

NOVEMBER 2011
THE COMPLETE GUIDE TO GO®

Seattle + The Eastside

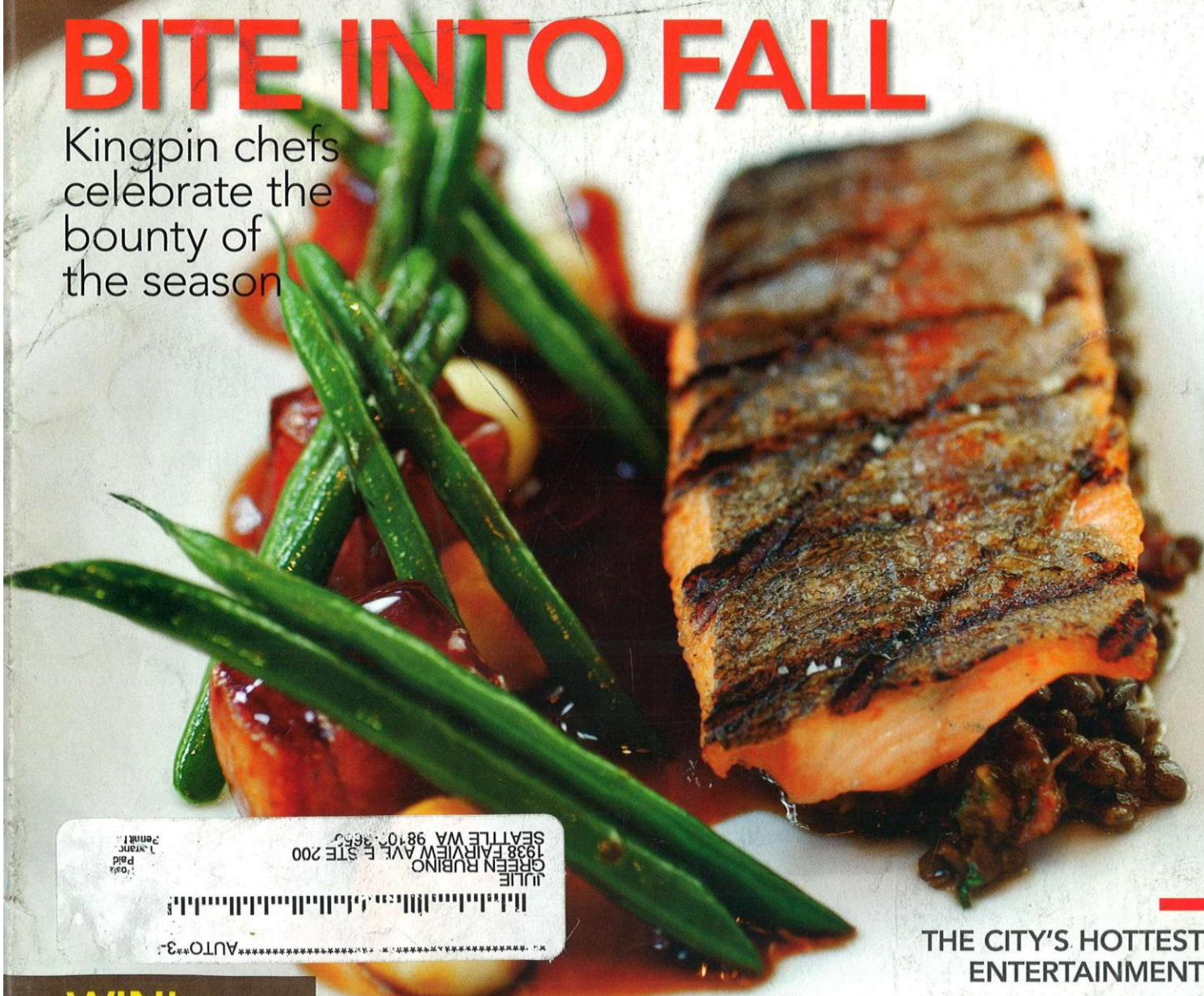
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Urban Escape

