

DAY SPAS

LISTED ALPHABETICALLY

COMPANY	OWNER	SERVICES	PREFERRED PRODUCT LINE
ABUNDANT WELLNESS CENTER 94 Chicopee St., Chicopee, MA 01013 (413) 592-2828; www.abundantwellness.net	Debee Boulanger	Acupuncture and oriental medicine; couples massages; reflexology; Reiki; deep tissue/injury rehabilitation; emotional-freedom technique; hot-stone massage; yoga; therapeutic massage; nutritional consultants; tai chi and qigong	Natural Vitality; metaphysical gift shop; essential oils; healing crystals
AMHERST LASER & SKIN CARE 264 North Pleasant St., Amherst, MA 01002 (413) 253-2214; www.amherstlaser.com	Dr. Bob Weitzman	Facial and body rejuvenation; laser hair removal; Botox; laser pigment and vascular treatment; laser acne treatment; laser body sculpting; laser tattoo removal; microdermabrasion; body waxing; facials and peels; custom back facial	eTwo tightening and toning system; Latisse lashes; SmartLipo laser body sculpting; MiraDry underarm sweat treatment; iGrow laser helmet
BELLUCCI SALON 673 White St., Springfield, MA 01108 (413) 782-8056; www.belluccisaloon.com	Maria Serra	Organic luxury facials; total nail care; customized color and hair cutting; makeup, salon, and spa packages; all stylists American Board certified	Eminence; Jane Iredale; Soma; Tri
BROOKS AND BUTTERFIELD THE DAY SPA 140 Main St., 2nd Floor, Northampton, MA 01060 (413) 586-0366; www.brooksandbutterfield.com	Shannon Fleury	Skin-care treatments; massage therapies; men's services; hand treatments; manicure; pedicure; express services; full-body treatments; hair removal; makeup; bridal preparation; spa packages; spray tanning	Jane Iredale; GM Collin; Biotone; Suki; OPI; Coola
CANYON RANCH 165 Kemble St., Lenox, MA 01240 (413) 637-4100; www.canyonranch.com	ZC Management, LLC	Classic massages; Asian therapies; advanced restorative touch therapies; Ayurvedic body treatments; hydrating and soothing body scrubs and wraps; facials; complete salon services, including manicures, pedicures, makeup, hairstyling	BioSuisse Organics
COSMETIC AND WELLNESS CENTER 2085 Riverdale St., West Springfield, MA 01089 (413) 650-7546; www.cosmeticwellnesscenter.com	Dr. Roberto Salva-Otero	Laser hair removal; spider veins; facial anti-aging; pigment reduction; laser liposuction; body sculpting; cellulite reduction; tattoo removal; keloid removal; botox; Radiesse; Sculptra; Juvederm; Dysport; sclerotherapy; laser chemical peel; stretch mark reduction; cosmetic products	Jan Marini
CRANWELL SPA & GOLF RESORT 55 Lee Road, Lenox, MA 01240 (800) 272-6935; www.cranwell.com	Cranwell Management Corp.	More than 50 services including massage; facials; body wraps; baths and salon services; personal training; fitness center; indoor pool; swim lessons	Moroccan Oil; Declor; Carita; OPI; Shellac Hybrid Color; Jane Iredale Mineral Cosmetics; Sojourn
THE DAVIS METHOD 245 Russell St., Unit 15, Hadley, MA 01375 (978) 302-8299; www.thedavismethod.com	Julia Davis Robin Davis	Massage therapy with a focus on relaxation, sports, and deep-tissue techniques; hypnosis for personal, professional, and clinical wellness goals; specialization in pre-surgical preparation and pain management	Biotone
DIGRIGOLI SALONS 1578 Riverdale St., West Springfield, MA 01089 (413) 827-8888; www.digrigoli.com	Paul DiGrigoli	Hair cutting (including blow-dry and style) for women, men, and children; color and highlights; permanent waves; formal up-dos; deep conditioning treatments; facial waxing	Redken; Rusk; TIGI Bed Head
ELEMENTS HOT TUB SPA 373 Main St., Amherst, MA 01002 (413) 256-8827; www.elementshottubspa.com	Jeff and Diana Krauth	State-of-the-art, private hot tubs; infrared saunas; aromatherapy steam room; individual and couples massage; advanced therapeutic bodywork modalities; natural facials; spa services	France Laure Natural Care
ELEMENTS MASSAGE HADLEY 379 Russell St., Hadley, MA 01035 (413) 341-0050; www.elementsmassage.com/hadley	Michele and Mark Cornelius	Massage services, with a wide range of modalities including relaxation massage, deep-tissue massage, hot-stone massage upgrades, and Himalayan salt stones	N/A
ELLE DAY SPA AT CROWNE PLAZA One West St., Pittsfield, MA 01201 (413) 445-5600; www.elledayspa.com	Michelle McGuire	Acupuncture; body treatments and wraps; electrolysis; eyelash extensions; facials and facial peels; makeup applications and lessons; manicures and pedicures; shellac manicures; reflexology; spray tanning; waxing	Pevonia; Jane Iredale
