

Need some post-pandemic rejuvenation, stat? These spas have you covered

For many of us, personal grooming has taken a holiday for the past year. Maybe it's time to change that?

By **Diane Bair and Pamela Wright** Globe Correspondent,
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Cliff House. DIANE BAIR

The Spa at Cliff House Maine, Ogunquit

Wearing statement earrings with sweatpants became a thing on Zoom, but the Cliff House spa makes better use of gemstones: They're now offering treatments that feature these colorful sparklers. The Gemstone Balancing Massage (50 minutes, \$170; 80 minutes, \$230) incorporates crystal massage tools and wild-crafted, organic body oils infused with pulverized amethyst, carnelian, garnet, and rose quartz. Their Gemstone Facial (50 minutes, \$175; 80 minutes, \$240) uses the highest grade of Colorado river water, plus gemstone-infused products and a face mask made of 250 hand-polished amethysts. "Applied to the skin, this reduces inflammation and puffiness," says Michelle Langstaff, massage therapist and esthetician at the spa.

Why gemstones? These semi-precious stones are said to possess properties that enhance well-being. For example, the energy of carnelian is associated with confidence and creativity, while rose quartz is connected to joy, an open heart, and love. www.cliffhousemaine.com.

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