

Spahhhhhhh-mazing

Best Spas in Metro Detroit

Metro Detroiters know the importance of downshifting once in awhile. That's why the area is brimming with hideaways where folks can relax and recharge – and not just on special occasions. "Visiting a spa to pamper yourself doesn't have to be considered a treat," says India Washington, general manager of downtown Detroit's Woodhouse Day Spa. "In this stressful world, you never need an excuse to rejuvenate. It's a necessity."

When you're visiting The D from out of town, you can choose to build your trip around a spa experience or include it as a cherry on top. There are day spas tucked into shopping centers and charming downtowns throughout the area – including the destination locations featured here.

If you've got your money on an exciting stay in The D, look no farther than the city's casino hotels. Each offers an experience unique to that particular venue.

1 DAY | 1-3 HOURS

FEATURES

Entertainment

DESTINATIONS

Detroit, Wayne, Macomb, Oakland, Beyond Detroit

1

A DAY AT A LUXURY SPA



D.Tour Spa

[MotorCity Casino Hotel](#) puts a decidedly Detroit spin on its spa. The 8,000-square-foot D.Tour Spa defines urban luxury through private treatment rooms, thermal whirlpools, steam rooms and saunas, and rain shower facilities. The spa menu includes decadent treatments such as massages and body wraps. The Pink Cadillac Melt, for example, combines rose, geranium and ylang-ylang to hydrate and detoxify the skin.

In addition to its full complement of solo selections, this spa promotes packages for pairs. The D.Tour Couple's Suite begins with a sense-awakening body scrub in a secluded two-room treatment area. A private soak together in an illuminated hydrotherapy tub is followed by an application of warm mud to detoxify, mineralize and revitalize. Step into the Rain Room for an hour-long rinse, and finish with the signature MotorCity massage. Tables embedded with speakers allow you to hear and feel carefully selected music while highly skilled specialists work to release tension and restore energy.

Guests are invited to combine their spa experience with a workout in the state-of-the-art fitness center, outfitted with advanced equipment, including cardio machines mounted with personal entertainment systems. Complimentary bottled water and disposable ear buds are part of the package.

Immerse Spa

Stay-and-play packages also tempt visitors at the [MGM Grand Detroit](#), which boasts the resort-style Immerse Spa. The 20,000-square-foot facility – which includes a Technogym fitness zone and an indoor infinity-edge pool – transports guests through a total sensory experience. An exclusive selection of seawater and marine extracts, exotic botanicals and customized aromatherapy treatments cover patrons from head to toe – from facials to pedicures.

The Immerse Spa's Signature Ritual massage and facial include an Indian Jasmine body mist, inhalation breath therapy, a guided relaxation power nap, topped off by a Japanese tea ceremony. The Bejeweled Escape is a specialty treatment that begins with a golden body scrub exfoliation, followed by a warm cocooning wrap. After a relaxing soak under the Vichy shower, an attendant applies gold-flecked body oil and a light dusting of shimmering powder, leaving you glowing for the evening.

There's a full-service salon to finish the look, and a special section called Emperor proves that men are more than welcome. The Smooth facial is tailor-made for those who endure daily shaving. The Repair massage includes hot mud to relax tight muscles. And the Player gives hardworking hands and tired feet some extra care.

Woodhouse Day Spa Detroit

[Greektown Casino-Hotel](#) presents the next best thing to an on-site spa: a ticket to paradise. Overnight guests will find a bed card detailing the decadent services they're entitled to at special prices when they take a short walk west to the [Woodhouse Day Spa Detroit](#). Named the top day spa chain in America by DaySpa magazine in 2009, the Woodhouse has been delighting those who work and play in downtown Detroit for years.

Aromatic scents and soft music fill the air upon entrance, in stark contrast to bustling Woodward Avenue outside. Each visit starts with a wardrobe change into a luxurious robe and sensei pressure-point sandals, followed by a calming cup of tea or glass of wine. General Manager Washington says a good deal of their out-of-town patrons are baseball, hockey or football widows who would rather spend a day at the spa than in the stands.

Many of them are tempted by the Volcanic Stone Massage, when a therapist glides heated stones over the body to deliver a penetrating warmth that soothes stress and summons calm. Also popular is the Chakra Aromatherapy Massage, during which stones are placed on the body's seven Chakra energy points, creating balance.

