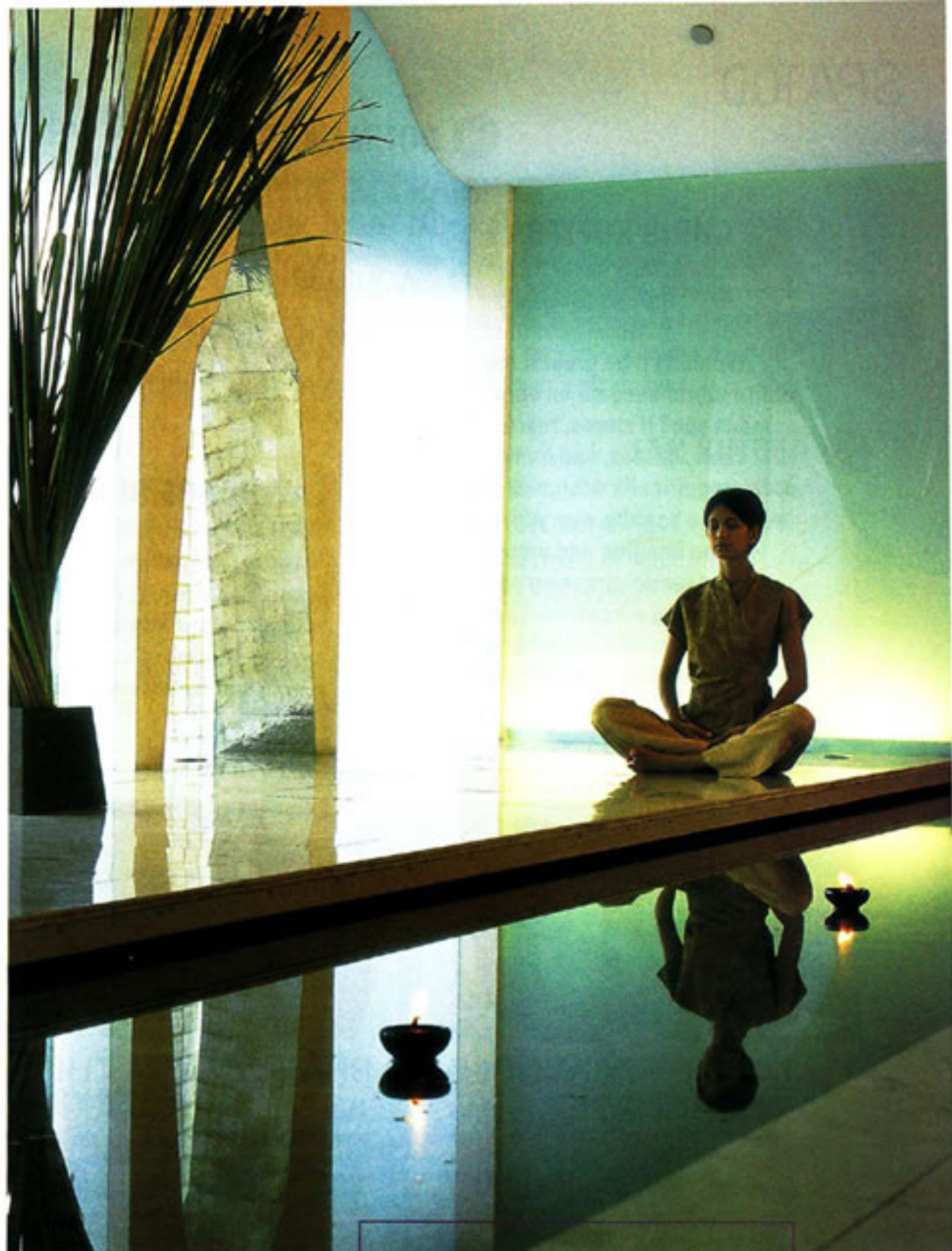
**SPACE AGE SPA** Who says you can't have it all? Nature's remedies may be making their mark, but spas are also embracing breakthrough technology with treatments that cut to the chase for busy urban professionals.

**S**PA-GOERS HAVE NEW REASON to smile with one-hour, in-spa, professional **teeth-whitening** services, the same you'd get in a dentist's office. The high-polish act doesn't replace regular dental checkups, of course, and "therapists" must be licensed dentists and/or dental technicians. Laser teeth-whitening is a brand-new addition to the progressive menu at New York City's Completely Bare, and at the Golden Door Spa at the Boulders, the procedure is paired with a pampering pedicure or hand-and-foot massage.

**Medi-spas**, places that combine the best of Western medicine with therapeutic spa treatments, are still going strong. But the latest word from the Medi-Spa Association is that the hybrid healthcenter is moving beyond Botox and employing traditional docs. At HealthBridge, top physicians, including cardiologists and vascular surgeons, head the facility, addressing everything from chronic headaches, sleeping disorders, and weight management to total mind/body/spirit healthcare.

One giant leap beyond the curbside massage, the new breed of **express treatments** caters to fast-paced lifestyles. La Prairie at the Ritz-Carlton Spa adds grace to speed with a short menu of Manhattan Minutes that includes a Lunch Break combo of exercise and massage and the Executive Stress Break, tapping the restorative benefits of massage and hand and foot reflexology. For frenzied Southerners, the Spa at the Crescent in Dallas delivers quick relief with the Lunchtime Massage, a 25-minute, deep-tissue, pressure-point therapy that cuts straight through neck, back, and shoulder tension.

**Airport spas** come to the rescue just in time, as the stress of travel challenges the pleasure of adventure. Once the preserve of First Class travelers, the latest batch is concourse accessible. The Absolute Spa at Vancouver International has all the basics but adds such decadent choices as a 90-minute Bali Sea and Flower Body Polish. In Newark International, D<sub>ep</sub>arture Spa has hurried travelers in mind with salon services as well as restorative massages complete with Sprayology's Jet Lag vitamin spritzers. This spring, Detroit's Metropolitan Airport welcomes OraOxygen Wellness Spa and its per minute oxygen sessions for weary travelers. Prepare for takeoff.



**WATER BEDS** Far from the era the mention of its name conjures, the new water bed is 100 percent high tech, unabashedly luxurious, and completely at home in the spa. Its purpose? To enhance the body wrap experience. After being covered in some exotic concoction, you sink into the warm bed that forms a floating cocoon around you—allowing for complete weightlessness and ultimate relaxation. The new spa at the Four Seasons Resort Maui has side-by-side water beds in the couples treatment suite. Aveda Concept Salons and Spas (located across the U.S. and Canada) offer services, like the Rosemary Mint Awakening Body Wrap, on heated water-filled cushions.