

MORRIS | ESSEX

health & life

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YOUR GUIDE
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THE BEST
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+ *the
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» foreveryoungmedispa.com

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THE WOODHOUSE DAY SPA
The Woodhouse Day Spa in the heart of Montclair may be small, but it offers big results in the matter of relaxation and rejuvenation. I've had many facials and mild peels before, and as much as I love the subsequent glowing skin, when they're not done properly, the pinching extractions and stinging chemical exfoliation can ruin the spa experience. This was not an issue here, though, as the clarifying facial treatment offered as much comfort as it did results. I arrived early in the morning and struggled not to doze off in the plush

waiting room chair—a difficult task considering the warm herbal-scented towel cradling my neck and plush robe around my waist. I did get to rest my eyes, covered by a cooling herbal masque, during the 80-minute treatment. While I zoned out, the esthetician gently cleansed my skin, applied a fruit-based chemical peel and a face masque, accompanied by a neck, head, and foot massage using Arcona products that burst with soothing herbal aromas.

» The Woodhouse Day Spa, 56 S. Park St., Montclair, 973.509.8488, montclair.woodhousespas.com