Washington says men and women alike appreciate treatments such as these; the spa caters to groups of guys during bachelor party outings as well as couples looking for a romantic excursion. Whatever the case, the Woodhouse is happy to work with patrons to indulge their every need. "We turn to local vendors for flowers, champagne, specialty coffee – whatever our guests want and need to round out their visit," Washington says. "We have so many wonderful businesses downtown, and we're happy to share their premium products with clients."

Soak Spa at The Detroit Club

Located in the sophisticated **Detroit Club**, Soak lets you step into a world of luxury. The Detroit Club is a membership based social club that has been open for over a century. But nonmembers can make appointments at the spa.

Soak encourages guests to enter a state of pure bliss and solitude while they are receiving one of their many services. We recommend the Volcanic Hot Stone massage, where the masseuse uses hot volcanic stones on key points of the spine and muscles with special movements that mimic moving water. The volcanic stones help the masseuse go deeper into the muscles to provide you relief.

Aside from massages, Soak offers body wraps, manicures and pedicures, facials, waxing, men's services, bridal hair and makeup and special packaged deals. Book the Stay Cation package for the ultimate taste of luxury. It includes a 50 minute salt or stone massage, 50 minute manicure or

pedicure, access to the spa pool and lunch.

2

HOTEL & SPA COMBINATIONS



Like the Greektown-Woodhouse arrangement, several metro Detroit hotels nurture special relationships with local spas to ensure top-shelf service for their guests.

Detroit Marriott Troy

The [Detroit Marriott Troy](#) presents a Detroit Spa package that includes a deluxe guest room, breakfast and a treatment such as a Swedish massage or combination manicure/pedicure at Schenden's Medical Day Spa, directly across the street from the hotel. Unique in that it's owned and operated by a doctor – Dr. Michael Schenden is chief of plastic surgery at William Beaumont Hospital in Troy – the spa offers the latest in safe medical treatments in addition to professional pampering. Of special note is the menu of services specifically for men, including the sport manicure and pedicure for weekend warriors.

The Dearborn Inn

Farther south, guests of the [Dearborn Inn](#) benefit from this Marriott hotel's affiliation with the nearby [Om Spa](#). Offering serenity befitting its name, Om specializes in Western technologies combined with Eastern healing. Take for example the Zen Garden body polish: a fine-grained sugar scrub buffs the skin to enhance its natural glow, followed by a rinse in the Vichy shower and moisturizing essential oils scented with lavender, chamomile, honeydew or spearmint. There's something for everyone here, including women who are pregnant or have recently given birth. After choosing from an impressive menu of prenatal and postnatal options, mommy's skin is massaged and soothed with lotion until it's as soft as baby's bottom.

Townsend Hotel

Guests checking in to the upscale [Townsend Hotel](#) in downtown Birmingham will experience star treatment at its partner spa, Margot European Day Spa, which caters to the rich and famous – and you – with packages such as the Day of Decadence. Treatments include a stimulating body scrub followed by time in the Vichy steam capsule, an aroma-essence massage and a golden caviar manicure. Margot's popular private-label beauty products make lovely souvenirs of your trip to heaven.

3

OTHER SPAS IN METRO DETROIT



If you're not a casino-goer or aren't staying at one of the hotels or casinos listed in Getting There, here are a few more splendid spas located across The D:

- **Absolute Salon and Day Spa:** Each client's specific needs are addressed at this full-service salon and spa. The Dead Sea body wrap is the perfect way to kick off a new diet. It eliminates toxins and water retention and leaves your skin stimulated and pure.
- **Corporate Mind and Body Spa:** When pressures from work or daylong meetings get to be too much, this Ren Cen spa has the answer. Skilled technicians specialize in four core services that will get you back in business in just 15 minutes, feeling revived, refreshed and renewed.
- **The Great Escape Spa:** Whether you have time for the Great Escape or the sampler package that includes a mini massage, a mini facial and a classic mani/pedi, you'll be glad you got away. Don't miss the Men's Escape, which is geared toward the man's man.
- **LeVonne de Spa:** This spa, near hopping Pontiac, comes out and admits, "we are not large or lavish." Instead, "our sultry comfort décor coupled with exceptional spa services make us unique." A cheeky attitude shows through on LeVonne's website, which includes a Sexy Shoe & Pedicure Pledge (print and present at the spa for a special gift).
- **Tamara Spa:** A Motown classic providing premier service to local celebrities and athletes for more than 25 years. Consider bringing your honey for the Sweethearts Getaway, which includes a decadent rainforest water journey, massages, facials and, of course, champagne.