



ecstasy by the sea

Nirvana Day Spa at Ariel Sands, Bermuda; 441-236-5155

Michael Douglas and **Catherine Zeta-Jones** have found Nir-

vana: It's an intimate spa, skin clinic, hair salon and mini-gym barely 10 steps from the beach at Bermuda's Ariel Sands hotel, which Douglas co-owns. (The facility is open to non-hotel guests.) "Nirvana is your body, mind and spirit in a state of bliss," says spa manager Lorna Weir. **Tyra Banks** has had her hands pampered there with a paraffin wax manicure (\$45),



Catherine Zeta-Jones



Danny DeVito



and **Jack Nicholson** and **Danny DeVito** came to relax after playing golf on Bermuda's spectacular courses. Zeta-Jones favors the Salt Glow Rub (\$45) and Yon-Ka classic facial (\$75), which includes an aromatic exfoliating peel and a mask from the Yon-Ka product line, a facial massage and steaming hot towel compresses. Massage treatment rooms look out over the ocean, and in the hair salon, blow-drying lessons (\$35) spice up the usual menu of color, cut and styling. Another popular choice is the Morning Delight package (\$210)—an aromatherapy whirlpool, massage, cleansing micro-peel facial, manicure, shampoo, blow-dry, fruit and tea. For those who want a more active alternative to the laid-back vibe, there are also fitness appraisals (book well in advance) and personal training sessions (\$95 each). —Susan Redstone

IF YOU CAN'T GET THERE ...

■ Purchase Yon-Ka products, such as the popular Gommage Soft Hydrating Peel (\$33), used in treatments at the spa; call 800-533-6276 for info. Also available at Bergdorf Goodman, N.Y.C., 212-872-2761, or online at beautyscene.com.

■ Log on to bermudaspa.com for more info about Nirvana.

dream steam

Brentwood Retreat, 250 26th St., No. 102, Santa Monica; 310-395-8787.

When *NYPD Blue*'s **Kim Delaney** tires of the gritty 15th precinct, she heads to this retreat, where a great facial (and a celadon tray with hot tea, chilled water and a coconut cookie) awaits.

Chat Steinwald opened the haven just over a year ago and has earned a loyal following with her mix of acupressure, vigorous cleansing and steaming. Try the Retreat Facial (\$70) or the Power Peel Micro-Dermabrasion (\$150), which removes dead skin and polishes new cells.

Illeana Douglas drops by for facials, but body work, including massages (1 hour, \$85), aromatherapy salt glow (\$65), and body bronzing (\$85), is also offered. —Honor Brodie



Kim Delaney



Illeana Douglas

IF YOU CAN'T GET THERE ...

■ Visit brentwoodretreat.com to sign the guest book and receive mailings, find out about discounts, or e-mail owner Chat Steinwald.

■ Buy Epicuren products (\$18-\$64) like the Enzyme Facial, used in treatments at the retreat and in salons and doctors' offices; call 800-235-1217 for information.