

Spa Week: Snap up treatments for \$50

April 12, 2013 by RUTH BASHINSKY. Special to Newsday



It's a beautiful thing. Spa Week is back -- Monday through Sunday, more than 30 [Long Island](#) spas, salons and fitness centers are offering \$50 beauty treatments.

"Every type of treatment imaginable is being offered, from traditional massages and facials to eyelash extensions, spray tans and even Botox and vein-zapping," says Kelly Verdi, publicist for the Spa Week Media Group.

Although women, by far, remain the predominant spa clients, "we are definitely seeing more men go to the spa," says Verdi.

Take Brendan Linnehan, a personal trainer from [Levittown](#) who was getting his teeth

whitened at Nu Glo Medi-Spa in [Hewlett](#) on a recent Sunday afternoon.

"I got a great deal," says Linnehan, 21 -- half of what he might have paid at a dentist's office. Next, he might try a facial.

And since everyone -- even busy moms -- deserves a little pampering, several spas are offering free child care. Here are five \$50 treatments being offered. See the full list of venues at [spaweek.com](#).

1. BRITESMILE TEETH WHITENING

WHERE Nu Glo Medi-Spa, 1255 [Hewlett](#) Plaza (inside Retro Fitness), [Hewlett](#)

INFO 516-374-8456, [nugloskin.com](#)

REGULAR PRICE \$199

THE PROCESS It starts with a tooth brushing, followed by a protective vitamin E oil treatment for the lips and gums. Then a whitening gel is applied to the teeth, which are zapped with a BriteSmile light in a series of three 15-minute intervals.

THE BENEFIT Spa owner Rona Hummel says clients typically see a five- to six-shade difference in their smiles. "We knew this would be a killer treatment during Spa Week," Hummel says. Forty appointments were already booked as of last week.

2. MANGO MASSAGE/ANTI-AGING HAND PEEL

WHERE Ananas Spa, 71 Hill St., Southampton

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INFO 631-287-9099, ananasspa.com

REGULAR PRICE \$90 massage; \$20 anti-aging alpha hydroxy hand peel

THE PROCESS The full-body Swedish massage is done on a heated table with a [mango](#) cream (the fruit is high in vitamins A, B and C, and is said to promote anti-aging and lessen fatigue in the skin). The treatment is followed by an anti-aging hand peel that uses alpha hydroxy acid. Micro beads made of natural jojoba gently exfoliate the skin.

BENEFIT "It is wonderful for circulation," says massage therapist Shana Heatley. "It relieves any muscle tension, helps with the lymphatic system and has positive effects on the overall nervous system."

3. ANTI-AGING FACIAL

WHERE [Clarins](#) Skin Spa at Bloomingdale's [Roosevelt](#) Field mall

INFO 516-873-2819

REGULAR PRICE \$75

THE PROCESS A private treatment room helps you forget you're in a department store. The facial includes exfoliation of the face, neck, hands, arms and décolleté, plus a mini massage to help minimize puffiness. The treatment's signature touch is an anti-aging mask with double serum (extractions by request).

THE BENEFIT The newly updated [Clarins](#) serum is packed with 20 botanical extracts -- think of it as a multivitamin for the outer skin.

4. 2 FULL-BODY SPRAY TANS

WHERE The Spa at Red Hots, 1512 Old Northern Blvd., [Roslyn](#)

INFO 516-484-8267, redhotsspa.com

REGULAR PRICE \$48 a session

THE PROCESS Select a shade -- from a light golden glow to a deep dark bronze, and a technician uses a spray tan gun to evenly apply the color. Then it's off to a heated room with drying fans (the tan color fully develops eight hours later). Need a sun-kissed look quickly (think last-minute party invite)? Opt for a "rapid solution" upgrade, \$7; the tan develops in two hours.

THE BENEFIT The treatment "gives us the gorgeous glow we all crave without ever exposing our skin to the sun," says owner-aesthetician Elaine Bezold. "This is the service that put our spa on the map."

5. BRAZILIAN/EYEBROW COMBO WAX

WHERE Incentives Organic Spa & Salon, 157 [Deer Park](#) Ave. (inside Fitness Incentive health club), [Babylon](#)

INFO 631-893-3490, incentivespasalon.com

REGULAR PRICE \$60 Brazilian wax; \$20 eyebrow wax

THE PROCESS A quick cleanser and application of talcum powder is applied to the skin before the hot wax. Those with sensitive skin can opt for a harder, thicker wax formula to lessen the ouch factor.

THE BENEFIT Waxing can last four to six weeks, says manager Heidi Manzo. And when the hairs grow back, they tend to be less dense and stubbly than after shaving.

Spa Week

WHEN | WHERE Monday-Sunday, at 31 participating [Long Island](#) spas. Appointments required.

INFO spaweek.com

COST \$50 per treatment

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