

Essentials / OUR PICKS

SPA DAY

Charging Stations

YOUR ROUTINE FACIAL just got a kick: electricity. But don't be shocked: these non-invasive, low-current treatments (generally from less than 1 to 10 milliamps) encourage cell growth and can offer other benefits, from clearing acne to softening wrinkles. The new sensation may take some getting used to—some users report a metallic taste—but the “scalpel-less face lift” has us intrigued. Check out the buzz for yourself. (If you have a health condition, check with your doctor first.)



FOUNDATIONAL FACIAL TREATMENT, DERMASPACE

“It’s like washing the skin from the inside out,” says Dermaspace owner Jody Leon. The 60- to 90-minute facial treatment includes a yucca root solution, extractions, infrared heat and a wrap in a special cloth with an electrode mask, which is fitted over the face and emits a galvanic current. Starts at \$130. *Downtown, 509 Olive Way, No. 1501; 206.849.6620; dermaspace.com*

