

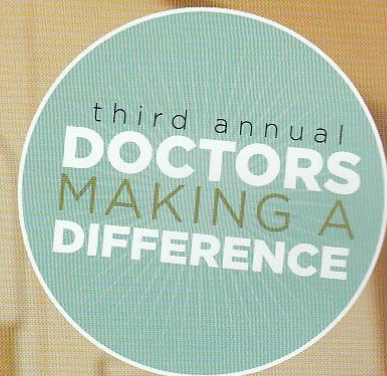
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INSIDE. OUTSIDE. EAST

San Juan Secrets
Meet Gene Juarez
Clyde Hill Home

Relax & Renew

Glamping, Fly Fishing, Spas and more



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The Young The Stressless

Relax and Renew With These Eastside Spa Treatments

Do you look tired? Do you have knots in your neck and sore hands? Are you achy and stiff or do you simply feel like a giant ball of stress? Perhaps a trip to the spa is in order. Although it feels like a luxury, the right spa treatment can also be beneficial to your overall well-being. But don't take our word for it, go try some of these treatments for yourself and see how much better — and younger — you look and feel afterward. There is something for everyone on the Eastside.>>

BY JENNY LYNN ZAPPALA, ASHLEY K. BRECKEL, KATY KHAKPOUR AND LISA PATTERSON | PHOTOS BY JEFF HOBSON



A Far East Twist

Spa at Willows Lodge, 14580
N.E. 145th St., Woodinville,
425.424.2900

To start off this unique Thai Ball Massage, you begin laying face up. Your body is massaged with an oil to open up the pores so the special blends of the Thai herb healing benefits are maximized. The Thai spices which fill the 4-inch diameter cloth balls include Kaffir lime, jasmine, lemongrass, tamarind, turmeric and several types of ginger. The detoxifying herbs are steeped like tea bags in warm water then used as a compress in a methodical and almost melodic way along pressure points on your body, traveling one limb at a time.

This 90-minute technique slowly draws your body, mind and senses into a deep, calming and relaxed state. The massage therapist then gently stretches your limbs and moves along your body repeating the process which includes your hands and feet. It's finished with a relaxing scalp rub. Also, you get to take the herbal balls for an amazing aromatherapy experience at home. — KK