

TREATMENT

milk + honey

The milk exfoliates and supercharges your skin with vitamins and minerals; the honey both disinfects and purifies (it's a natural antibacterial), plus it really moisturizes. The results—whether you get a pedicure, a facial, or a body wrap—invariably involve silky-smooth skin, a major glow, and a soothed, indulged psyche. —Charlotte Rudge



massages:

Agua Spa at the Delano, South Beach, FL

PHONE: 305-672-2000

WHAT: The therapist blends organic honey, sesame oil, and milk, then massages it in, Swedish-style. At the end, you rinse off in a Swiss shower. 60 minutes, \$120.

VIBE: Pristine, all-white, and gorgeous. Hang out on overstuffed couches, snack on fresh fruit, and sip iced tea.

BONUS: The spa is women-only until 7 PM, so nude sunbathing is totally okay.

AGUA SPA AT THE DELANO



Glow Skin Spa, NYC

PHONE: 212-319-6654

WHAT: A gentle scrub-down with a compress soaked in hot milk and honey is followed by a head-to-toe massage with lavender oil. Afterward, the compress is placed on your back. 60 minutes, \$110.

VIBE: The spa is filled with aromatic pomegranate candles, top-of-the-line beauty products, and a cheerful staff.

TIP: Ask for Margaret Parosa to administer the massage—she's tiny but has the strength of a WWE wrestler.

facial:

Lakeview at Fontana, Bryson City, NC

PHONE: 800-742-6492

WHAT: After an herbal cleanser and ginseng and honey toner, you get a mask made of raw, locally harvested honey and organic milk. The last part: a massage for the scalp, neck, shoulders, face, and hands. 60 minutes, \$80.

VIBE: In a rustic cottage set high in the mountains, this cozy, family-run spa has breathtaking views.

EXTRA: The Appalachian Trail is just minutes away.

at-home TREATS

MCBRIDE FACE & BODY MILK & HONEY ALL NATURAL BODY SOAP
Amazingly sudsy, and so hydrating that you can skip body lotion. \$12 FOR TWO. MCBRIDEBEAUTY.COM FOR STORES



BURT'S BEES MILK & HONEY BODY LOTION
Sinks right in, and is great all over, but especially on knees and elbows. \$9. BURTSBEES.COM



SUAVE NATURALS SHAMPOO IN MILK & HONEY Smooths frizzy, damaged hair with milk proteins and honey extracts, plus it smells so good. \$2. DRUGSTORES

MANICURE: GINA VIVIANO FOR ARTISTSBYTIMOTHYRIANO.COM; STILL LIVES: LUCKY DIGITAL STUDIO.

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