

Here are 12 holiday-themed spa treatments to calm your travel anxiety

Whether you're staying home or traveling across the country this holiday season, it's more than likely you could use some rest and relaxation amidst all the hustle and bustle. Even if you're not someone who gets facials on the regular, there are plenty of spas giving out unique treatments and killer deals for the holidays that you won't be able to resist.

With deals abounding, now might be the time to splurge a little on yourself in order to reconnect with your long lost sense of zen. And even if the concept of zen feels too far away to ever be restored to you personally, one of these winter-themed spa deals might make the perfect gift for a loved one.

In order to make your spa shopping a bit easier, we've gathered some of the best winter spa deals from coast to coast.

1 Palm Mountain Resort and Spa in Palm Springs, CA

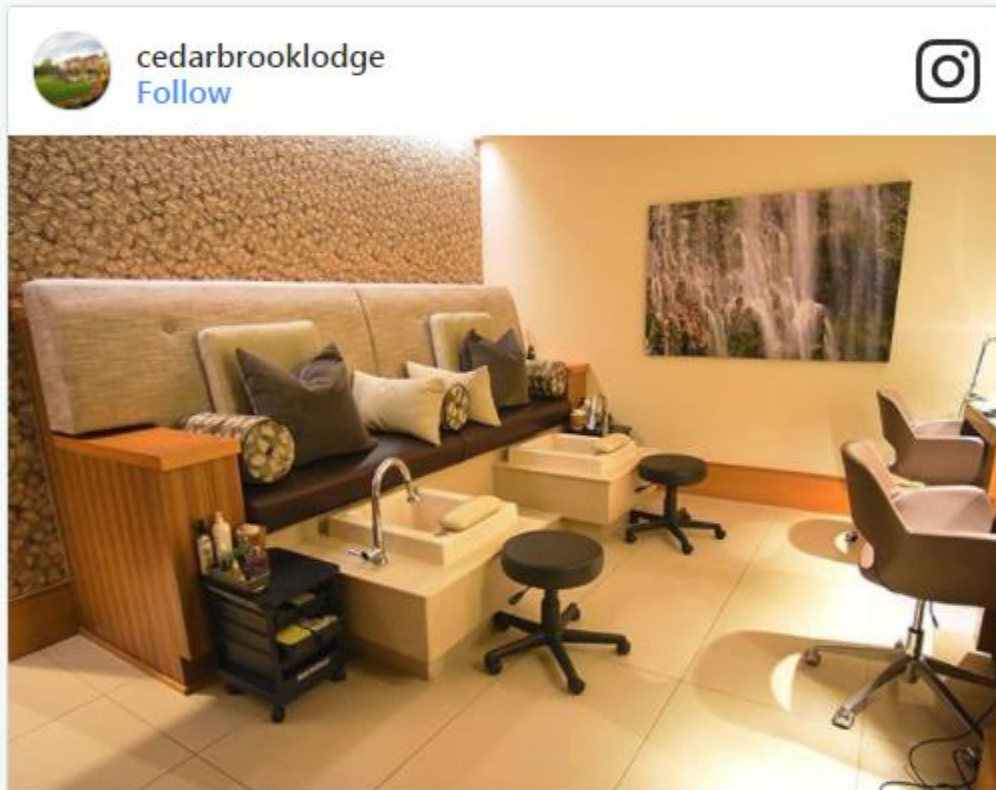


Courtesy of Palm Mountain Resort

Palm Mountain Resort and Spa is a luxurious stop for spa lovers all year round. But this winter they are offering a deliciously festive peppermint-infused reflexology foot massage. Anyone who books a treatment at the spa between December 1st and January 31st can grab the Peppermint Foot Treat(mint) for just \$25! For best results, we recommend you follow it up with a calming dip in the pool.

2

The Spa at Cedarbrook Lodge in Tacoma, WA



The Spa at Cedarbrook Lodge is doing the absolute most with their lovely holiday deals. For just \$118, spa lovers can score a 50-minute Chocolate Truffle Body Wrap treatment which lathers your skin in a hydrating chocolate-infused formula. If you wanna give your whole body the dessert treatment, they also offer a 50-minute Candy Cane Foot Refresher (\$68) which exfoliates your feet with candy cane scrub. We'll take a serving of both, please.

3

Salish Lodge and Spa in Snoqualmie, WA



Courtesy of The Spa at Salish Lodge

Besides offering a gorgeous view of Snoqualmie Falls, the Salish Lodge and Spa is offering a trio of great holiday deals that each include a complimentary cup of tea or sparkling wine. If you and a partner are trying to maximize your romance factor, the Spiced Fireside Couples Massage (\$120 per person on weekdays) will lull you and your lover into a sense of calm. Melt away your holiday stress with a Fireside Honey Spice Tea Scrub (\$120 per person), which will exfoliate you and your boo with a sweet combination of the coziest natural ingredients. To top it all off, the Midweek Spahh-liday Retreat (\$200) will let you soak in the pools, lounge in the sauna and steam rooms, and then pick either a facial, foot treatment, or warm massage. At the end of it all you get to sip on a smoothie, because what better way to top off a relaxing day?!