

# 2011 BEST SELF ATLANTA SPA GUIDE

"Spa" means different things to different people. Our spa guide represents spa getaways, med spas, local spas and businesses that offer spa treatments. The stars indicate the advertisers in our issue. Please see their ads for more information on their spa services.

Buckhead, Midtown, Downtown, Chamblee, Decatur, Dunwoody, Stone Mountain

- ★ **Advanced Anti-Aging and Aesthetic Medicine of Buckhead**  
3379 Peachtree Rd., Ste. 260, Atlanta 30326  
404-437-7800, www.a4mmd.com
- ★ **Authentic Beauty**  
4674 Roswell Rd., Atlanta 30342  
404-849-0443, www.myimagejourney.com
- Aveda Institute of Atlanta**  
3042 Piedmont Rd. NE, Atlanta 30305  
404-649-7119, www.avedainstitutes.com
- ★ **Bella by Alethea**  
4603 Wieuca Rd., Atlanta 30342  
678-908-3491, www.beautybyalethea.net
- Blue MedSpa**  
190 10th St., Atlanta 30309  
404-815-8880, www.bluedmedspa.com
- Buckhead Grand Spa**  
3338 Peachtree Rd., Atlanta 30326  
404-816-4511, www.buckheadgrandspa.com
- G Salon & Spa**  
1959 Piedmont Rd. NE, Atlanta 30324  
404-249-1661, www.gsalonatl.com
- ICI Paris Day Spa and Salon at The Avenue**  
The Avenue, Corner of Hwys. 74 & 54, Peachtree City, 30269  
770-631-2772, www.iciparisdayspa.com
- ★ **Institut' DERMed Spa**  
3726 Roswell Rd., Atlanta 30342  
404-261-5199, www.idermed.com
- ★ **James W. Davis, Jr., MD, FACS**  
1100 Johnson Ferry Rd., Ste. 850, Atlanta 30342  
404-252-0301, www.drjamesdavis.com
- Jolie The Day Spa**  
3619 Piedmont Road, Atlanta, 30305  
404-266-0060, www.halcyondayspa.com
- ★ **Love Your Skin**  
431 W. Ponce de Leon Ave., Decatur 30030  
404-819-7626
- Radiance Med Spa**  
2810 Paces Ferry Rd. SE, Atlanta 30339  
770-435-7700, www.radiancemedspaatlanta.com
- Rejuvenate Spas**  
303 Peachtree Center Ave. NE, Ste. AL-112, Atlanta 30303  
404-577-4877, www.rejuvenatespas.com
- Skin Matters Med Spa**  
3280 Howell Mill Rd. NW, Ste. 321, Atlanta 30327  
770-912-4070, www.skinmatters2.com
- The Beauty of Knowledge**  
5673 Peachtree Dunwoody Rd. NE, Ste. 870, Atlanta 30342  
404-255-2975, www.thebeautyofknowledge.com
- The Posh Spot**  
3621 Vinings Slope NE, Ste. 1115, Atlanta 30339  
770-435-9100, www.theposhspot.com
- The Spa on Paces**  
3209 Paces Ferry Pl. NW, Ste. 1, Atlanta 30305  
404-237-7712, www.spaonpaces.com
- ★ **Tuscan Sun Massage & Wellness Center**  
431 West Ponce De Leon Ave., Ste. 7, Decatur 30030  
404-370-0880, www.tuscansunwellness.com

