

ARE WE TOO EASY ON DUI KILLERS?

seattle

THE PREMIER SEATTLE MONTHLY

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THE BEAUTY ISSUE

SALONS
SPAS
HAIRSTYLISTS
MANICURES
PEDICURES
UPDOS
FACIALS
WAXING
MASSAGE



MEET SEATTLE'S
NEW KING OF
POP (CULTURE)

WHY WE'RE
MOVING AN
ENTIRE TOWN

TOM DOUGLAS
TAKES
ON PIZZA

A MARDI GRAS
DINNER PARTY WITH
KELLEY MOORE

* Best spas

Our panel just couldn't decide on a favorite, so we decided to honor each of the fabulous spas nominated in this category.

[WINNERS!] >>

HABITUDE, (BALLARD/FREMONT) One of our city's first day spas, Habitude is quintessentially Seattle, offering a lack of pretense that appeals to our down-to-earth aesthetic.

SPA AT PRO SPORTS CLUB, (BELLEVUE) Can't make it to Canyon Ranch? Head to the Spa at Pro Sports Club, a resort-style spa on the Eastside that boasts the fluffiest towels in town, a robe heated to toasty perfection, a full-service women-only dining room and 26 treatment rooms.

SPA DEL LAGO, (MADISON PARK) Its pretty lakeside location in Madison Park is just the first indication that Spa del Lago aims to pamper its customers. "We go out of our way to accommodate people," says spa manager Lauren Spring. "We really make our clients feel at home."

UMMELINA INTERNATIONAL DAY SPA, (DOWNTOWN) Twenty years ago, former special-education teacher Nina Ummel christened Ummelina, Seattle's first day spa. The spa's success lies in its superior products and its consistency, which Ummel achieves through a strong training program. "It's like when you find a restaurant you love," she explains. "You want to go back and have the same experience again."

HABITUDE, ONE OF THE CITY'S BEST SPAS, HAS BEEN PAMPERING SEATTLE FOR MORE THAN A DECADE



THE MODERN MANI AND PEDI STATIONS AT SWOON, BEST NEW SPA WINNER



spas

BEST NEW SPA

[WINNER!] >>

SWOON BOUTIQUE SPA, (CAPITOL HILL) Since it opened last summer, Swoon Boutique Spa has been a hit with its trendsetting Capitol Hill neighbors. Owner Ellen Chae admits that it sounds clichéd, but she opened the spa because she couldn't find what she was looking for at other establishments: a hip, super-clean spa with good design and great prices. "Capitol Hill is a great place to try new concepts," she says. With its communal manicure table, the very social spa has already become a magnet for group celebrations. Manicures are \$27 to \$40, pedicures \$45 to \$55, massages \$60 to \$110 and facials \$45 to \$125.

THE EXPERTS ALSO RECOMMEND:

Savi Day Spa (new location), (TACOMA) Having been in business in the Tacoma area for 20 years, Savi Day Spa isn't new, but the popular south Sound spa did move to a chic new location in the downtown Tacoma Sheraton this past November. "We knew it was a perfect fit," says Kelly Wilson, who owns Savi with her best friends, Sharon Kline and Sally Smith. "There's a lot of life down there."

BEST THERAPEUTIC MASSAGE

[WINNER!] >> UMMELINA

INTERNATIONAL DAY SPA, (DOWNTOWN) Every massage at Ummelina starts with three ingredients: a hot towel for the face, organic

aromatherapy and a skin-conditioning treatment of seaweed and plant oils. But beyond those luxurious components, each massage is tailored to the client's specific needs, and most treatments use a combination of techniques, such as Reiki, shiatsu and deep tissue. "We hire great massage therapists, and we make sure they can do all different kinds of massages," says owner and "chief visionary officer" Nina Ummel. Amber Detroy, Trish Freiberg and Jen Nestor are particularly adept at soothing battered bodies. Massages are \$55 for 30 minutes, \$90 for 60 minutes and \$125 for 90 minutes.

THE EXPERTS ALSO RECOMMEND:

Spa Nordstrom, (DOWNTOWN) Spa Nordstrom offers two great options for sore muscles. The deep-tissue massage (\$85) targets a specific muscle group or part of the body, using slow strokes and deep pressure. The vigorous sports massage (\$85) can improve circulation and help speed muscle recovery.

THIS WOMAN KNOWS FACES: ANGELA BERN CASTAGNOLA OF RED, WINNER OF BEST FACIAL AND ANTI-AGING FACIAL



* WANT TO BOOK AN APPOINTMENT? FOR ADDRESSES, PHONE NUMBERS AND WEB SITES >> GO TO PAGE 159

Gene Juarez Salons & Spas, (MULTIPLE LOCATIONS) Gene Juarez, who recently retired from the helm of his eponymous company, brought massages to the Northwest masses when he opened up shop in 1971. Though many have followed in his footsteps, the Gene Juarez Signature Massage (\$150) is still one of the best in town.

