

# Relax and Renew

This time of year, the frigid air and howling winds can stress out even the most seasoned traveler. Thankfully, spas across this city offer a wide range of ways for patrons to combat winter woes. **BY AMY GORDON**

## LE REVE RITTENHOUSE SPA

Escape into tranquility at this recently opened wellness and beauty destination. Energize and revitalize your skin with a salt scrub body treatment, or indulge in a Reflexology foot massage. *255 S. 17th St., Fourth Floor, 215.563.8888*

## TERME DI AROMA

The massages, facials and body therapies at this spa incorporate healing aromatics harnessed from plants and trees. The treatments here are as varied as deep cleansing facials and warm stone massages, but they all serve a common goal of natural, multi-sensory healing. *32 N. Third St., 215.829.9769*

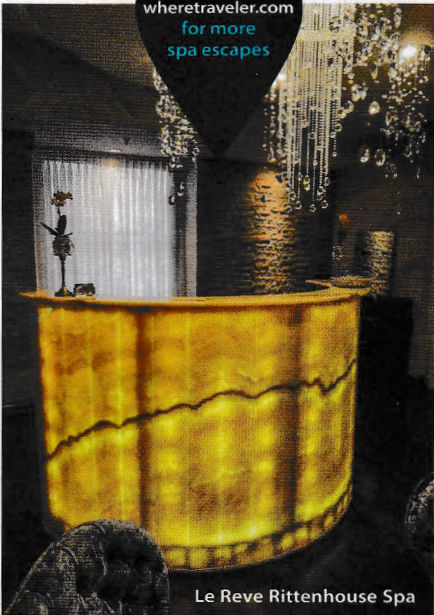
## RICHEL D'AMBRA SPA & SALON

Have you heard? This spa, located at the Ritz-Carlton Hotel, offers Spacoustic audio therapies, which promote physical and spiritual well-being, inner balance and total relaxation. *10 Avenue of the Arts, 215.523.8035*

## EVIAMA LIFE SPA

For a truly holistic experience, visit this Midtown Village retreat where therapists administer a wide range of treatments that go beyond standard body scrubs and massages like the PediKarma, a 60-minute foot massage that draws toxins from the entire body via the feet. *109 S. 13th St., Second floor, 215.545.3344*

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Le Reve Rittenhouse Spa