- N. Fulton - Sandy Springs, Roswell, Alpharetta, Doraville, Johns Creek**
- ★ **Advanced SkinCare Center**  
9900 Medlock Bridge Rd., Johns Creek 30097  
770-497-0699, www.dermatology-atlanta.com
- Aesthetic Specialty Centre**  
1825 Old Alabama Rd., Roswell 30076  
770-393-9000, www.aestheticspecialtycentre.com
- ★ **All About You Day Spa**  
3005 Old Alabama Rd. Ste. 310, Alpharetta 30022  
770-772-7225, www.allaboutyoudayspa.biz
- Alpha-Derm**  
401 South Main St., Ste. C-7, Alpharetta 30004  
770-475-2004, www.alpha-derm.com
- ★ **Atlanta Ink & Lash**  
1655 Mansell Rd., Ste. 234, Alpharetta 30009  
678-615-0497, www.atlantainkandlash.com
- Byrd Aesthetics & Anti-Aging Center**  
11050 Crabapple Rd., Bldg. B, Roswell 30075  
770-587-1711, www.byrdaesthetic.com
- Jivan Wellness**  
10990 State Bridge Rd., Ste. E, Alpharetta 30022  
678-762-4758, www.jivanwellness.com
- Luna Plastic Surgery**  
6335 Hospital Pkwy., Ste. 216, Johns Creek 30097  
678-892-7820, www.lunaplasticsurgery.com
- M Medical Spa**  
3400 Old Milton Pkwy., Ste. C330, Alpharetta 30005  
770-475-0566, www.mmedicalspa.com
- ★ **Nirvana Med Spa**  
4380 Kimball Bridge Rd., Alpharetta 30022  
678-256-6320, www.nirvanalasercentre.com
- ★ **Quest Women's Spa & Fitness Center**  
8470 Holcomb Bridge Rd., Ste. 140, Alpharetta 30022  
678-461-9337, www.questwfsfc.com
- Swan Center for Plastic Surgery**  
4165 Old Milton Pkwy., Ste. 200, Alpharetta 30005  
770-667-0904, www.swancenteratlanta.com
- Youthtopia Med Spa**  
3665 Old Milton Pkwy., Alpharetta 30005  
770-772-4806, www.youthtopiamedspa.com
- Zenergize Wellness Spa**  
292 South Atlanta St., Roswell 30075  
770-992-2079, www.zenergizespa.com
- Cobb - Marietta, Powder Springs, Smyrna, Kennesaw, Acworth**
- Evene Day Spa**  
300 Village Green Circle, Ste. 108, Smyrna 30080  
770-432-1001, www.evenedayspa.com
- ★ **Gardner Dermatology**  
2550 Windy Hill Rd., Ste. 220 & 204, Marietta 30067  
770-952-2100, www.gardnerdermatology.com
- Invigo Day Spa**  
2550 Sandy Plains Rd., Ste. 125, Marietta 30066  
678-905-7377, www.invigodayspa.com
- Paramount Plastic Surgery**  
3964 Atlanta Rd., Smyrna 30080  
678-730-9854, www.paramountplasticsurgery.com
- Renew Day Spa**  
4347 Shallowford Rd., Marietta, GA 30062  
770-998-8592, www.renewdayspa.com
- Village Health Wellness Spa**  
4425 S. Cobb Dr. SE, Ste. G, Smyrna 30080  
770-444-9191, www.villagehealth.net
- ★ **Vinings Surgery Center**  
1900 The Exchange, Bldg. 300, Ste. 300, Atlanta 30339  
770-955-9000, www.colgrove.com

- Gwinnett - Norcross, Duluth, Lawrenceville, Lilburn, Snellville**
- ★ **JeJu Sauna**  
3555 Gwinnett Place Dr., Duluth 30096  
678-336-7414, www.jejusauna.net
- ★ **Laser Lights Cosmetic Laser Center**  
4300 Pleasant Hill Rd., Duluth 30096  
770-495-9322, www.atlaserlights.com
- Prima Center for Plastic Surgery**  
3096 Peachtree Industrial Blvd., Duluth 30097  
770-495-1477, www.primacenter.com
- Pure Spa & Salon**  
6275 Spalding Dr., Norcross 30092  
770-674-5902, www.purespaandsalon.net
- Outside of Atlanta**
- Biltmore Inn & Spa**  
1 Pack Place, Asheville, North Carolina 28801  
828-225-6730, www.biltmore.com
- Spa Prunifolia at Callaway Gardens**  
17800 Hwy. 27, Pine Mountain, Georgia 31822  
706-663-2281, www.callawaygardens.com
- Serenity Spa at Hilton Sandestin**  
4000 Sandestin Blvd.  
South, Destin, Florida 32550  
850-267-9500, www.sandestinbeachhilton.com
- Spa at Barnsley Gardens Resort**  
597 Barnsley Gardens Rd., Adairsville, Georgia 30103  
770-773-7480, www.barnsleyresort.com
- The Cloister Spa at Sea Island**  
100 Cloister Dr., Sea Island, Georgia 31561  
www.seaisland.com
- The Grove Park Inn**  
290 Macon Ave., Asheville, North Carolina 28804  
800-438-5800, www.grovecparkinn.com
- The Ritz-Carlton Lodge, Reynolds Plantation**  
1 Lake Oconee Trail, Greensboro, Georgia 30642  
706-467-0600
- The Spa at Chateau Elan**  
Haven Harbor Dr., Braselton, Georgia 30517  
678-425-6064, www.chateauelan.com
- The Spa at Lake Lanier Islands**  
7000 Lanier Island Pkwy., Buford, Georgia 30518  
770-945-8787, www.lakelanierslandsresort.com
- The Spa at Old Edwards**  
445 Main St., Highlands, North Carolina 28741  
828-526-9887, www.oldedwardsinn.com

