

# WESTCHESTER

MAGAZINE

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## A SPA GETS A MAKEOVER

**T**he Escape Spa at The Gym in Armonk got a brand-new facelift and a whole slew of luscious treatments under the direction of licensed esthetician Renee Palompelli.

Palompelli incorporates hot stones (pure bliss) and extractions (usually, pure torture) into all her facials, and here's a bonus: she does the most gentle extractions I've ever experienced. Plus, all the Amber professional-grade spa products have a wonderful scent, especially the strawberry-almond scrub and cucumber mask. Facial options include a microderm facial (\$140), algae or hot mud (\$105), clay or paraffin (\$110). The spa also offers a full slate of waxes and massages. Once you've had your spa service, you can even get a blow-out. Paulo's Atelier, located in Bedford Hills, has a satellite operation at The Gym, so you can look as good as you feel.

### Escape Spa at The Gym

99 Business Park Dr, Armonk  
(914) 219-1601; [gettothegym.com](http://gettothegym.com)

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