

mX Escape



It's all about you

NADIA SALEMME follows in the plucked, preened and pedicured footsteps of the beautiful people in search of the best spa experiences in New York and Los Angeles

Mani, pedi, oxygen-blast facial. No, it's not just another day in the life of *The Real Housewives*.

Plucking, pampering and preening are musts on those sorts of chilled-out holidays where it's all about, well, you. And a little bit about sight-seeing and being seen.

When visiting a US metropolis, it pays to look your best in case the paps mistake you and your giant sunglasses for a Kardashian. So try on these celebrity-magnet day spas in New York and Los Angeles for size.

BLISS

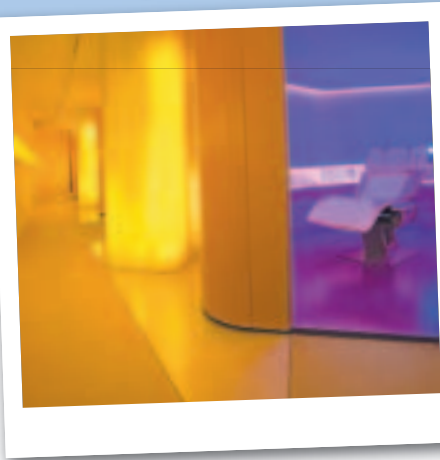
The two-storey bliss spa (main image) inside celeb magnet W Hollywood has a luxe nail lounge with two manicure and pedicure stations, complete with towers (yes, towers) of nail polish bottles.

The aqua-coloured spa's stand-out treatments include a 'minx' coat pedicure (described as having "more pizzazz than plain old nail polish") and the "manly-cure" for blokes.

Make time – 75-minutes to be exact – for a no 'zit' sherlock facial, which promises to ban blemishes and blackheads and calm irritated skin (and minds). *mX* can recommend the oxygen-blast treatment, which leaves your face feeling brighter and hydrated, like a drink for the skin.

Add to that a carrot and sesame body buff or deep-sea detox and you'll be ready to hit the W's rooftop pool.

bliss is at W Hollywood, 6250 Hollywood Boulevard, Los Angeles. Log on to blissworld.com/spa for more locations, including New York.



YELOSPA

YeloSpa in Manhattan's Midtown is a futuristic-looking, sanctuary-inspired day spa on 57th Street and is hidden away from the chaotic streets of New York. But, hey, if you're in Manhattan, you're probably there for the chaos and clubs.

The chilled-out design was inspired by the outfits worn by Tibetan monks, while skincare treatments and massages take place in "YeloCabs", cocoon-style private cabins.

YeloNap is one of the spa's signature treatments, where a zero-gravity chair reclines to elevate your legs above the heart, slowing the pulse to make you zen out for sessions of up to 40 minutes.

The spa also offers detox and jetlag recovery sessions (aka bliss in a cocoon). **315 West 57th St, New York. www.yelonyc.com**



SPA LUCE

Even if, like me, you're not the kind of girl who books massages at home, it's worth visiting Spa Luce for a one-off holiday treat.

The spa offers 50- to 80-minute massage sessions, including the signature Spa Luce custom massage, hot stone and deep-tissue treatments.

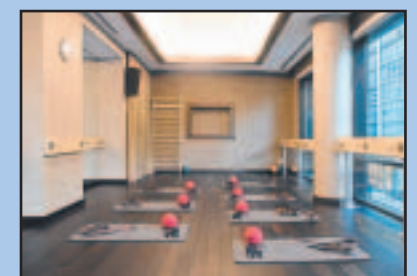
Treatments are for specialised areas, such as the eyes and hands, not just face. Most of the facials, including the brilliant skin facial and ultraluxe age-control treatment, last for more than an hour. Even the locker room is relaxing, with furry rugs and comfy couches.

Spa Luce is at Renaissance Hollywood Hotel, 1755 North Highland Ave, Hollywood. www.spaluce.com



BEVERLY WILSHIRE

The Spa at the Beverly Wilshire takes bookings for waxing, facials, massages, you name it. **9500 Wilshire Blvd, Beverly Hills. www.fourseasons.com/beverlywilshire**



EXHALE MIND BODY SPA

Spas aren't all just about facials and massages. New York's Exhale Spa is famous for its core fusion fitness and yoga programs, and acupuncture and cupping therapies, as well as personal training and waxing. It has seven locations in Manhattan, including the Upper East Side and Gramercy. **www.exhalespa.com**



Tourism California rolled out the big guns for its latest big advertising push. Don't pretend you haven't seen bikini-clad Kim Kardashian reading a quantum physics book poolside at the London West Hollywood. She is just one of an all-star cast in the misconception-themed campaign, including *The Jonas Brothers* and *Golden Girl* Betty White, who show off sunny California. For travel options and a behind-the-scenes look at the ad, www.visitcalifornia.com.au.