



DESTINATION: DAY SPA

2008 was a stressful year. Here are four ways to slough off the old and soak in the new.

CARIBBEAN THERAPY BODY TREATMENT

taj salon & spa
9744 Schreiber Ter.
Brooklyn Park
763.416.7775
tajsalonspa.com
Price: \$100

For years I've wondered what a "body wrap" is—some sort of human burrito? After visiting taj salon & spa in Brooklyn Park, though, I'll never be confused again. Esthetician Di Medlock gave me a Caribbean Therapy Body Treatment by Aveda, or, as I like to call it, "Ninety minutes of mummified joy." First, she buffed my body with exfoliating mitts to smooth off any dead skin cells, then spread a self-heating seaweed mud mask all over me and tucked layers of blankets around my sides, nestling me into a Caribbean cocoon. After a soothing face and scalp massage, I got unwrapped and hopped in the shower to rinse off the mud. The treatment culminated in a relaxing body massage in which she covered me in Caribbean Therapy Body Crème. I left taj feeling soft and clean and like I wanted Di to be my best friend. That wouldn't break any client-esthetician rules, right?

FLOATING

RejoovMe Relaxation Center
3826 Grand Way, St. Louis Park
952.285.2993
rejoovme.com
Price: \$45 for 30 minutes
\$55 for 60 minutes
\$65 for 90 minutes

Have you ever wondered what it's like to be completely weightless and sensory deprived, floating in a mechanical womb? Neither have I. But the flotation beds at RejoovMe in St. Louis Park provided as close an experience as I can imagine. The relaxation center has four private rooms, each housing a shower, towels and a flotation bed that looks like a giant futuristic clamshell. During my session, I stripped down, showered off and stepped into the bed, which contained 10 inches of warm water mixed with 600 to 800 pounds of Epsom salt to aid flotation. With earplugs in, I lay down, pressed a button, and the lid whirred down, entombing me in an aquatic pod. I pressed another button and the lights shut off. Then I began to float. The first 10 minutes were weird. I wasn't sure what to do. After 20 minutes of thinking about thinking, I finally relaxed and entered a murky, dreamlike state.

When my 40 minutes were up, the lid automatically raised and I came back to Earth. According to RejoovMe's Web site, floating can cure a litany of ailments, such as jetlag, chronic pain, addiction and insomnia. They even have a lidless bed for the claustrophobic types, but you lose a little of that space-age feel.

CAVIAR FACIAL

Ivy Spa Club
201 Eleventh St. S., Mpls.
612.343.3131
ivyspaclub.com
Price: \$140 (member)
\$155 (non-member)

I originally visited Ivy Spa Club in downtown Minneapolis with the hope of receiving its new Diamond Radiance Facial, which uses diamond particles as anti-aging agents. But it turned out I was allergic to one of the ingredients. Instead, I opted to get up close and personal with fish eggs. It's not as gross as it sounds; in fact, it was wonderful. Brooke Rosenfeldt, my esthetician, used a roe-enriched cleanser, toner, mask and moisturizer to nurture and repair my skin. My favorite part was the 10-minute scalp massage during which my face was solidified under a hard mask. Apparently

caviar has numerous minerals that improve skin elasticity and minimize wrinkles. Who knew?

CHAKRA BALANCING MASSAGE

Sanctuary SalonSpa
1201 Harmon Place, Mpls.
612.333.0300
sanctuaryspa.com
Price: \$85-\$110

The rubdown continued at Sanctuary SalonSpa in Minneapolis, where I got in touch with my innermost energies through Aveda's Chakra Balancing Massage. My therapist, Kelli Ross, followed three procedures: deep tissue massaging parallel to my spine, a reflexology foot massage and energy work (hot stones and meditation). "If we launched a treatment that was all energy work, it wouldn't be very popular," explained Marc Zollicoffer, who developed Aveda's chakra massage. "We wanted to introduce people to subtle energy work and give them what they're used to with massage techniques." For someone whose idea of a mind-body connection involves eating Cheetos while watching a Cheetos commercial, it was the most connected I'd felt in ages. +
—Mary O'Regan

Shop News

Grace Bridal Boutique

Getting married? Cousins Jocelyn Davis-George and Amanda Henke have opened a bridal boutique in Excelsior. The shop is named after their grandmother, Grace, who let them try on her wedding gown when they were kids. In addition to designers like Badgley Mischka, Anne Barge and Ian Stuart, the boutique boasts an in-house custom dressmaker. **229 Water St., Excelsior; 952.474.3555; gracebridalboutique.com**

Corset

Listen closely. Are your clothes whispering, "Help me. I'm dowdy"? If so, head to Corset's new storefront in downtown Hopkins for a head-to-toe makeover. What originally started as a personal styling company for busy and fashion-challenged women has grown into a bustling boutique, bringing "casual glamour" to the masses, including a new line of Corset-branded tops and a wide array of plus sizes. **715 Main St., Hopkins; 952.224.2495; corsetstyling.com**

3 Kittens Needle Arts

Knitters and crocheters are in luck: 3 Kittens Needle Arts just relocated to a 2,100-square-foot, full-service needlework store in Mendota Heights. Choose from over 1,000 yarns, hundreds of patterns and oodles of accessories. **750 Main St., Mendota Heights; 651.457.4969; 3kittensneedlearts.com**

—Mary O'Regan



METRO RESOLVES: to keep this resolution

I resolve to actually keep my resolution, beginning with this one. I will keep this resolution—to keep my resolution—no matter how hard it is, or how many times I'm faced with adversity. There will be no weak moments during which I'll lose sight of keeping my resolution to keep my resolution. This one is mine.

IMY STRING THEORY: I bet a lot of idiots lost a lot of kites before somebody thought of attaching a string.