- Multiple Locations**
- ★ **A New You Skin and Body Clinic**  
www.anewyouwellness.com
- Atlanta Medical Day Spa**  
www.atlantamedicaldayspa.com
- Aya Medical Spa**  
www.ayaskincare.com
- ★ **Bob Steele Salon**  
www.bobsteele.com
- ★ **Carter Barnes Hair Artisans**  
www.carterbarnes.com
- Joseph & Friends Salon & Spa**  
www.josephandfriends.com
- Natural Body Spa & Shop**  
www.naturalbody.com
- ★ **Northside Facial Cosmetic Surgery**  
www.northsideplasticsurgery.com
- ★ **North Atlanta Dermatology**  
www.northatlantaderm.com
- Spa Sydell**  
www.spasydell.com
- William David Salon**  
www.williamdavidsalon.com

## Staycation Spas in Atlanta

If you are looking to extend your spa experience, check out these local luxury spa destinations

- Bliss Spa at W Atlanta - Midtown**  
188 14th Street, NE, Atlanta, GA. 30361  
(404) 892-6000, www.blissworld.com
- Bliss Spa at W Atlanta - Downtown**  
45 Ivan Allen Jr. Bld., Atlanta, GA 30308  
(404) 582-5800, www.blissworld.com
- Treatment to try: The Triple Oxygen Facial**  
This classic treatment works to revitalize, hydrate, brighten and tighten skin using pure oxygen.
- 29 Spa at The Mansion on Peachtree**  
3376 Peachtree Road NE, Atlanta, GA 30326  
(404) 995-7500, www.rwmansiononpeachtree.com
- Treatment to try: Right off the Vine**  
This exclusive anti-oxidant massage offers the ultimate in relaxation while rebalancing and evening skin tones.
- Exhale Spa Atlanta at Loews Atlanta Hotel**  
1065 Peachtree Street, Atlanta, GA 30309  
(404) 745-5000, www.exhalespa.com
- Treatment to try: Weekend of Zen**  
This includes two nights at the Loews Atlanta Hotel, 60 minute Fusion Massage, access to the hammam detoxification chamber, access to the mind body gym, and unlimited mind body classes during your stay.
- The Spa at Four Seasons Hotel Atlanta**  
75 Fourteenth Street, Atlanta, GA, 30309  
(404) 881-9898, www.fourseasons.com/atlanta
- Treatment to try: Magnolia Massage**  
The treatment begins with a mother-of-pearl foot scrub followed by facial and foot acupressure massage using warm compresses. Traditional Thai-style stretching prepares the body for a relaxing full-body Swedish massage.
- The Natural Body Spa at the Omni Hotel**  
100 CNN Center, Atlanta, GA 30303  
(404) 659-0000, www.omnihotels.com
- Treatment to try: Natural Body Ocean Body Wrap**  
Revitalize and detoxify skin with this stimulating treatment. Skin is dry brushed to stimulate the lymphatic system and then warm silken seaweed is wrapped on skin from shoulder to toe.
- SpaWaverly at Renaissance Atlanta Waverly Hotel**  
2450 Galleria Parkway, Atlanta, GA 30339  
(770) 303-3171, www.spawaverly.net
- Treatment to try: Spa Bliss**  
Enjoy the 50 minute Signature Massage and Signature Facial for a total of two hours of relaxation.
- The Ritz-Carlton Spa, Buckhead**  
3434 Peachtree Road, NE, Atlanta, GA 30326  
(404) 237-2700, www.ritzcarlton.com
- Treatment to try: Spa Level Bed & Breakfast**  
This package includes overnight accommodation, Greet the Day spa breakfast delivered to guestroom, 10 percent off all spa treatments and spa concierge consultation. Valid through December 30, 2011
- Spa InterContinental at The InterContinental Buckhead**  
3315 Peachtree Road, NE, Atlanta, GA, 30326  
(404) 946-9175, www.intercontinental.com
- Treatment to try: Body Indulgence Package**  
This four-in-one experience is truly relaxing and includes a 15 minute Scalp Ritual, 60 minute Custom Certified Organic Amala Facial, 60 minute Tea Tree and Peppermint Reflexology Foot Treatment, and 90 minute Signature Relaxation Massage.
- Remède Spa at The St. Regis Atlanta**  
88 West Paces Ferry Road, Atlanta, GA 30305  
(404) 563-7680  
www.starwoodhotels.com
- Treatment to try: Buckhead Escape**  
This complete head to toe treatment begins with an invigorating exfoliation, followed by zone specific wraps. ●