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## Ten Ways To Pamper Yourself

MARCH 4, 2012 BY [INSIDE CHAPPAQUA](#)



By Stephanie Susnjara

The job. The kids. The house. With so much on your plate, it's easy to get stressed out-and-neglect your own overall well-being. Here are 10 ways to pamper yourself from Bellava MedAesthetics & Spa, in Bedford Hills, where we offer a variety of beauty and services to help you relax, revive and renew both your appearance and spirit.

### 10. Get bronzed with A "healthy" spray tan.

Spray tans are the healthy way to get a rich, bronzed appearance year-round. Like magic, you can get a perfect all-over tan in just 5 minutes that can last up to 10 days.

### 9. Out with the old, in with the new makeup.

Makeup doesn't last forever. In fact, it becomes a breeding ground for bacteria once it expires. As a rule of thumb, mascara and other eye makeup usually expires after three months, whereas foundation, concealer and lip color typically lasts about one year. So, go ahead, treat yourself to a top quality designer makeup line, such as YSL or Edward Bess.

### 8. The eyes have it. Get celebrityeyebrows.

Nothing makes your eyes pop more than expertly shaped and tinted brows and lashes. If you've never indulged in this before, discover how beautiful eyebrows and lashes will frame your eyes for a more alluring appearance.

### 7. Glow from head to toe with a luxury body wrap.

A body wrap can eliminate toxins, polish skin and revitalize your entire body. This classic traditional spa treatment is a truly wonderful gift to give yourself, allowing you to both relax and luxuriate.

### 6. Obtain a more refreshed appearance with Botox and fillers.

Nothing can wipe away wrinkles as quickly and painlessly as Botox (softens forehead lines and frown lines) and dermal fillers (softens smile and marionette lines). In fact, these anti-aging procedures can take 10 years off your appearance and make you feel like a million bucks.

### 5. Soothe aches and banish stress with deep tissue massage.

Whether you're sore from working out at the gym or simply knotted up from stress, a deep tissue massage will rub out those spots filled with soreness and tension.

### 4. Wipe away scars and stretch marks and wear that bikini again.

Don't let embarrassing scars or stretch marks prevent you from baring your body at the beach. Fractional skin resurfacing is the only FDA-approved treatment that can eliminate or greatly reduce deep scars or stretch marks.

### 3. Indulge in a "mini" spa day with friends.

When's the last time you and your friends got together for some bonding time? Rather than gathering at a

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### Local Happenings



**Music Conservatory of Westchester Holds First Spring Community Music Week**

Invite your friends to free classes at the Music

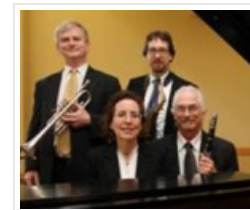
Conservatory of Westchester (216 Central Avenue, White Plains, NY) during Community Music Week! From Saturday January 25th through Saturday February ... [\[Read More...\]](#)



**Who are these small business rock stars?**

Why are some

small business owners like rock stars? Because they... DAZZLE THEIR AUDIENCE (provide customers with a valuable good or service) APPRECIATE THEIR FANS (deliver great customer ... [\[Read More...\]](#)



**Quiet City Chamber Ensemble**

The Chappaqua Orchestra Chamber Series Presents: QUIET

CITY CHAMBER ENSEMBLE Newly discovered music by Aaron Copland and rarely heard compositions by American composers. Sunday, January 26, 2014 ... [\[Read More...\]](#)

**Teatown's 10th Annual Hudson River Eaglefest<sup>SM</sup>**

restaurant for a fancy dinner, why not treat yourselves to a mini spa day for the same cost? Talk to a spa manager who can recommend a fun and memorable service package.

**2. Gain serenity with Shirodhara massage.**

This ayurvedic healing treatment is guaranteed to transport you to another time and place. Gain calm and serenity through this ancient therapy that directs a steady stream of aromatic oils onto the chakra between your eyebrows and forehead, considered the point of human consciousness. The rich oils used are also massaged into your hair for an added luxury conditioning treatment.

**1. Check out SlimLipo for a new, more confident you.**

SlimLipo laser liposuction is designed to re-sculpt parts of the body to give you a more appealing shape or beautiful appearance. This revolutionary procedure works wonders on targeted trouble spots including the neck, upper arms, abdomen, thighs and calves that diet and exercise alone can't tackle.



Visit [www.bellavaspa.com](http://www.bellavaspa.com) for more information.

Stephanie Susnjara is a freelance writer specializing in wellness who writes for The Dr. Oz Show, NYU School of Dentistry, local papers such as The Bedford-Pound Ridge Record Review, and more. She lives in Katonah with her two children.

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For the past 10 years, Teatown Lake Reservation has celebrated the return of the eagle to the lower Hudson Valley with a festival known as

Teatown's Hudson River EagleFest. The event began as a ... [\[Read More...\]](#)



**Jacob Burns Film Center - Dec 19, 2013**

Thurs. Dec 19, 2013 Philomena, starring Judi Dench, Alexander Payne's Nebraska, and the Coen Brothers' Inside Llewyn Davis continue this week. We're showing the timeless holiday classic, It's A ... [\[Read More...\]](#)



**WeeZee World of "Yes I Can!" Presents 'Snow Ball!'**

An Enchanting Night of Holiday Fun for Kids and Families Friday, December 13, 6-8pm WHAT: WeeZee World of "Yes I Can!" is opening its 18,000 square foot gym to holiday revelers of all ages for ... [\[Read More...\]](#)



**Open Mic at The Purple Crayon**  
Second Friday of every month 7:30 pm doors & signup, 8:00 pm

music \$5 entry fee This is not your average open mic! The big stage, amazing acoustics, high-end equipment, and experienced ... [\[Read More...\]](#)



**Chamber Meet and Greet @ King Street Restaurant and Bar**

Last Meet and Greet of 2013! The Chappaqua-Millwood Chamber of Commerce Meet and Greet Prospective Members Welcome! Meet the media, enter our \$100 prize drawing, and learn what's coming next ... [\[Read More...\]](#)



**Joy's Balloons - GRAND OPENING - Nov. 23**  
GRAND OPENING

& RIBBON CUTTING: JOY'S BALLOONS Joy's Balloons will be having its GRAND OPENING on SATURDAY,