

Our Favorite Splurge-Worthy Spas

The latest spa treatments use unique food-based elements, many of them location-inspired. Here's to nourishing yourself on the outside as well as you do on the inside. By: Lanee Lee

Electrotherapy

Dermaspace, Seattle, WA

Although it may look a bit like Hannibal Lector's face gear, fans of the Iderm treatment say the results – like a natural facelift – are worth the 'shocking' getup. Your face is wrapped with cotton strips soaked in an anti-aging solution followed by a leather mask that delivers galvanized electric currents. Like a workout for the face, it draws impurities out as it infuses the skin with nutrients. \$115, 60 – 75 Minutes.

