



the ultimate spa guide

after months OF RESEARCH, INCLUDING SCOURING THE COUNTY AND REACHING OUT TO OUR READERS, *MIDDLESEX HEALTH & LIFE* BRINGS YOU THIS ULTIMATE GUIDE TO THE TOP SPAS IN MIDDLESEX COUNTY. OUR WRITER WAS SCRUBBED, PEELED, PLUCKED, WRAPPED, ROLLED AND RUBBED, ALL IN THE NAME OF DISCOVERING THE BEST LOCAL PLACES TO FIND REJUVENATION OF THE BODY AND SOUL. SHE RECAPS IT ALL HERE, ALONG WITH A LISTING OF SPAS IN THE AREA, SO THAT YOU CAN JOIN THE PAMPERING PARTY. BY PATTI VERBANAS »



Spas

editor's
pick

EDEN ORGANIX

Here's the most indulgent way you can go green. Proving that eco-consciousness and luxury need not be mutually exclusive, Eden Organix boasts three intimate treatment rooms and a line of carefully selected organic cosmetics and skin-care products, as well as "eco-essential" home decor and organic fashions. But here's what we love most: Eden cares. With its mission of "Purpose-Driven Beauty," the

spa donates 10 percent of all profits to organizations devoted to helping the environment, women and young people—for example, providing scholarships and helping to provide jobs for women struggling to make ends meet. If you want to feel good *and* do good, this spa with heart is your ideal respite from the workaday world.

» Eden Organix, 215 Raritan Ave., Highland Park, 888.907.3336, edenorganix.com



more of the best spas in middlesex

ANARA MEDSPA & COSMETIC LASER CENTER

1140 Stelton Rd.
Ste. 102
Piscataway
732.777.9577

» anaramedspa.com

APPEARANCE PLUS DAY SPA

406 Main St.
Metuchen
732.549.4433

» appearanceplusdayspa.net

AQUA PEARL DAY SPA

54 Pearl St.
Metuchen
732.516.1720

» aquapearldayspa1.com

AQUASPA DAY SPA & NAIL SALON

718 Route 18
East Brunswick
732.238.6522

» aquaspasalon.com

AVANCE AESTHETICS SKIN CARE

1870 Route 27
Ste. 2B
Edison
848.219.8808

» avanceaesthetics.com

BOCA SALONS DAY SPA & TANNING

Lions Plz.
1626 Route 130
North Brunswick
732.422.9229
Renaissance Commons
333 Forsgate Dr.
Jamesburg

732.521.2700

» bocadayspas.com

JAIRA'S WAXING SALON

980 Route 9 South
South Amboy
732.727.4247
510 Old Bridge Tpk.
South River
732.238.6413

» brazilianbikiniwax.org

LOOKIN GOOD SALON & DAY SPA

9 Lincoln Hwy.
Edison
732.906.0601

» lookingoodspa.net

MASSAGE ENVY

314 Route 18 North
East Brunswick
732.238.4444

» massageenvy.com

MOSAIC SALON & SPA

1392 St. Georges Ave.
Avenel
732.669.9880

» mosaicsonspa.com

SERENITY DAY SPA

330 Old Bridge Tpk.
South River
732.257.8118

» halcyondayssalonsandspas.com

SKIN BY NICOLE DAY SPA

7 Lincoln Hwy.
Ste. 106
Edison

732.906.8800

THE SPA AT THE HELDRICH

10 Livingston Ave.
3rd floor
New Brunswick
732.247.2500

» heldrichspa.com

VOI SPA

253 Route 18 South
East Brunswick
732.390.9390

» voisalonandspa.com

VITO MAZZA SALON AND DAY SPA

114 Main St.
Woodbridge
732.636.0119

» vitomazza.com



GENTLE HEALING WELLNESS SPA

This spa offers Victorian elegance served up with a dash of spice—sometimes quite literally! Go ahead, ensconce yourself in this luxurious 1853 Queen Anne farmhouse. You'll feel miles away from the modern world the minute you breathe in the spa's soothing natural aromatherapy scents. Then treat yourself to some extravagance, like the Cinnamon Refresher Exfoliation, which blends expensive spices with Oriental woods, resins, bamboo particles, poppy seeds and nutmeg to create a rich exfoliation experience that will leave your skin look-

ing refreshed and smooth and will even give you a hint of color. Other exotic indulgences we adore include the Gold Star Nectar Wrap (golden algae reduces photo-aging while nourishing and strengthening the skin), which will leave your body with a sparkly gold finish, and the Champagne Pedicure, a fizzy, toe-wiggling bubble bath, followed by a champagne foot wrap and champagne finishing cream to seal in the moisture. We can certainly toast to that!

» Gentle Healing Wellness Spa, 1274 Cranbury/South River Rd., Cranbury, 609.409.2700, gentlehealingspa.com



SOLACE DAY SPA

Can you feel the *om*? Solace Day Spa should be on your speed dial for whenever you crave relaxation and rejuvenation. Just a dip in Solace's heated tranquility pool, letting its ambiance of gentle music cocoon you, will transport you to a realm of serenity where the outside world falls away. A spa that really practices what it preaches, Solace gets an A+ for creativity in packages. Are you an athlete? Enjoy a "day of fitness," starting with an hour of strength training with a certified personal trainer, chased by a warm shower, a steam bath and a 50-minute sports mas-

sage to relax your hardworking muscles. After hitting the juice bar, you'll leave with a personalized workout regimen so you can continue your journey at home. If you're more into "peaceful healing," escape to Solace for an hour of private yoga, then a sauna session or steam bath, followed by an "ancient volcanic ritual treatment"—a treatment that uses volcanic ash as Polynesians have used it for centuries to boost collagen synthesis and renew the skin. Whatever your choice, you'll leave inspired as well as renewed!

» Solace Day Spa, The Shoppes at Old Bridge, 3855 Route 9, Old Bridge, 800.469.0254, thesolacespa.com

