

GlossyGLOW

Rinse your cares away under a Vichy shower

AFTERGLOW

I'd been washed and steamed; I needed to warm my insides as well. Good thing The Steeping Room is also at the Domain. A pot of Orange Tiger (\$3.75), an orange-ginger tea blend, did the trick.

SPA RÉVEIL

11410 Century Oaks Terrace
The Domain
339-7000
Moroccan Bath treatment:
80 minutes, \$165

By Helen Anders

AMERICAN-STATESMAN STAFF

All I could think of was: This must be how a car feels in a carwash. And if that's the case, the car feels pretty good.

I was experiencing the Moroccan Bath Tradition treatment at Spa Réveil at the Domain. It's one of the spa's signature treatments, and it's a blissful 80 minutes of scrubbing, rinsing and soothing.

I began my afternoon at Réveil with an express facial from Jaclyn Losie, who cleaned my face with a tea tree oil cleanser, then applied carrot seed and gardenia serums before adding a seaweed mask.

She massaged my face with a creamy moisturizer, aware that I was headed into a body treatment that would give it time to work on my summer-dried face.

With my face slathered, I was handed off to Susan Deibert for my Moroccan bath treatment.

The primary component of this treatment is the Vichy shower, a rinse provided by an arm equipped with shower heads that is passed over the massage table. The device got its start long ago in the hot springs of Vichy, France. I've had scrubs rinsed off in various ways, and the Vichy shower seems the most expeditious — assuming you're in a room with a drain. And we

were.

Before we started, Deibert tested the water temperature on my feet. It was quite warm, but not hot.

Deibert washed my back and legs with wild lime cleanser, which smelled like key lime pie — delicious. Then it was time to rinse with the Vichy shower arm. At first, the water tickled a bit. Back and forth went the shower heads. This was when I started feeling like I was in a carwash.

Eventually, I simply felt warmth flowing over me like a sheet. It was comforting.

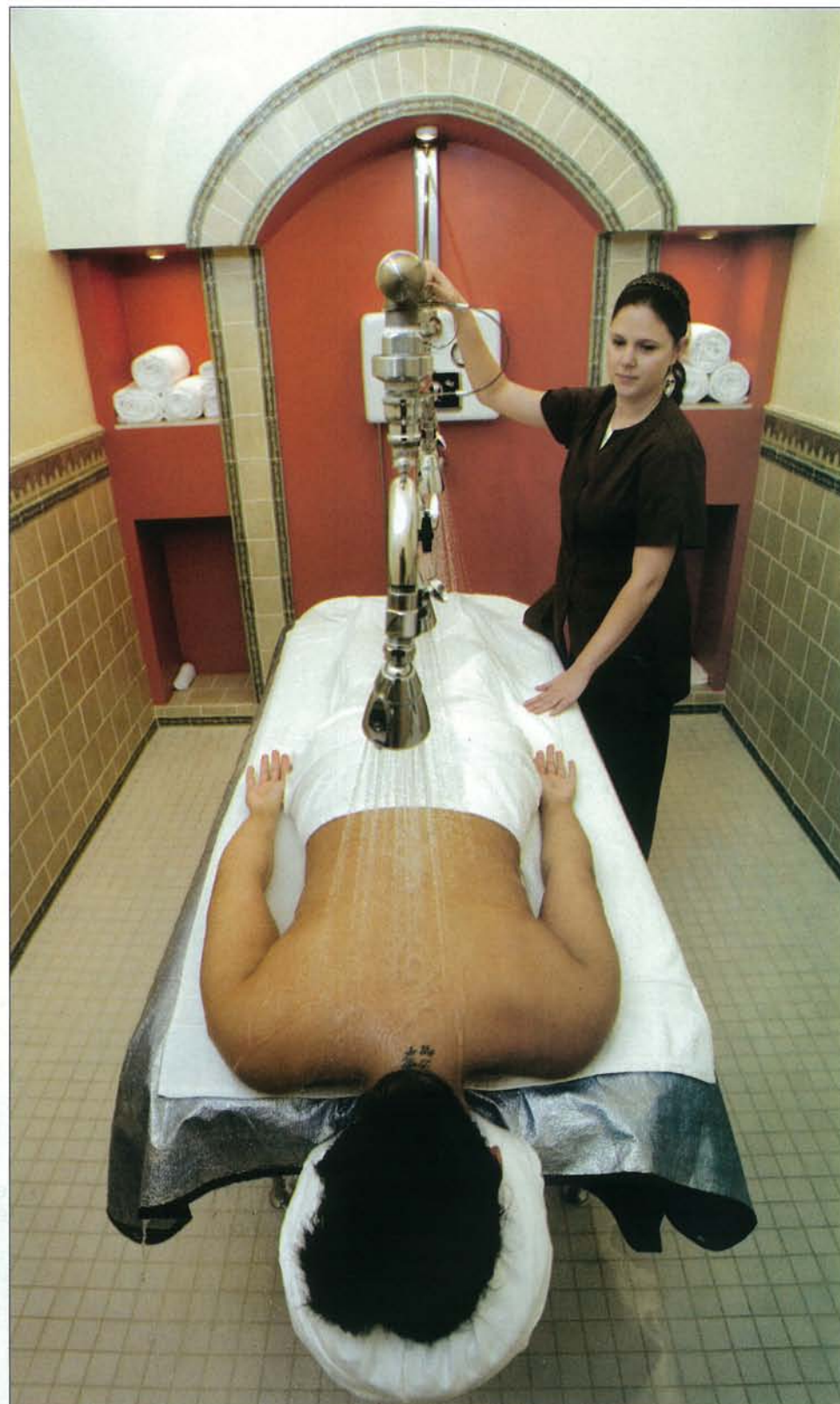
I flipped over — Deibert is a master at dealing with draping during flips — for a wash, rinse, repeat.

Next came the scrub, with a coffee-based mixture, followed by yet another wonderful Vichy rinse. I should note that by now my hair was quite wet. I was offered a head covering, but I knew my hair would escape it, so I simply planned a hair-washing at the spa after the treatment, which I scheduled at the end of my workday.

After I'd been thoroughly scrubbed and Vichy-showered, Deibert applied a moisturizer she called Crème de la Crème.

"This is an application, not a massage," she said, but it surely felt like a massage to me.

Softened, I stepped into my robe and head down the



Ralph Barrera AMERICAN-STATESMAN

At Spa Réveil at the Domain, supervisor and aesthetician Jaclyn Losie moves the Vichy shower heads over Devin Cook during the Moroccan Bath treatment.

hall to a lovely, Moroccan-tiled steam room, where I spent about 20 minutes.

Having been scrubbed, rinsed and steamed, I emerged from Spa Réveil

shiny and happy — like a freshly washed car would feel, I'm sure, if it could.