

# Hit the Spa-T

Beautiful savings from Spa Habitat and V Spa, plus Uptown's newest nail salon

By [LISA PETTY](#)



**TAKE A BREATHER:** Harried by the hustle and bustle of a frantic fall? Running back and forth from work, school, lessons, games and appointments can leave you feeling positively frazzled. Why not take a breather during [Spa Habitat's Autumn Renewal Event](#)? Through this Thursday, the all-natural beauty spot is offering its [Little Green Facial](#) for just \$49. Regularly priced at \$70, the 35-minute relaxation fest includes two active organic masks infused with the anti-oxidant power of blueberries, strawberries and blackberries. The [Little Green Massage](#) is also just \$49 during this event, if your aching back is crying out for a little attention, too. Visit [Spa Habitat's Web site](#) for info on locations and appointments.

**BEAUTIFUL SAVINGS:** Speaking of relaxing and saving, Oct. 12-18 is Fall Spa Week and [V Spa at the Hilton Anatole Hotel](#) is [celebrating in style](#). Awarded the title of "Best Day Spa in [Dallas](#)" by [Allure Magazine](#), V Spa is a calm and tranquil oasis. During Spa Week, enjoy a Butter Me Up Sweet Maple Body Wrap, a Fresh Start Microdermabrasion Glow or a Luxury Organic Pedicure for just \$50 each (plus tax and gratuity). Call **214-748-1200** for more information, and for a full listing of participating spas, visit the [Spa Week Web site](#) and sign up for a free membership.

**MAGIC TOUCH:** Last (but certainly not least), Posh Nail Spa is now open in Uptown. Tucked into a strip at the intersection of McKinney and Lemmon (next to [Blockbuster](#)), this new spot is conveniently located for a little lunch hour or after work pampering...because we've gotta squeeze in the "me" time whenever we can, right? Visit Posh at 3501 McKinney Ave., Suite B in Dallas, or call **214-219-7674**.