

JANUARY 2003

# WHERE

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SEATTLE

## URBAN RENEWAL

Rejuvenate mind and  
body at nine notable  
Seattle spas



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# URBAN RENEWAL

Seattle's many spas offer warm respite from the bitter January chill *By Katriné Larsen*

It may surprise you to find that Seattle is a pretty relaxing place. Of course, we take ourselves silly on moments like this. In Hibernia, St. and Baker, Tu, we have, cross-country ski and jog in parks like Green Lake, Myrtle Edwards and Gas Works. And we're pretty sure that someone, some-

where has figured to get the hiking boot on the Puget-sound state and that the fact is we take our relaxation as seriously as we take our exercise. And it doesn't matter whether you're busy exercising your body with a steep climb or your mind with hard work, because these amenities in average Seattle offers some fabulous ways to rest, rejuvenate and rejoice in passionate pampering. Here's the rundown on a few popular spas, whether you seek (1) World-class, award-winning or (2) budget-friendly or (3) unique to other kinds.

For a quick trip to an exotic locale, check out Unwinden Day Spa (1125 4th Ave., 206-424-1170), a downtown establishment that features an almost full-time spa setting. In addition to standard spa services (is there really such a thing?) Unwinden offers signature treatments as these have "signature" that combine a number of treatments into one out-of-this-world experience. "By having the various techniques, for example, with the Signature Journey, which starts with a footbath and then a "soothing" shower, comes to a salt glow, dry body mask in a sauna, and finishes up with another shower under the waterfall head.

Seattle offers some fabulous ways to rest, rejuvenate and rejoice in passionate pampering.



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