The Spa at Pro Sports Club, (BELLEVUE) Most who book a therapeutic massage at The Spa at Pro Sports Club are active folks looking for relief as much as relaxation. Nonmembers are welcome, but pay a bit more for services; massages are \$70 to \$150.

Dream Clinic, (RAVENNA) This Ravenna-area clinic is a favorite among athletes. Not only does the center provide some of the best rehab and injury massages in town, but it sponsors local competitive teams, too, including the Hot Sake Dragon Boat Racing Team and Team Group Health, a group of women cyclists. Book a deep-tissue massage for sore muscles or an invigorating sports massage to keep you at the top of your game. Services run from \$39 to \$160.

BEST FACIAL

[WINNER!] >> ANGELA BERN

CASTAGNOLA, RED, (DOWNTOWN) Red owner and licensed aesthetician Angela Bern Castagnola has more than 20 years of experience in the beauty industry, so it should come as no surprise that her peers say she gives the best facial in town. Taking into account a client's age, skin type and the condition of the skin, she crafts a personalized facial designed for maximum penetration. "Because Red is a medspa, it allows me to use the best of clinical and spa ingredients and techniques," says Bern Castagnola, who charges between \$100 and \$150 for a facial.

THE EXPERTS ALSO RECOMMEND:

Jill Bucy, Glow Skin Care, (BELLTOWN) If you've never had a facial in Paris, you've never had a facial. But if a trip to the City of Light isn't on your to-do list, pay a visit instead to Jill Bucy, a Seattle native and internationally licensed aesthetician who trained in London and Paris. Her secret weapon (also French) is a middle-frequency current machine that she uses to lift the skin and treat conditions such as acne.

Calidora, (MULTIPLE LOCATIONS) There's no single standout aesthetician at Calidora because "they're all very extraordinary people," says owner Colette Courtion, who describes the medspa's facial philosophy as "high touch with high tech." Facials are customized for each client and delivered in an environment that will leave you feeling relaxed and pampered.

Reini Greene, Bocz Salon, (DOWNTOWN) Reini Greene wins raves from our panel of experts and her boss, salon owner Karen Bocz: "She

HOA, WINNER OF BEST MANI/PEDI FOR LESS THAN \$45, MAKES HANDS AND FEET LOOK AND FEEL FABULOUS



manis/pedis

BEST MANICURE/ PEDICURE FOR LESS THAN \$45

[WINNER!] >> HOA SALON, (MADISON

VALLEY) Hoa might not be as well known as its Madison Valley neighbor, Frenchy's Day Spa, but it has been making quite a name for itself since it opened nearly three years ago. Manicures cost just \$15 and pedicures are \$28, but the end result is anything but low budget. Owner Hoa Dins' cozy space is sparsely furnished and tastefully decorated, with nary a neon sign in sight.

OTHER NOTABLE MANIS AND PEDIS FOR LESS THAN \$45:

- Kristine Gavin, Derby, (ROOSEVELT) (\$35 manicure) > Hollis Johnson, Habitue at the Locks, (BALLARD) (\$28 manicure) > Tien Pham, InSpa, (UNIVERSITY VILLAGE) (\$22 classic manicure; \$36 classic pedicure) > Spa Scotta, (UNIVERSITY VILLAGE) (\$40 Spa Scotta signature manicure) > Xochil Squalia, Derby, (ROOSEVELT) (\$25 manicure; \$42 pedicure) > Brittany Sweeney, Marco Two Union Square, (DOWNTOWN) (\$30 manicure)

BEST MANICURE/ PEDICURE FOR \$45 AND UP

[WINNERS!] >> FRENCHY'S DAY SPA,

(MADISON VALLEY) You *could* get the Parisian spa pedicure for \$45, but we highly recommend you spend \$2 more and treat yourself to the Lulu of All Pedicures, a luxurious foot treatment using high-quality Babor scrubs and lotions from soak to finish. But don't just take our word for it: In 2006, *Allure*

magazine included the Lulu in its list of the 10 best pedicures of the year. "The good news is that we sell a retail version of all the products that are in the pedicure," says spa manager Joanne Sugura, so you can treat yourself at home, too.

SPA NORDSTROM, (DOWNTOWN) Nordstrom's exceptional customer service extends to its spa, and you can't go wrong with any of the hand and foot treatments offered: Royal Spa Manicure (\$45); Sun Kissed Manicure (\$50); Spa Pedicure (\$60); Royal Milk Paraffin Spa Pedicure (\$65); Raw Earth Pedicure (\$65).

