

Larry & Alycia: The Inside Story
Dawn Stensland Tells All

Philadelphia Steaktown, USA

Cheesesteaks? Love 'em. But sometimes what we really crave is a juicy T-bone. How our hunger for red meat (& creamed spinach & onion rings) is turning us into one of America's great steak cities

The 35 Best Steakhouses in Philadelphia



PulseBeauty

Winter Spa Treats

This season, local spas are offering remedies that seem culled from a grocery list (lemon, tea, egg yolk) and are full of comforting, crave-able flavors (sugar cookies, peppermint, gingerbread) to help conquer our winter blahs. —Colleen Curry and Allison Stadd

FOR INDULGING: Detoxifying Body Ritual

This 80-minute service at the **Spa at Four Seasons** starts with a wood stone massage—smooth pieces of wood are used for de-knotting and body contouring—followed by an exfoliating scrub and a mud wrap made from antioxidant-fighting green, red and white teas. \$180. **1 Logan Square, 215-963-1500, fourseasons.com.**

FOR DRY HAIR: Milkshake Hair Repairing Treatment

The powder-based product in this conditioning treatment at the Northeast's **Salon Normandee** is mixed with milk (for chemically treated hair) or yogurt (for virgin strands) and then brushed on. After 20 minutes under heat, drab locks come back to life. \$25. **1619 Grant Avenue, 215-676-0554, salonnormandee.com.**

FOR PARCHED SKIN: Cranberry Massage Toppers

(trust us, you'll be glad there are five area locations) employs antioxidant-rich cranberry oil for a full-body Swedish massage during this 50-minute treatment. Afterward, rough skin is sloughed with a cranberry-sugar scrub, then moisturized with a cranberry butter body cream. \$112. **At area Toppers Spa/Salons; toppersspa.com.**

FOR STRESS: The Sweet Life Treatment

The **Powder Room** in the Northeast flavors its winter rubdowns with your choice of indulgence: gingerbread or sugar cookie. Zone out and inhale the confection-scented candles during a 60-minute massage while milk-infused body cream hydrates skin. Wake to a glass of milk and cookies. \$75. **13023 Bustleton Avenue, 215-969-0661, thepowder-roombeautyboutique.com.**

FOR THE FACE:

Optimum Hydration Facial

High-end ingredients are the secret behind **Qua Bath and Spa at Caesars'** 50-minute skin-softening facial. After gentle exfoliation, a vitamin-rich gel is massaged deep into pores, prepping skin for an apple water and aloe vera cream that locks in moisture. Take it all in on lavish sheepskin blankets and a Posturepedic mattress. \$180. **2100 Pacific Avenue, Atlantic City, 609-343-2400, harrahs.com.**

FOR FEET:

Winter Bliss Pedicure

This 90-minute pedi at modern **Laurentius Salon** feels like an ancient remedy. Toes are warmed in eucalyptus water, heels are smoothed with a sugar and lemongrass paste, and legs are treated with moisturizing egg yolks. \$75. **815 Christian Street, 215-238-0764, laurentiusalon.com.**

FOR VITALITY:

Thai Hot Stem Energy Treatment

AME Salon and Spa's one-hour treatment starts with hot compresses soaked in lemongrass, lime and Thai plai (a ginger-like root). An alternative to traditional Thai massage, this hot stem massage opens the body's energy pathways to leave you reinvigorated. \$135. **111 Waywood Avenue, Wayne, 610-995-2631, amesalonandspa.com.**

FOR FUN: Peppermint Twist Mani/Pedi

The enlivening scent of peppermint from **Giovanni & Pileggi's** decadent 90-minute mani/pedi combo will lure you through the door. Hands and feet are treated to a minty makeover: smoothed with a peppermint scrub, soothed with a peppermint mask (applied with hot towels), and hydrated with a—you guessed it—peppermint lotion. Added bonus: The high-tech footbaths have bacteria-killing lights. \$60. **256 South 16th Street, 215-568-3040, giovannipileggi.com.**