

Lori's Picks



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Cascada Salon & Spa

Located in a gorgeous vintage Saratoga building, Cascada Salon & Spa possesses all the character and charm of a world gone by, while still being stylish and trendy. The reception area is lovely with its columns, expansive windows, high ceilings, and fabulous chandeliers adorned with translucent and citrine colored crystals. The earth toned walls and attractive blending of both contemporary and antique pieces give this retreat a very special appeal. After being warmly greeted, I was led to the relaxation room. This heavenly little nook was the perfect spot to sip my lemon and cucumber water, soak in the soothing music, and anticipate the pampering that awaited me.

Amanda soon appeared and led me into her haven for my one-hour Swedish massage. This candlelit room felt like a refuge from the moment I walked in. Amanda had a soothing demeanor and wanted to know about any trouble spots, the kind of pressure I desired, and my expectations for my massage. After our discussion Amanda decided to include hot rocks and aromatherapy as well. The pressure Amanda used was ideal as she targeted so perfectly my problem areas. From the warm towels on the hands and feet to the warm oil and hot rocks—and ideal hint of lavender for a touch of aromatherapy—I was totally unwound. To de-stress so completely has to have wonderful benefits for not only our physical health, but our mental health as well.

As much as I did not want my massage to end, I was looking forward to my facial. This harsh winter has wreaked havoc on my skin, and today was the day to get some much needed help. Amy, my aesthetician, took the time to explain to me that Cascada Salon & Spa's simplicity facial was the starting point in their skin care offerings. This facial not only includes a gentle exfoliation and hydrating mask, but a skin analysis as well. Amy very much wanted to know my concerns

and explained to me that the I Image line of skin care used is cosmesceutical—giving superior results to standard skin care lines. My facial began with a gentle cleansing and from there went to a skin analysis, exfoliation, steaming, calming hand massage and moisture treatment complete with warm towels, cleaning of the pores, de cloutage massage, hydrating mask, scalp massage, product application, and lastly, a pressure point lymphatic massage. My skin felt amazing—revived, refreshed, and rehydrated.

The remainder of my afternoon would be spent with Ashley. She was to do my pedicure, manicure, and blow dry. As I sipped my glass of wine, the warm foot soak with coconut milk began. How wonderful on this blustery day, to be luxuriating and watching all the people on Broadway combating the winter elements, while I was snug and cozy enjoying my pedicure. My Cascada pedicure included a sugar scrub exfoliation, a hydrating white tea mask, warm towel wrap, and massage. I must say it was a true rescue for my weary winter feet. Ashley did a superb job, and from there it was manicure time. Again,

my Cascada manicure included the sugar scrub exfoliation, hydrating mask, and gentle massage.

After the pampering of my hands and feet, there was only one thing left—the ever important hair. For this, Ashley and I went downstairs to the Cascada Salon. Another very artfully put together space. Grey walls and black crystal chandeliers are all part of the striking décor. Ashley explained to me that she would be using Oribe products. Oribe was created by a stylist who works with models for magazine shoots and runway shows. I'm not sure if my beautiful hair should be credited more to Ashley or Oribe, but I was thrilled with my glamorous look. Ashley told me that she is passionate about doing hair. She is a very talented young lady. Not everyone that can give a great haircut can do a great blow out. That is a talent unto itself, and Ashley has it!

Cascada Salon & Spa is a very special destination. In this very stressful world we find ourselves in, we all need time to recharge and reflect. I believe in giving one hundred and ten percent to my work, but I also know I am more effective and creative when I've had some time to take care of myself. We could all use a bit of indulgence, and I highly recommend you treat yourself to a day of supreme luxury at Cascada Salon & Spa. You will be thrilled with the results!

Cascada Salon & Spa
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