



Teen Treat

Teens are the target for special weekends, fitness activities and spa treatments at the Lake Austin Spa. Resort in Austin, Texas. Facials, pedicures, manicures and massages, as well as a special acne treatment, all have a teen-age twist to them, www.lakeaustin.com

A Guy Thing

They call it "the Men's Getaway." At Oasis Day Spa in New York City, men can sign up for a package that includes a Dead Sea salt scrub, an algae facial and a "muscle meltdown" massage (geared to unkinking those knots and keeping the sportsman's muscles in prime condition), www.oasisdayspanyc.com



Have a Ball

Looking for a new way to exercise? You might consider Stott Pilates Stability Ball Plus Gift Pack. It includes a stability ball (your choice of two sizes), a video in either VHS or DVD format, a workout poster and an air pump. www.stottpilates.com



Do-it-yourself Spa

Don't have the time and/or the money for a spavisit? Body Wealth has come up with the Home Spafrom SpaZone that provides on-line consultations, daily tele-seminars with a lifestyle consultant, a menu plan, movement explorations and even ideas on beauty-reviving treatments.

www.bodywealth.net/spazone.html