

Connecticut **LIFE**

Spa of Essex

Nestled in an historic building on three acres in a picturesque town, the Spa of Essex is Connecticut's newest jewel in the day spa lineup. Opened on May 1, it is still a well-kept secret, but probably not for long.

Built as the culmination owner Joyce Cosenza-Drew's lifelong dream, the full service spa provides a luxurious respite from life in the "fux" lane. Lights are muted, the décor is soothing, the music is soft and the "faux" fireplaces throughout add to the sense of well being.

The changing rooms, stocked with a full slate of amenities, are a haven in themselves. A spa lunch, prepared by the nearby Griswold Inn, is served in an intimate dining room. A specially created "relaxation room," furnished with plump, oversized armchairs is where you go between treatments, or when your session is finished.

With more than 100 services on the menu, there is something for everyone.

The age-defying facial targets fine lines and wrinkles, loss of firmness and sun damage. The special "lift me up eye treatment" aims at pampering, protecting and perking up the delicate eye area by stimulating collagen production. It also targets fine lines and deep wrinkles, while minimizing puffiness and dark circles. The cellulite body treatment focuses on detoxifying fat cells and releases excess fluid, while the Reiki

treatment promotes a gentle rebalancing of the body's energy through a non-manipulative massage given by an advanced Reiki practitioner, to allow your body to regain its natural state of wellness.

"We want women to come here and feel like they're 'queen for a day,'" Ms. Cosenza-Drew said. "Men are also discovering the benefits of treatments and massages. It's very important to treat yourself to services like these in our stressful lives."

In a hurry? The Avancé Express, a facial, spa manicure and spa pedicure given simultaneously, will have you in and out in one hour, thanks to the installation of the "Grand Versailles" chair.

Your best bet when visiting however is to plan to spend a whole day. You won't be sorry. The Spa of Essex is located at 63 South Main Street, Essex, (767-7796).

