

L O N G I S L A N D
pulse dining
the arts
going out
daily grind

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[Healthy Vain](#) | mirror mirror

toni munna

The Best Day Spas

OVER THE PAST FEW YEARS, I HAVE COVERED DAY SPAS IN the “Mirror Mirror” column, writing about my personal experiences at many Long Island establishments. I guess you could say I get around. So, I feel I can say with some conviction that I know quality when it comes to these havens of serenity and beauty. Happily, most of these establishments employ skilled, talented professionals, but I am not without my favorites. I thought it was time to share some of them with you.

BEST HOLISTIC SPA

Beautiful You Center for Healing Arts, Southampton

This stunningly-beautiful center is designed with a combination of European and Eastern influences. Founder Geomare Aviles partners with those who offer a variety of services that focus on a holistic approach to beauty, including Reiki, Release and Balance chiropractic, hypnotherapy, meditation and feng shui. And then there is her life-changing healing 90-minute facial. Geomare uses energy healing work and restorative skin care, which left my entire being in a state of deep relaxation, and my skin was luminous. Certified Reiki Master Karen Ferraro has the most intuitive hands I’ve ever experienced, and a session with her left me refreshed and with significantly less back pain. You haven’t lived until you’ve had Karen and Geomare work their magic on you. [beautiful-youcenter.com](#).