Tucked within downtown's Hotel 1000 is boutique spa **Spaahh at Hotel 1000**, which offers refuge from the rain with renewing spa services like facials, manicures, pedicures and body treatments. Luxurious skin care (like their antioxidant-rich Coffeeberry line) ensures that you'll see instant results from treatments like their Spaahh Signature Facial, an indulgent service that delivers anti-aging benefits while balancing and renewing skin. You can customize your service by ordering options off the spa's add-on menus. Or, if you're in a hurry, order off the spa's happy hour menu, which is filled with quick services—like a 30-minute facial—that are reasonably priced and designed to fit your packed schedule. You can even pre-order a meal to eat in the "ahh" room or bring with you after your service. Hotel 1000, 1000 1st Ave., 206.357.9490, hotel1000seattle.com

Spas and Nail Parlors

- ELAIA SPA**—This eco-friendly spa offers seasonal Market Fresh options that feature ingredients from Pike Place Market. www.elaiaspas.com. 1635 8th Ave., 206.676.4500. **Map 1 H7**
- FOUR SEASONS HOTEL**—This spa is luxury all the way, with impeccable details at every turn (what else would you expect from the Four Seasons?). www.fourseasons.com/seattle/spa. Four Seasons Hotel, 99 Union St., 206.749.7000. **Map 1 F9**
- JULEP NAIL PARLOR**—This sleek nail parlor is posh in every sense of the word. www.julep.com. Downtown: 1427 5th Ave., 206.985.0088 **Map 1 G8**; Bellevue: 221 Bellevue Way NE, 425.440.0861. **Map 2 F10**
- RED DOOR SPA**—This retreat offers everything from hair cuts and color to facials and massage to manicures and pedicures on the menu. www.reddoorspas.com. The Shops at The Bravern, 700 110th Ave. NE, 425.455.3700. **Map 2 F11**

- SALISH LODGE AND SPA**—This spa overlooks breathtaking Snoqualmie Falls. www.salishlodge.com/spa.php. 30 miles from Seattle, 6501 State Highway 202, 800.272.5474 or 425.888.2556. **Map 3 J10**
- SPAHH AT HOTEL 1000**—Known for great happy hour spa deals, like a polish change manicure for \$16. www.hotel1000seattle.com/spa.php. 1000 1st Ave., 206.957.1000. **Map 1 G10**
- TRUCE SPA**—This spa, in Bellevue's Westin hotel, delivers exotic treatments. www.trucespa.com. 600 Bellevue Way NE, 425.454.0622. **Map 2 F10**
- UMMELINA**—Located downtown, this unique spa pampers guests with 15 types of massage and treatments from around the globe. www.ummelina.com. 1525 4th Ave., 206.624.1370. **Map 1 F8**
- URBAN YOGA SPA**—This downtown yoga sanctuary offers urbanites hot Hatha and power Vinyasa yoga classes, as well as convenient manicure and pedicure options on its second floor. 1900 4th Ave., 206.420.0222. **Map 1 G8**

- VIDA SPA**—Enjoy Ayurvedic services and customized facials and massages. www.vidaspas.com. 2200 Westlake Ave., 206.264.8432. **Map 1 G5**

Salons

- GARY MANUEL SALON**—Local celebrities and fashion insiders depend on this salon for gorgeous cuts and color ahead of the trend curve. 2127 1st Ave., 206.728.1234, www.garymanuel.com. **Map 1 D7**
- GENE JUAREZ**—This local hair salon chain is a favorite! www.genejuarez.com. Downtown: 607 Pine St., 206.326.6000 **Map 1 G8**; Bellevue: 550 106th Ave. NE, Ste. 105, 425.455.5511. **Map 2 E10**
- SASSOON**—An internationally recognized hair salon specializing in precision cuts. www.sassoon.com. 1405 5th Ave., 206.623.3685. **Map 2 F11**
- SWINK STYLE BAR**—This style bar specializes in \$30 blowouts and updos. Downtown: 611 Stewart St., 206.682.7070. **Map 1 G7**; University Village: 4610 Village Court NE, 206.673.5070. **Map 2 C7**



COMPLEMENT YOUR POST-SPA GLOW with a new outfit from downtown clothing and accessory boutique Baby & Co. (page 16).