

RELAXATION

Mmmmm ... Spaaaaaaa

There's no better time than summer for treating your body and mind to a special spa experience. From a quickie manicure to an all-day extravaganza, these Seacoast spas offer a range of luxurious indulgences to fit every budget.

At **The Portsmouth Harbor Inn and Spa** (6 Water Street, Kittery, Maine; 207-439-4040), you'll find some very special body treatments (like their unique "chocolate and raspberry massage").

The spa offers a wide range of facials at very competitive prices, in-



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Faces is one of several local spas that will make you feel good all over.

cluding a special "Gentlemen's Marine Facial." The "Buff and Bronze" body treatment gives everyone that beach-bunny look without the harmful rays.

The prettily restored Victorian (formerly known as The Inn at Portsmouth Harbor) is

also a great place for an overnight stay.

Faces Day Spa (33 Deer Street, Suite 2-A, Portsmouth, New Hampshire; 603-431-6322) specializes in helping your face look its finest. The salon offers an extensive

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tensive range of facials and other skin care services (including chemical and power peels). Body wraps and self-tanning treatments are also available. Faces Day Spa's convenient location, affordable prices, and helpful staff make it a real hidden gem.

If you're looking for a daylong beauty retreat at a very attractive price, First Impressions Day Spa (20 Lafayette Road, North Hampton, New Hampshire; 603-964-7670) has a package for you. From the "Naturally His" package for men (which includes a facial, massage, manicure, and haircut) to the "Renewal" package, which offers a full day of pampering and rejuvenation, First Impressions has an impressive array of spa services. As an Aveda Concept Salon and Spa, First Impressions uses naturally formulated and ecologically sensitive products.

Adagio Spa and Salon (320 Calef Highway, Route 125, Barrington, New Hampshire; 603-664-6000) offers traditional beauty services (hair styling, manicures and pedicures, and makeup) as well as the latest in facials and body treatments.

Hot-stone massages, facials, and even pedicures are available here; packages include a "Time Out for Two" massage/sauna/manicure/-pedicure combo for friends and lovers.

Even the most hardcore spa fanatic will be delighted beyond her wildest dreams by a stay at **The Cliff House Resort and Spa** (Shore Road, Ogunquit, Maine; 207-361-1000). The hotel's



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"Comfort" and "relaxation" are the words of the day at Seacoast spas.

Even the most hardcore spa fanatic will be delighted beyond her wildest dreams by a stay at The Cliff House Resort and Spa. The hotel's breathtaking seaside setting is a treat for the eyes and the soul, and its restaurant offers delights for the palate.

breathtaking seaside setting is a treat for the eyes and the soul, and its restaurant offers delights for the palate. The spa's signature treatments feature local fruits and flowers; the Maine Wild Rose and Blueberry body wraps are just two of the Cliff House's special offerings. A variety of massage services are also available, including in-room massage appointments for guests staying in the resort's Spa Building. Facials, manicures, and pedicures round out the spa services available to

those with the penchant (and the pocketbook!) for truly elegant indulgence.