

# SECOND CHANCES

New Lake Lanier Islands Resort spa trumps its predecessor



Relax with a soothing cup of hot tea.

BY HOPE S. PHILBRICK

Two years ago, my friend Julie and I searched online for a spa getaway package to escape the stress of our daily lives. We chose a spa in a hotel at Lake Lanier Islands Resort based on a package that included body wrap, massage and manicure/pedicure treatments. Upon check-in, we learned that the list price wasn't accurate. But my biggest surprise

came during the body wrap. The technician whipped out a bottle of common drug-store lotion, squirted ribbons of it across my body, then covered me in Saran Wrap before walking out the door. For the next hour, I laid in a plastic cocoon calculating how much I was getting ripped off. To be fair, Julie thought the treatment was great. But she'd never been to *any* spa before that day. Just weeks earlier, I'd enjoyed luxurious treatments at Stillwater Spa at Hyatt Regency Lake Tahoe. Dollar for dollar—even factoring in airfare—the two

experiences were beyond compare. I left Lake Lanier Islands Resort thinking I'd never return.

But when I heard about the new Tranquility Spa that opened at Lake Lanier Islands Resort this summer, I decided to check it out. Would this new spa live up to its promise of high-end pampering, or was it merely a repackaging of a former disappointment? Good news: A whole lot can change in two years!

Pulling into the parking lot, I immediately knew this was indeed new and improved. For starters, Tranquility Spa is housed in an independent building and not squeezed into two refurbished hotel rooms.

Relaxing jazz played in the lobby. I was greeted promptly and asked to complete a questionnaire about my general health and treatment preferences. Next, I was shown the women's locker room. The layout is a bit awkward:

Lockers are located outside the restroom and lounge areas. Turns out, though, that this is a temporary space. A four-star, 300-plus-room luxury

COURTESY OF TRANQUILITY SPA

hotel is scheduled for completion in 2010, and the spa (plus a wellness center) will relocate inside it.

I changed into a soft robe, nestled into a plush chair and flipped through the six-page menu of services. Tranquility Spa offers a range of treatments from basic to innovative. Included among the various facials, massage, body scrubs, makeup, body bronzing, waxing and nail services are four body wraps. I wasn't scheduled to have one, but the descriptions were far different from what I'd once had. For example, the Total Relaxation body wrap includes exfoliation with a green olive stone and sea silk scrub, while the Detoxification wrap includes a bit of foot reflexology (each is \$105 for 50 minutes).

Within minutes, I was called for my first treatment, the Timeless European Facial (\$95 for 50 minutes). I slipped between silk sheets on a warm, comfy bed. Spa director Aline Long stepped in and did a quick skin analysis. She selected products for me from Académie Scientifique de Beauté, which she said are composed of the purest, most concentrated and most efficient raw materials.

## FOR MORE INFORMATION

### TRANQUILITY SPA

Lake Lanier Islands Resort  
7000 Holiday Road  
Lake Lanier Islands, GA  
678-318-7887  
[www.lakelanierislands.com/spa.asp](http://www.lakelanierislands.com/spa.asp)

Lake Lanier Islands Resort is about an hour north of Atlanta. I-85 North to I-985 North. Take Exit 8, and turn left onto Friendship Road. Drive straight past several marinas until the road ends at Lake Lanier Islands Resort.

To get to the spa, check in at the guard station (the \$8 entrance fee is waived if you have a spa appointment that day), and then drive straight on the main road. Take the first right past the first bridge and follow the signs to the Spa and Wellness Center.



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The multistep treatment started with a thorough cleansing, followed by exfoliation, steam, extractions, massage and mask before finishing with an SPF cream. My face felt smooth and rehydrated.

Between treatments, I enjoyed a light lunch of chicken salad over mixed greens. It was tasty and perfectly portioned. Aromatherapy massage followed (\$95 for 50 minutes). Before starting, my massage therapist warned me that if I was accustomed to Swedish or deep tissue massage, I'd find this treatment quite different. It combines essential oils with a light touch targeting pressure points, meridians (energy channels) and lymphatic drainage. She chose a combination of scents based on my answers to the initial questionnaire, which in my case included lavender, rose and peppermint. As she worked, I relaxed into a state of bliss.

I left rejuvenated. Not only had I enjoyed the day; I knew that I'd return again. **SP**



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