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Woman
Mayor:
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QUINN

A woman with dark hair is sitting on a wooden bench inside a sauna. She is wrapped in a white towel and has her eyes closed, appearing to be in a state of relaxation. The sauna has wooden walls and a wooden bench. A warm light source is visible in the background, creating a cozy atmosphere.

Hit Refresh

NOW MORE THAN EVER,
WE COULD ALL USE A
MENTAL-HEALTH BREAK.

TREAT YOURSELF TO
SOME MUCH-NEEDED
R&R WITH A SPA ESCAPE

BY NYKIA SPRADLEY

BEAUTY

APRIL 2017 ESSENCE.COM 29

QUINN

URBAN OASIS

UNCOMMON UNWIND

Tucked away amid the hustle and bustle and bright lights of the Vegas strip is what can be summed up perfectly by a current trend in spa-ing: adrenaline and Zen. In a place where the day life is equally as poppin' as the nightlife, you'll likely find yourself in need of a break from the sensory overload. Good news: There's plenty of "après adrenaline" relaxation spas. According to the SpaFinder Wellness 2016 trends report, this seemingly paradoxical therapy is "addictive because adrenaline rushes followed by Zen relaxation uniquely reset and quiet the brain, and result in the most blissed-out form of relaxation."

GO DEEPER The creativity-wellness spa connection is making a comeback, with more art, dance, music and literature (all of which can be enjoyed as a spectator or a participant) at the center of the experience. For a euphoric and mind-clearing start to the day, try a yoga class with the dolphins at The Mirage dolphin habitat. Or if you're battling a cold or another respiratory issue, spending 45 minutes in the Himalayan Salt Cave at The Linq (right) should help clear it right up.

Himalayan Salt Cave at The Linq in Las Vegas

To enjoy at home...



HYDROPEPTIDE
Aquaboot
Moisturizer (\$68,
hydropeptide.com).

BIOEFFECT
EGF Serum (\$160,
bioeffect.com).

ART NATURALS
Himalayan Salt Scrub
(\$13, artnaturals.com).



WHEN IN VEGAS... With a slew of newly opened or renovated wellness distractions, there's plenty to choose from on the Vegas strip or nearby.



THE SPA AT RED ROCK BY WELL & BEING
LAS VEGAS
Get away from the busyness of the strip. Take a 30-minute ride alongside a gorgeous mountainous backdrop to enjoy a detoxifying aromatherapy body wrap.



SAHRA SPA & HAMMAM
LAS VEGAS
We all know the rule: What happens in Vegas... But there's no reason to let your hangover show. The spa's Bioeffect Eygló Facial at The Cosmopolitan hotel erases signs of a long night of over-the-top fun.



SPA AT FOUR SEASONS
LAS VEGAS
A head-to-toe candle massage at this recently refurbished spa uses essential oil-infused warm candle wax to melt away stress. If you just need a mani-pedi before dinner, check out the new Nail Bar. »