

THE GOOD LIVING MAGAZINE FROM WESTCHESTER MEDICAL CENTER

WESTCHESTER health & life

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WAYS TO FIND
tranquility

LOCAL
CHEFS
SERVE UP
HEALTHY
CUISINE *p.* 50

TAKE CHARGE
OF YOUR WELL-BEING!

+
ideas
FOR A HARMONIOUS HOME

IN GOOD
HEALTH:

A RYE MAN'S
MARATHON
WITH A
NEW HEART

BEAT
WINTER
BLUES!

KIDS' FOOD
ALLERGIES

THE FIRST ANNUAL
ULTIMATE
SPA
GUIDE

THE ULTIMATE SPA GUIDE

WE FOUND THE BEST SPAS IN WESTCHESTER COUNTY SO YOU CAN GET PAMPERED THIS VALENTINE'S DAY—AND BEYOND

It used to be that going for a spa treatment once a year—for special occasions like birthdays, anniversaries or holidays—was considered extravagant. Now people realize that getting regular treatments isn't a luxury, but an important adjunct to good health. The benefits of massages (soothing your aching muscles and releasing toxins), facials (clearing your pores and hydrating your skin) and medical treatments (removing those unsightly spider veins) have helped bring spas growing acceptance. In fact, some insurance plans even cover massage and some of the dermatologic options. Plus, the stress relief you'll get from regular pampering is hard to match. We picked the best spas in Westchester County, specializing in everything from basics such as massages and facials to the unusual, like belly casts (for pregnant women) and photorejuvenation (to even out skin tones), so book a sitter, put work on hold and treat yourself to a well-deserved day of bliss. (And with Valentine's Day right around the corner, be sure to ask about specials.)



MIRIANA DAY SPA

590 Commerce St.

Thornwood, 914.773.2300

mirianadayspa.com

ADVANCED RELAXATION

At Miriana Day Spa, facials, waxing and body and foot treatments are accompanied by plasma televisions and iPod connections. Throw a spa party complete with services, catering and gift bags or celebrate solo with a reflexology treatment, which includes a footbath followed by a salt scrub, circulatory massage and pedicure.