

The Wizard Of Spa



Laura Anne Pelliccio

Spa La La La La Laaa!



Seasons Greetings...It's holiday Spa-tini time! So many festive spa treatments! This time of year, spa's are being most creative that it is more fun to see what menu of services they have come up with before even receiving a treatment. To me, this business is like a big punch bowl of spa and beauty fragrance mixed together for the perfect cocktail blend...and you can always make more!

I like to keep things simple....Buy a gift card or decide how much you would like to spend and allow your spa therapist to take over. This is the time to sit back with a holiday spa-tini and relax. If I write and discuss all of the cranberry facials and chocolate oil body treatments being arranged moreso for the purpose of this article, than special guests who may indulge in a temporary holiday spa service may wish they tried something more effective. Since I know what goes on behind treatment room doors, I want to share which holiday spa treatments in the Hamptons are performed the best since they are performed annually... but do they actually work? and do many people actually enjoy these services?

If you know what type of services you or a friend will like then read on to find out more details on special options and holiday indulgences being offered in the Hamptons. I decided to mystery shop some of the newest soothing spa palaces and pay a visit to some of the Hamptons finest to see what is steaming in the relaxation rooms... Which spa is truly full service? What holiday package deals are the most beneficial? And my biggest question, what do these spas individually specialize in?

If it's too chilly to go outside then check out the West Hampton developed website, www.HamptonAffirmations.com where these excellent spa gift products from Hampton Bath & Body Company can be ordered and shipped online.

From Essential oils to Aromatherapy diffusers to chocolate souffle decadent body truffles. This site will satisfy everyone, especially the spa professionals and spa-goers!

But one in particular, an infamous wellness entity in the heart of Southampton has really taken my breathe away this season. I had a chance to speak with Geomare Aviles, Founder and Esthetician of Beautiful You Center for Healing Arts on White Road in Southampton. This establishment began solely as a beauty center which dedicates its surrounding walls to healing the mind, body and spirit while receiving the benefits of signature facials, massage therapy, and like luxury services. This spa and wellness entity has an amazing twist offering Feng Shui Consultations and Life Coaching as well as Hypnotherapy. Award winning treatments and excellent testimonials certainly have a fine line between a day spa and the Center for Healing Arts, from anything I have heard of in this area. Sessions are very private, reasonably priced and estimate one hour long each. I can feel the owner's wonderful magnetic energy through the phone but will not be able to indulge without an advanced appointment. In order for you to detox that holiday cheer, you folks better get in line! Yes everyone, even in December. According to the International Spa Association, many patrons are not excluding zen-like calming therapies in this declining economy but budgeting their necessities in other ways.

Energy and meditative work is something I find common from residents and visitors throughout the hamptons. I can feel various types of energy once I drive further and further out east from exit 70 off the L.I.E. It makes sense to have one oasis with highly skilled therapists who specialize in different technique, to give the gift of wellness to those in need and those who share the same goals. The world is becoming more aware of being

conscious, positive and living consciously. This place offers a variety of inner healing and the outer beautification. Visit Beautiful You Center for Healing Arts and see how authentic the services are. Surely no other place in the hamptons is like this! As usual...please arrive early to settle in. I am faithfully positive your Beautiful You will be healed from the inside out. Tis' the season everyone!

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View the gift of holiday specials and winter packages being offered for you and a loved one at Beautiful You Center for Healing Arts:

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80 White Street, Southampton, NY 11968
Phone: 631.287.9352 FAX: 631.283.5149