UMMELINA, (DOWNTOWN) Manicures and pedicures at Ummelina start with a soothing foot bath—a practice pioneered 20 years ago by owner Nina Ummel—then progress to a quiet, private treatment room where hands and feet are treated for 45 minutes before they see a dab of polish. Manicures are \$45, \$50 with polish, and pedicures are \$70, \$75 with polish.

OTHER NOTABLE MANIS AND PEDIS \$45 AND UP:

- Kristine Gavin, Derby, (ROOSEVELT) (\$52 pedicure) > Angelina Liberato, Habitue at the Locks, (BALLARD) (\$57 pedicure) > Brittany Sweeney, Marco Two Union Square, (DOWNTOWN) (\$50 pedicure)





TREAT YOUR FEET AT HABITUDE

The Hottest New Spa Treatments

...AND WHERE TO FIND THEM

The Glow Treatment at SkinLogic,

(GREEN LAKE) Last year, SkinLogic unveiled its signature Glow Treatment, a 60-minute face treatment that promises to perk up lackluster skin. Alpha hydroxy acids are applied to the face, rinsed off and followed by Intense Pulse Light treatment. \$85, \$480 for a series of six.

Rhythm Drum Massage at Habitude, (BALLARD/FREMONT)

Habitude's current spa menu draws its influence from Africa. The Rhythm Drum Massage (\$76) uses nourishing oil extracts from the continent's fruits and flowers, plus hot stones—believed to transfer energy to weary bodies.

Lash and Brow Tinting at Local Salons and Spas

Why stop at coloring your hair? Brows and lashes can benefit from a little attention, too, which may be why lash and brow tinting is on the rise. "Our brow business has tripled in the last year," says Robert Leonard Salon & Day Spa co-owner Robert Salmons. Prices vary.

Pure O2 at Calidora, (MULTIPLE LOCATIONS) This energizing treatment (\$20 as a facial add-on) introduces purified oxygen deep under the skin, destroying surface bacteria and improving your face's texture and tone. It's just the thing to achieve that perfect special-occasion glow.

Age Intervention Eyelash at Red,

(DOWNTOWN) We're usually skeptical about "miracle" products, but we have to admit that Age Intervention Eyelash (\$160) is the real deal. If you have short, thinning or missing eyelashes, this gel from Jan Marini Skin Research, which you brush along your upper lash line like eyeliner, can actually stimulate growth, giving you fuller, darker lashes (and brows!) in just a few weeks.

has incredible healing hands and is extremely knowledgeable about skin, products and the various methods and technologies available."

SkinLogic, (GREEN LAKE) Three years ago, *Allure* magazine recognized SkinLogic for providing the best facial in town, and the 5-year-old skin-care center continues to wow Seattle. Facials are designed not just to make your skin feel fantastic (which it will), but to treat specific problems such as acne or sun spots.

achieve a client's desired results.

Calidora, (MULTIPLE LOCATIONS) On the scene for just two years, Calidora has experienced lightning-fast growth, already boasting four salons in Seattle and on the Eastside. Owner Colette Courtion chalks up the medispa's success to state-of-the-art equipment, a highly skilled medical staff and a warm, welcoming environment.

Spa Medica at the Spa at Pro Sports Club, (BELLEVUE) At Spa Medica, the medical arm of the Spa at Pro Sports Club, cutting-edge cosmetic treatments are performed in an ultra-luxurious spa setting, which makes sometimes painful treatments a bit easier to take. The popular Eastside medispa is one of the state's busiest Botox providers, and offers the hard-to-find Titan skin-tightening treatment.

BEST MEDISPA

[WINNER] >> AGELESS CENTER FOR

REJUVENATION, (FREMONT) If you're looking to turn back time, make a date with Ageless Center for Rejuvenation, the popular Fremont medispa founded by cosmetic surgeon and dermatologist Dr. Barbara Schell. At Ageless, you can get a little or a lot, from facials and massages to Botox and liposuction. And you can rest assured that you're in good hands, because Dr. Schell and the staff at Ageless are so good at what they do, they train other physicians and nurses who are learning new cosmetic treatments.

THE EXPERTS ALSO RECOMMEND:

Red, (DOWNTOWN) "We have a very experienced and passionate team of experts," says owner Angela Bern Castagnola of the medical treatments performed at Red. The spa takes a cocktail approach to its therapies, mixing and matching technology and ingredients to

BEST ANTI-AGING FACIAL

[WINNER] >> ANGELA BERN

CASTAGNOLA, RED, (DOWNTOWN) The secret behind Angela Bern Castagnola's popular anti-aging facials is a combination of clinical exfoliation, anti-aging ingredients and cranio-sacral relaxation techniques. In addition, the owner of Red pays as much attention to the hands, arms and décolletage (areas that give away a woman's age) as she does to the face. "[My clients] typically see a clarity in their skin and feel a surface

(CONTINUED ON PAGE 156)

DOESN'T A MASSAGE SOUND GOOD RIGHT NOW?

