

**October 16, 2009**  
**Impressions: 8,542**

## Spa Musts in the Name of Health: Thank You, Simply Face & Body

According to the [New Life Journal](#), facials regulate the immune system. And during the onslaught of weather changes and flu season, we need all the help we can get! The benefits of facials really do go hand-in-hand with your overall health. Getting one on a regular basis aids in detoxification (yes, get rid of yucky bacteria), reduces fluid build-up in the body and aids in stress relief.

In addition, facials that involve massages especially, aid in blood circulation, lymphatic drainage and relaxation of the facial muscles (which slows down the process of wrinkles). Skin cells are also renewed by doing so--no more sagging face and puffiness! Woo! It keeps you healthier (and younger-looking).



Although none of us look a day over 23 (the benefits of having Asian skin, I suppose), my sister Iris, cousin Gladys and I still needed to de-stress--we have been so crazed at work, it's been long overdue. We paid a visit to [Simply Face & Body](#), a high-quality day spa--minus the high price tag--in Ramsey, NJ for much-needed facials and massages. After a couple of hours of pampering, we left the spa feeling ... like we were floating on clouds. Simply Face & Body's ambiance--from its lobby to its spa spaces--is just as soothing as the treatments offered. I have to say--I get a facial once a month at various spas--and the best one yet has been at Simply Face & Body. Seriously! Although customers aren't paying triple digits per facial or massage, it's as if you're getting the most lux service you can find.

First-time visitors pay only \$49 for a facial or massage. You can't beat that for a treatment that is as lux as you'd find at a grand resort or spa. If you become a member, you pay \$59 monthly, which entitles you to one free facial or massage every month (which rolls over to the next month if you don't use it). Membership also gives you lower prices for [other treatments at Simply Face & Body](#) (which includes waxing!!!) and 15 percent off retail products they sell at the location. Members can also use the spa space for free for private parties. Spa day, anyone?

If you're not in the area, fingers crossed they open one near you--it's *simply* divine! Have a day spa near you that you love? Tell us about it--comment away!

—Ysoft