

# Cognoscenti

# magazine

SPA COLUMN

**Because life is short**

## ELIZABETH ARDEN RED DOOR SPA At the Westin La Paloma Resort Tucson, Arizona

Pleasures lie just beyond the famous carmine portal of Tucson's **Elizabeth Arden Red Door Spa**. The spa's impeccable pedigree is evident in the scores of photographs that adorn its walls: snapshots of the organization's earliest days, when Elizabeth Arden herself ran the organization with a commitment to quality which has made these spas a byword for the best in day spas. Even as the spa business has grown exponentially over the last decade, the founder's vision of excellence is maintained to this day. The "red" theme is echoed with red velvet chairs in the lobby. There are vases of exotic flowers and an enormous abstract painting suggestive of flower petals set against a red background.

All Elizabeth Arden Red Door Spas have standardized treatments, including the same "Signature" offerings. This menu of spa services is among the most comprehensive available anywhere, running the gamut from facials and manicures to body wraps, massages and hair styling.

Visiting **Cognoscenti Magazine** editors sampled two Red Door Signature treatments. In the signature massage, a therapist expertly combines herbal essences with reflexology and acupressure for a deeply relaxing experience. In the facial, a therapist analyzes skin characteristics and makes detailed regime recommendations before cleaning and toning the skin with chamomile. A linden calming mask and sweet almond peeling cream is also applied. A nice touch is the warm mittens for the hands and feet (after application of shea butter) for the duration of the facial.

From the super-luxurious changing rooms, the superbly appointed vanity tables, and the extra-thick



*Red Door Spas: the best in day spas*

dressing robes and towels, everything is a touch more luxurious than at lesser spas. Separate "serenity rooms"—the ladies' with music and flowers, the mens' with large-screen TV—provide guests a relaxing place to wait for treatments to begin. Herbal teas, coffees, and cucumber water are on complimentary offer.

Spa Director Laurie Matthews says that in today's stressful world, "people need to take care of themselves. They are overly busy, and they need an outlet to de-stress. We want to pamper them, so that they are being nurtured body, mind, and spirit, and leave more awakened." That's just how we felt when we passed through that famous red door on our way out.

This article was written by Nicole Medvecky-Riggs, Contributing Editor to *Cognoscenti Magazine*. Photo courtesy of *Elizabeth Arden Salons*.

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