

Cynda Norman

Atmosphere Spa - Telluride, Colorado



I've frequented **Atmosphere** for years, mostly for regular waxings, and have found each one of this spa's estheticians to be extremely well-trained and delightful company.

(Waxings are not the most relaxing treatments in the

spa-osphere, so it's essential to have someone adept enough to create a quick, pain-free and pleasant experience. Girl talk is a must.) I decided, however, to try out something different one day in an effort to break out of my routine waxings. I always enjoyed the soothing, zen-like space of Atmosphere, but I hadn't yet been introduced to their inner sanctum, a tiled treatment room that features a Vichy Shower, a wide sweeping wand with five shower hands that can soak and rinse you as you lie sleepily on the treatment table. Cynda, a long-time therapist in Telluride, buffed, moisturized, massaged and polished me with all the quickness and skill of a magician. (That's exactly what you want when you're bathed

and pampered by a total stranger.) First I was exfoliated, then slathered in mineral mud and wrapped cocoon-like in plastic "to cook." A heavenly scalp massage followed, until I was finally rinsed by the miraculous Vichy Shower wand and then dried with warm, crisp sheets. All this transpired without me fully realizing what had happened to me in my complete nakedness. (Thank goodness for the Vichy and for Cynda's expertise and discretion since I had achieved such a state of relaxation that I couldn't imagine being any way but horizontal.)

End result: deep relaxation and tingling, ultra-hydrated skin that made me feel brand new.

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By Maribeth Clemente