FACE TO NAILS ETC. 600 Springfield St., Chicopee, MA 01013 (413) 594-8563; www.facetonails.com	Francine Kumiega James Kumiega	Massage therapy; facials; makeup; microdermabrasion; body treatments; hot-stone massage; reflexology; hand and foot treatments; nail services including acrylics; hair styling and color; men's services; hair removal	Kuma (a Face to Nails exclusive); Pureology; Goldwell; KMS; Redken
LA DERMIQUE SKIN REJUVENATION and body contouring center 1154 Springfield St., Feeding Hills, MA 01030 (413) 786-3376; www.ladermique.com	Dr. Stanley Swierzewski III	Advanced, FDA-approved, non-invasive, minimally invasive, and surgical aesthetic procedures; laser hair removal; laser skin rejuvenation; laser vein therapy; laser fat reduction; laser cellulite treatments; injectable Botox and fillers; laser tattoo removal	Skin Medica; Glow Minerals; Epiquin Micro; Clarisonic
MIND, BODY, SKIN 117 River St., West Springfield, MA 01089 (413) 734-7470; www.mindbodyandskin.com	Jenna Pruitte-Sefton	Customized mind, body, and skin-care spa services for both men and women, including body wraps and body treatments; facials; massages; waxing; makeup; full spa packages available	France Laure; Pevonia; Bioelements For Body and Keyano Makeup
OCHOA SALON & SPA 15 College St., South Hadley, MA 01075; (413) 533-0000 653 North Main St., East Longmeadow, MA 01028; (413) 737-2500 www.ochoadayspa.com	Margaret Ochoa	Design cuts; custom hair color; hair removal; airbrush tanning; eyelash extensions; massage therapies; hand and foot treatments; hydrotherapy; esthetic treatments; full body therapy; body wraps; cosmetics	L'Oreal; Kerastase; Moroccanoil; Jane Iredale; Dermalogica
OKSANA SALON & SPA 702 Bliss Road, Longmeadow, MA 01106 (413) 565-2244; www.oksanasalonspa.com	Oksana Villeneuve	Design cuts; custom hair color; eyelash extensions; airbrush tanning; massage therapy; facials; clinical-grade peels; hair removal; threading; nail treatments; spa packages; body treatments; private bridal suite	Moroccanoil; Great Lengths; Oribe; Essie; Goldwell; OPI; Footlogix; Xtreme Eyelash Extensions; Thalgo
PUFFER'S SALON AND DAY SPA 56 Southwick Road, Westfield, MA 01085 (413) 568-9000; www.pufferdayspa.com	Judy Puffer	Skin esthetics and waxing; massage; body treatments; oncology massage; hand and foot care; hair styling; haircuts for men, women, and children; hair color; balayage; highlights; lash and brow tinting; lash extensions; dermaplaning; makeup; airbrushing; spa packages; bridal	Aveda; Olaplex
RENEW.CALM 160 Baldwin St., West Springfield, MA 01089 (413) 737-6223; renewcalm.com	Dawn Nooney	Advanced skin care; chemical peels; RF; microdermabrasion; spa body treatments; cellulite treatments; manicures; pedicures; therapeutic massage; couples massage; yoga; Reiki; energy work; hair removal; mineral makeup; lash extensions	Jane Iredale; Methode Physiodermie; Cellex C; St. Tropez; OPI Nail Lacquer; Blinc's Kiss Me Mascara; Farmhouse Fresh; Xtreme Lash
SERENE SALON & SPA 1 Open Square Way, Holyoke, MA 01040 (413) 322-9799; www.serene-salon.com	Michelle Menard	Hair cutting/styling; hair coloring; botanical hair and scalp renewal; special-occasion up-dos; Hotheads hair extensions; massages; waxing treatments; makeup and facials	Aveda
SERENITY SALON & SPA 472 Burnett Road, Chicopee, MA 01020 (413) 594-2119; www.serenitychicopee.com	Laurie Kareta	Facials; waxing; hair; massage; manicure; pedicure; Reiki; ear coning; balayage; updos; eyelash extensions	Aveda; Glymed; Neuma
SKIN CATERING 1500 Main St., 2nd Floor, Springfield, MA 01115 (413) 282-8772; www.skincatering.com	Leanne Sedlak	Massage; facials; waxing; spray tan; mobile massage and mobile tanning available; in-home couples massage; Usui body treatment; yoga	Skin Catering
THE SPA AT NEW ENGLAND DERMATOLOGY 57 Union St., Suite 204, Westfield, MA 01085 (413) 686-9800; www.westfieldspa.com	New England Dermatology and Laser Center	Facial; chemical peels; silk peels; massage; manicures; pedicures; clinical skin treatments; Botox; fillers	Skin Ceuticals; Envy Medical; Ellure; Eminence; OPI; Foot Logics
SPA ON THE GREEN 776 Longmeadow St., Longmeadow, MA 01106 (413) 565-2405; www.spaonthegreen.com	Dr. Glen Brooks	Medical-grade skin-care treatments; peels; microdermabrasion; extreme lashes; Alastin; CoolSculpting; SilkPeel; Elexis skin tightening; Botox and fillers	Jane Iredale; Brooks Skin MD
SZYGY THE MEDICAL SPA 123 Union St., Suite 100, Easthampton, MA 01027 (413) 587-0600; www.truswellplasticsurg.com	Dr. William Truswell	Laser hair removal; microdermabrasion; light chemical-peel treatments; anti-aging rejuvenation treatments; advanced skin-care packages	SkinMedica; Jane Iredale; Pevonia Botanica; PCA Skin