

The Hanakasumi ritual at Vive Day Spa & Salon is inspired by Japanese tradition and features exfoliation and foot and body massage.



# Body Conscious

PAMPER YOURSELF FROM HEAD TO TOE WITH AC'S MOST LUXURIOUS SPA TREATMENTS.

BY ALEXANDRA LESHNER

## Elizabeth Arden Red Door Spa

The Hydra-Quench Remineralizing Body Wrap at Harrah's Elizabeth Arden Red Door Spa will tempt ocean lovers in need of intense, all-over therapy as temperatures begin to creep upward. Using marine-based ingredients to hydrate and repair the skin, the treatment includes a deep exfoliating body massage, a reenergizing body mask, and a final rubdown with moisturizing body milk. **Harrah's Resort, 777 Harrah's Blvd., 609-441-5333; harrahsresort.com**

## Qua Baths & Spa

"The Cleopatra Body Ritual begins with a kiwi exfoliation to buff away dead skin," says director of spa operations Andrea Magalhaes. "You are then cocooned in a detoxifying mask designed to reduce water retention and the appearance of cellulite while your feet are massaged. This ritual concludes with a full-body massage and scalp treatment." **Caesars Atlantic City, 2100 Pacific Ave., 609-343-2400; caesarsac.com**

## The Salon & Spa at Bally's

The sumptuous Hot Toddy treatment incorporates rich Kentucky bourbon, which is full of minerals and vitamin B6.

A hot-towel infusion of warm milk precedes a bourbon and brown sugar scrub that eliminates dry patches and rough skin. The final touch is a peppery caramel lotion applied with hot stones. **Bally's Atlantic City, 1900 Pacific Ave., 609-340-4601; ballysac.com**

## Sea Spa

Bid adieu to the drying effects of winter with a deep exfoliation at the Sea Spa. The Mermaids Secret/Sea Creature treatment—performed in the spa's wet room—stimulates circulation with Dead Sea salts, algae, and marine sediments. Its combination of warm and cool sensations will leave your skin refreshed and silky smooth. **111 S. Chelsea Ave., 609-428-4554; thechelsea-ac.com**

## Spa at the Taj

The Real Aromatherapy Experience at the Spa at the Taj is customized based on the emotional and physical needs of each client. With 12 signature oils to choose from, guests will find the therapeutic benefits endless. Swedish and neuromuscular massages put the oils to work. **Trump Taj Mahal, 1000 Boardwalk, 609-449-6100; trumptaj.com**

## Spa & Salon at the Golden Nugget

After considering the expansive

menu of treatments at the Spa & Salon at the Golden Nugget, you'll want to indulge in the Tropical Body Butter Wrap. The luxurious service begins with a dry-brush exfoliation and sugar glow followed by a full-body application of warm body butter and a scalp massage. **Golden Nugget Atlantic City, 1 Castle Blvd., 609-340-5001; goldennugget.com**

## Spa Toccare

"Our Moor Mud Body Float is perfect for spring because it's detoxifying and addresses inflammation," says Jennifer Aarons, director of spa operations at Borgata. "The hydration is amazing for the skin and our Soft Pack submersion table brings you the ultimate relaxation with the sensation that you're floating on a cloud." **Borgata Hotel Casino & Spa, 1 Borgata Way, 609-317-7555; theborgata.com**

## Vive Day Spa & Salon

Inspired by Japanese tradition, the Hanakasumi ritual features a body exfoliation with cherry blossom and rice powder gommage, a reflexology foot massage, and a full-body massage using melted shea butter. The 80-minute treatment is designed to soften the skin and promote complete relaxation. **Showboat Atlantic City, 801 Boardwalk, 609-343-4118; livedayspa.com PS**

The head-to-toe Purifying Tea Tree and Lemon Rejuvenation at Tropicana can be customized to suit a client's specific needs.

## BODY WORKS

Bluemercury CEO and cofounder **Marla Malcolm Beck** recommends Atlantic City's most revitalizing treatment.



"The Purifying Tea Tree and Lemon Rejuvenation treatment includes a mineral body scrub to buff away dry skin, a body mask chosen for your skin's needs, a foot reflexology treatment, a body massage, and more. The head-to-toe treatment is one of the Tropicana location's most popular services as it can be customized to suit a client's particular skin type." **Tropicana Casino & Resort, 2831 Boardwalk, 609-347-7778; tropicana.net**



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