

THE BEST COMPANIES FOR BLACK WOMEN
MAKING PEACE WITH YOUR MOM

ESSENCE[®]

ANNIVERSARY ISSUE

Let Your Fingers Do the Walking

Our four-star guide to the best places to lay your head

1. Avon Salon & Spa Offerings include a 50-minute foot reflexology treatment that finishes off with a neck and shoulder massage. **Price range:** \$98-\$130. **Location:** New York. **Contact:** (212) 755-AVON.

2. The Spa at Mandarin Oriental Hotel, New York Get to this luxury spa, elevated 35 feet off the ground, at least 45 minutes early to take in the ethereal views of Central Park and start destressing with some "me" time in the water relaxation room. **Price range:** \$190-\$380. **Location:** New York. **Contact:** (212) 805-8880.

3. The Spa at Norwich Inn What could be better than a romantic country getaway to a 1929 colonial inn with your sweetie? The answer: a massage upon arrival to kick things up a notch. **Price range:** \$65-\$150. **Location:** Norwich, Connecticut. **Contact:** (800) ASK-4SPA.

4. Soul Day Spa and Salon Lawyer-turned-spa owner Nicole M. Cober set out to make a difference when she opened Soul a year ago. The spa offers one of a few Vichy showers in Washington, D.C., and Cober offers scholarship funds to Howard University (her alma mater) students and pampering days for members of a local women's shelter. Mission accomplished. **Price range:** \$40-\$80. **Location:** Washington, D.C. **Contact:** (202) 986-SOUL.

5. Diva's Day Spa This haven has it all: calming decor, friendly staff and stone massage. **Price range:** \$35-\$85. **Location:** Fort Lauderdale, Florida. **Contact:** (954) 771-9SPA.

6. Ten Thousand Waves Rather than resting on a bed enclosed by four cold walls, guests at this Japanese-influenced spa can choose to receive treatment in a pagoda, or a treetop Japanese group room (a semiprivate room separated by shoji screens), or a waterfall tub (called a "natural spring in the woods").

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RELAX
Spas
That Rub
You the
Right Way