



WELLNESS FIT FOR A KING

ANGELA GUNN

If you're looking for the royal treatment, look no farther than the Milan Day Spa on Broughton Street. Their signature massage combines Swedish massage, deep tissue massage and a hot stone full body massage, as well as aromatherapy and a seasonal therapeutic back masque. The Milan Royal Treatment is the spa's most popular service, which not only helps to combat stress, but also focuses on increasing flexibility in the neck and back while the chamomile and seaweed mud masque treats problematic skin. For the elimination of toxins, a strengthening of the immune system, improvement to skin suppleness, color, elasticity and resistance to infection, check out this hidden gem in Center City. Turn off your phone, lie back and relax for two blissful hours that will leave you glowing like the crown jewels.

WHERE

Milan Day Spa
10 East Broughton Street

COST

\$175 for 2 hours

MORE INFO

milandayspabroughton.com

130

QUICK TRIPS:
LIGHT UP THE
NIGHT

132

CHARLESTON
WEEKENDER'S
GUIDE

136

A BLACKBERRY
STATE OF
MIND

142

SOUTH'S
GREATEST
KIDS

160

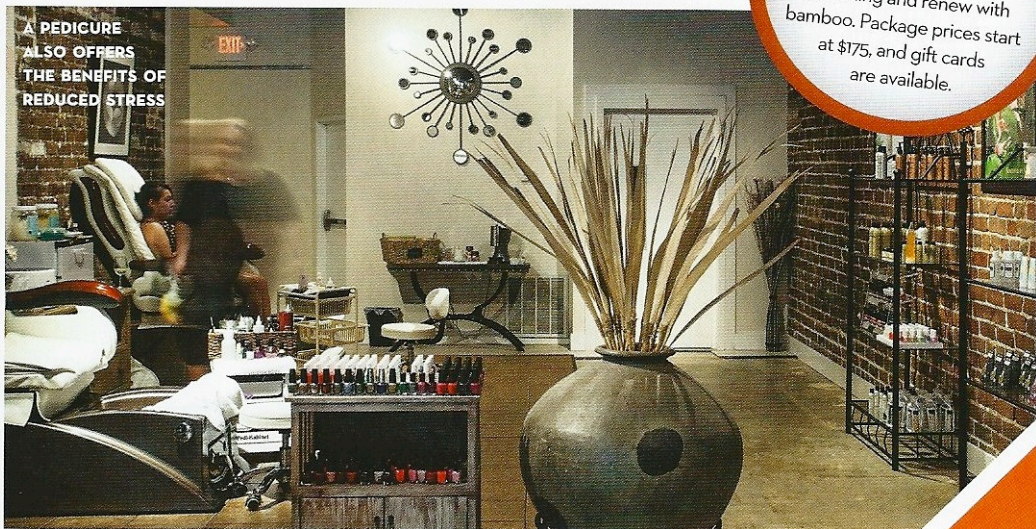
HOW
HEALTHY
ARE WE?



OWNER
CATHERINE
GARRIDO



LOW LIGHT
ENCOURAGES
RELAXATION IN
MASSAGE ROOMS



A PEDICURE
ALSO OFFERS
THE BENEFITS OF
REDUCED STRESS

Milan Day Spa offers packages for every occasion, including a couples retreat, bridal bliss, gentleman's grooming and renew with bamboo. Package prices start at \$175, and gift cards are available.