

Brooklyn Oasis: The Body by Brooklyn Spa

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After living in Clinton Hill for nearly three years, I don't know how the amazing Body by Brooklyn spa slipped under my radar! The spa blends "traditional bathhouse" style (they have a Russian Bath, Turkish Aroma Steam Room, Cedar Sauna, Thermal Hot Tub, and Cold Plunge Pool) with all the spa favorites, like facials, massages and waxing. I knew I was in good hands when I met Rose, my 27-year-old facialist with the skin of a teenager (she attributes it to religious sunscreen use). Rose customized my Glo Therapeutics facial for my rosacea-prone skin (I look like Rudolph right now) by using lots of gentle products and avoiding steam--heat is rosacea's enemy. Rose also applied a chemical exfoliation treatment using gloPeel prep, gloEnzyme, gloSalicylic, and gloLactic. I know, "gentle" and "chemical" sound like a contradiction, but it's actually the grainy, sandy exfoliants that irritate sensitive skin. After my super-relaxing facial, I had to forgo the all the wonderful steam rooms and saunas because of my skin's heat aversion, but I can imagine an afternoon spent lounging by the Thermal Hot Tub would be the perfect remedy for the winter blues!

For more information, visit bodybybrooklyn.com

--JULIE SCHOTT, Beauty and Health intern