

NEW YORK · HAMPTONS · SOUTH FLORIDA · LOS ANGELES

RESIDENT

A portrait of Harry Hamlin, a man with short, styled white hair, wearing black-rimmed glasses, a black leather jacket, and a blue and white striped scarf. He has his arms crossed and is standing against a light-colored, textured wall. The text 'HARRY HAMLIN' is overlaid on the left side of the image in large, white, bold, sans-serif capital letters.

**HARRY
HAMLIN**

THE JET SET ISSUE

*LOS ANGELES, MEXICO,
SOUTH AMERICA, CARRIBEAN,
and MORE.*

BY JENNIFER PELAEZ

PRIMP & PAMPER

Shed the effects of winter and slip into spring with these treatments that restore balance while enhancing your overall well being.

SPA WEEK

Though we shouldn't need a reminder to pamper and rejuvenate ourselves, one of our favorite weeks of the year has to be Spa Week. From April 11-17, hundreds of top tier spa, wellness, and fitness facilities will be offering premium full-service treatments (that usually cost \$100-500) at a discounted price of only \$50 per signature treatment. Many of the offered treatments are designed to alleviate technology related ailments such as back and neck pain, poor posture, muscle fatigue, carpal tunnel syndrome, facial sagging, vision loss and other 21st century issues. One of the exclusive treatments offered by The Red Door Salons during Spa Week is the De Stress Body Treatment, as New Yorkers are used to harboring daily stress. Start with an exfoliation to remove impurities and dead winter skin followed by an aromatherapeutic body wrap and a relaxing scalp massage to melt stress away and rebalance your spirit. To book one of these specially priced treatments register on spaweek.com to find a complete list of participating spas. **Spaweek.com**



SPHATIKA

This Upper East Side crystal sanctuary, Sphatika, which translates into quartz crystal in Sanskrit, transports you to a tranquil and pure environment allowing you to absorb the positive energy and Sphatika philosophy which permeates the spa the moment you walk through the door. Their philosophy is to tap into your body's innate ability to repair, renew, and rejuvenate itself which results in radiance from within. Through their carefully thought out menu and innovative treatments using their in-house skincare line featuring high-quality minerals and natural ingredients, the results are a natural glow and sense of overall well being. From their 30 minute Instant Oxygen Revitalizing Facial to the more complete and luxurious two hour Goddess Ambrosia Facial, Sphatika offers interesting and effective facial options for men and women. They also offer a wide array of body treatments like the Royal Sphatika Gold & Platinum Crystal Singing Bowls Experience which is a treatment to not be missed. Afterwards, enjoy the Far Infrared sauna which gently yet deeply penetrates muscles and bones, helping to ease stress and detoxify the body. Sphatika takes a holistic, sensory approach and places special emphasis on not just treating your skin and body, but mind and soul as well. **Sphatika.com**

MARIS DUSAN SPA

This tranquil Park Avenue retreat has been attracting beauty aficionados and celebrity clientele for years. Maris Dusan Spa is a skin care sanctuary combining the best therapeutic treatments in a luxuriously zen environment. Maris Dusan Spa offers a wide range of treatments - from more medical treatments like the Rejuven Facial, to hair removal and herbal hydrotherapy baths, the end results are alike - a feeling and look of radiance and revitalization.

With more than 25 years of experience as a clinical aesthetician, founder, Lidia Trivich, combines her unparalleled expertise with natural and effective products for spectacular results. Her mantra that maintenance is prevention also rings true to her loyal followers who swear by her spectacular signature Eminence facials, as well as an oxygen blast (serum enriched with pure blue oxygen) which can be added to any service. Another recommendation is the cryodermabrasion facial which helps boost the skin's natural collagen supply through microdermabrasion and a special blend of hand-picked antioxidants. will leave you with a brighter and more glowing complexion.

Marisdusan.com

