



Spring Break

Take time out this season to plan a soothing spa day for you and the girls *By Kelley L. Moore*

Romance and spring seem to go hand in hand, but while I adore candlelight dinners for two and presents that come in little boxes just as much as the next gal, I celebrate the season by celebrating those other significant people in my life—my friends.

Of course, spending time with the girls is important year-round, whether you're brunching together on a Sunday morning or scouring Seattle on a Saturday night in search of the most perfectly pink cosmopolitan. But the arrival of spring—the season of new beginnings—gives you the perfect excuse to plan something special: a rejuvenating girls' day in. By turning your home into a cozy spa, you create the ideal setting in which to connect with your friends in comfort.

With the help of Crave home spa parties (206.282.0173; craveparty.com), you can host an event that is luxurious but surprisingly affordable. You set the mood

Nikki Mundie Putnam, Kelley L. Moore, Chelsea Hixon, Cassie LaValle and Juli Douglas enjoy fresh peeled oranges, yogurt parfaits and bubbly while catching up on the latest news and gossip.

PHOTOGRAPHS BY RACHEL OLSSON

and supply the food and drinks, and Crave provides the spa technicians and treatments, from massages to facials to foot treatments. At \$25 per service (with a minimum of 18 services), a Crave party can be less expensive than a group visit to the spa.

For my home spa party, I chose to offer manicures and pedicures instead of massages, so that my friends and I could keep gabbing while we were pampered en masse. I also scheduled reflexology treatments (also arranged by Crave)—rumored to lend personal insight and a sure way to spice up the conversation.

As we gossiped and flipped through the glam mags (and rags), debated life's all-important questions (Brad or George?) and noshed on healthy treats, our spa morning felt like a 30-something slumber party sans sleeping bags.



Creating a wholesome and hearty meal that is handy but still elegant is as simple as layering yogurt, granola and berries in a champagne flute (mine are shown here, but you can buy similar flutes at Watson Kennedy, 1022 First Ave.; 206.443.6281). Greek yogurt is my favorite; it's thick and creamy, and delicious with a bit of honey. I find it at Metropolitan Market (1908 Queen Anne Ave. N; 206.284.2530).



To create a goodie bag for this soiree, I topped off a bottle of my favorite Essie nail polish, the pale pink “Ballet Slippers” (\$7 each at Frenchy’s, 3131 E Madison St., No. 103; 206.325.9582), with a giant faux-gem ring (\$1.99 each at Display and Costume, 11201 Roosevelt Way NE; 206.362.4810; displayandcostume.com) and placed it, along with a miniature Evian mineral water spray (\$4.49 each at select Bartell Drugs stores; bartelldrugs.com), in a clear miniature handbag (\$5 per bag at Packaging Specialties, 515 S Michigan St.; 206.762.0540; ps-stores.com) tied with polka-dot ribbon. I also sent each guest home with a wrapped complementary bottle of champagne.





Spoil each guest with a cozy robe (\$79 at The Gap stores; gap.com), monogrammed with an iron-on embroidered initial (\$4–\$4.50 at Nancy's Sewing Basket, 2221 Queen Anne Ave. N; 206.282.9112). Plush slippers are a fabulous gift, too, and a fine way to show off those newly polished toes. My favorites, Acorn Slippers (\$24.99 per pair at Red Salon, 1925 Third Ave.; 206.256.6214; redseattle.net), make me feel like I just walked out of the spa every time I put them on.



Send each guest home with a special memento, such as this booklet that I assembled on the history of champagne, which includes a collection of recipes for bubbly concoctions. I used plain white card stock, available at stores such as Kinko's (multiple locations; kinkos.com) and colored ribbon from Packaging Specialties.