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**BOUNTIFUL BEAUTY:** Deb Cleland (seated) uses local products to treat tired feet in Waterstone Spa's restful solarium. Each treatment room is designed for maximum relaxation (left).

## From Vinotherapy to Vavoom!

WATERSTONE SPA & SALON'S FULL-SERVICE PAMPERING

"Slowing down and nurturing the aspect of the person that's looking for rest and regeneration—that's what we're all about," says Deb Cleland LMT, manager of Waterstone Spa in downtown Ashland. Owned and operated by Ashland Springs Hotel and located in the heart of downtown, Waterstone Spa & Salon provides full-service, holistic spa services to those-in-the-know: regular clients, hotel guests, visitors, bridal parties, girlfriends and even couples, who relax together in the spa's Duet Suite.

Cleland and her team of 15 massage therapists and four estheticians await guests at the top of a powder-blue staircase that's adorned with vintage photographs of people indulging in Ashland's famous Lithia healing waters of yore. To continue in the same tradition, Waterstone Spa offers several water-based therapies.

After depositing your street clothes and donning a cushy terry cloth robe in the bright changing room, sweat out toxins in the dry sauna or take a wet steam. Perhaps you'd prefer a hot bath? Locally sourced Buddha Blends bath salts make a turn in the private soaking tub (for one or two) a revelation and Dead Sea salts scrub away impurities in the Japanese Ofuro soaking tub.

Indulge in the spa's Vichy Shower body treatments. Choose from a list of salt and sugar scrubs with names like Fijian Tropical Rejuvenation, Chocolate Decadence and Indian Sandalwood & Ginger Body Polish. The scrubs are applied and rinsed off by a technician using the relaxing, multi-showerhead Vichy system.

For the ultimate pampering, request the Waterstone Vinotherapy body treatment: Start with a purifying steam then let a technician lead you to a Vichy treatment room where you'll lie comfortably on a massage table, swathed in towels. There's a drain in the tiled floor and a multiple showerhead system on a long, horizontal fixture that's attached to a wall. The Vichy shower gently soaks your body with warm water that feels like tropical rain or a waterfall. The technician then exposes your skin in segments, awakening and exfoliating each part with a custom-made Oregon berry or mandarin vanilla body scrub, rinsed off under the Vichy shower.

Then it's onto a 15-minute foot soak and massage in the newly redecorated solarium, followed by a 60-minute body massage. Each massage features Waterstone's special Vinotherapy oil. Made by Buddha Blends from the mash of Cabernet, Merlot and Syrah grapes sourced from Applegate

words by Jennifer Strange



**SKIN REWAL:** Products used by Waterstone Spa's licensed estheticians are carefully selected and sourced from nature.

Red Winery, the oil showcases Southern Oregon's local agricultural products.

"It's all about fulfilling our philosophy of being sustainable by buying local," explains Cleland. "And it's a fresh ingredient that has wonderful antioxidant properties to put on the body. You can't get any fresher or more local than that."

The Vinotherapy line is soon to include body butters and lotions.

Swedish and Esalen massages are also on the spa's menu. Young Living essential oil treatments, hot basalt stones and a warm sesame oil scalp massage called Shirodara may be added on.

A seductive list of foot treatments, peels, waxing and facials rounds out Waterstone Spa's services. Consider The Great Skin Facial, a 60-minute session of revitalization, pore cleansing and facial massage, all using biodynamically-farmed Jurlique skin care products tailored to each client's specific skin type. (Bonus tip: Every massage, facial or foot treatment includes a complimentary steam or sauna.)

Alone or combined with others, Waterstone Spa's select treatments focus on healing and on increasing circulation, invigoration and relaxation.

Additional self-care services are available at nearby Waterstone Salon. Downstairs and around the corner is the sleek, chic salon where a team of professional stylists is ready to grant your every beauty wish. Step into the private pedicure rooms, where the non-toxic Spa Ritual treatment line and a rainbow of polishes are at your fingertips. Each of the four hair stations (constructed of recycled furniture and painted with non-toxic paint) is equipped with organic, all-natural hair products including the Davine hair color line, which uses vegetable- and milk-based ingredients.

Anchoring the salon's back wall is the glōminerals™ makeup bar, tended by award-winning makeup artist Mackenzie Lokan. Lokan deftly applies everything from finely milled, silky smooth cosmetics in colors like "willow," "cedar" and "waterlily," to glamorous eyelash extensions. The makeup bar is a popular place to stop for a quick shot of pharmaceutical-grade lip gloss or a luxurious makeover.

Waterstone Spa & Salon: A true destination that celebrates Southern Oregon's approach to all-natural, bountiful beauty, inside and out. ★



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53

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