

PALM BEACH ILLUSTRATED®

VINTAGE VISION

A perfectly Palm Beach ladies' soiree

MIX MASTER

A maximalist's take on hotel design

+

BRIGHT & BOLD FALL FASHION

SARAH WETENHALL

HOME & DESIGN

BALANCE

By Liza Grant Smith



EAU SPA

PAMPER

Good & Well

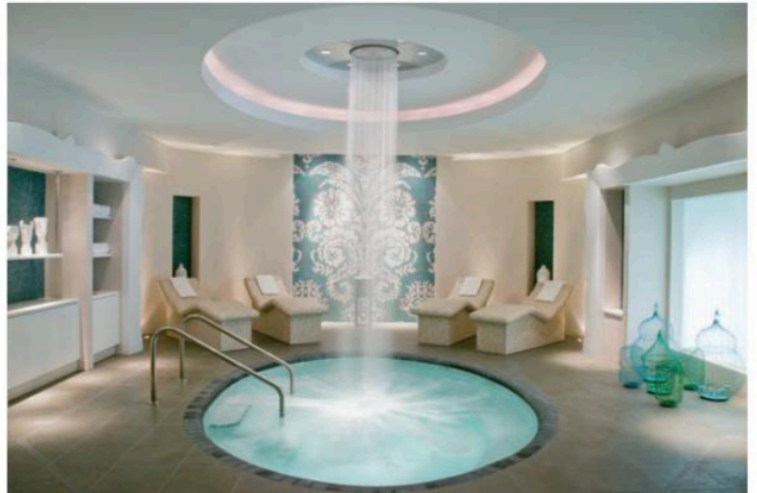
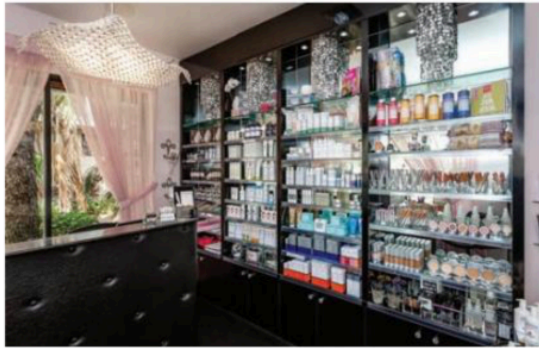
Discover the Palm Beaches' **Spa & Wellness Month** has returned for the fourth year in a row, meaning that October is once again the perfect time to indulge in some quality self-care. Throughout the month, spa indulgences, wellness experiences, and healthy dining are available at special rates, with a portion of the proceeds benefiting local organizations in the fight against breast cancer. Given that there's only 31 days to enjoy myriad offerings, we've done some recon to help ensure the biggest return on your self-investment. Turn the page to review a few Spa & Wellness Month highlights. (spatober.com)



BALANCE

Good & Well

Continued



SPA SELECTIONS

⤴ **The treatment:** Zen Glow “Filler” Instant Glow facial at Bella Reina Spa, Delray Beach. This treatment starts with a raspberry-hibiscus enzymatic skin exfoliation, followed by a customized crystal fiber mask and a vitamin-rich serum. **The cost:** \$99, with a portion of proceeds benefiting the Sari Center.

⤴ **The treatment:** Call-esthetics at the Eau Spa, Eau Palm Beach Resort & Spa, Manalapan. This 45-minute facial focuses on cleansing and tightening and also includes a brow lift, wax, and tint. **The cost:** \$99, with a portion of proceeds benefiting Boca Raton Regional Hospital.

⤵ **The treatment:** CBD-Infused Rose Quartz facial or massage at Prado Salon & Spa, West Palm Beach. CBD massage oil can alleviate pain and soothe tight muscles, and it can also be used in facials to target dry or acne-prone areas. **The cost:** \$99, with a portion of proceeds benefiting the American Cancer Society Palm Beach County chapter.



WELLNESS PICKS

⤴ **The offering:** One-month unlimited membership to Fitness Hub Studios, West Palm Beach, which has more than 100 classes per week including cardio, Pilates, and cycling. **The cost:** \$49, with a portion of proceeds benefiting the American Cancer Society Palm Beach County chapter.

⤵ **The offering:** Yoga in the Wild outdoor yoga class in Busch Wildlife Sanctuary, Jupiter, scheduled for October 26. **The cost:** \$15, with a portion of proceeds benefiting the Sari Center.

⤵ **The offering:** B-12 shot to increase energy and metabolism from BioAge MD, Palm Beach. **The cost:** \$25, with a portion of proceeds benefiting the Breast Cancer Research Foundation.

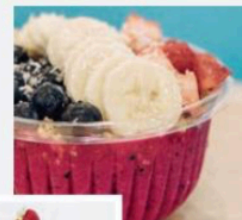
DINING DEALS



NICOLE FRANZEN

⤴ **The food:** Visit Sant Ambroeus in Palm Beach between 8 and 11 a.m. for a signature spa breakfast of an egg-white omelet with fruit or avocado toast, green juice, and coffee. **The cost:** \$20, with a portion of proceeds benefiting the Breast Cancer Research Foundation.

⤵ **The food:** Savor a three-course menu of Italian favorites at La Masseria in Palm Beach Gardens. **The cost:** \$45, with a portion of proceeds benefiting the Breast Cancer Research Foundation.



⤴ **The food:** Stop by Meraki Juice Kitchen in West Palm Beach to delight in a dragonfruit bowl paired with



a strawberry smoothie. **The cost:** \$10.50, with a portion of proceeds benefiting the Breast Cancer Research Foundation.