



Clean Start

OUT WITH THE BAD STUFF, IN WITH THE NEW.

If only we could exchange what we gave ourselves for Christmas: dull, lifeless skin, complete exhaustion and a body that could launch a thousand gym memberships. Welcome to the dark side of holiday cheer. How to undo the effects of prolonged overdoing it? January is the annual Big Flush, the only time of the year that the word "detox" doesn't imply the Betty Ford Clinic. But luckily, it's not all about laying off the cake and Champagne and catching up on sleep: spas and skin-care companies are ringing in the new year by making it easier for you to get your glow back.

CHRISTINE MUHLKE

DO-IT-YOURSELF DETOX

Detoxification is not a gentle process. It's best done someplace where you don't have to be too active or too pleasant. (Being in a warm climate helps.) The

Lake Austin Spa Resort in Austin, Tex., offers a one-week Metamorphosis Gentle Detoxification Program, based on the regimen that the celebrity gourmet natural-food chef Alex Jamieson created to slim down Morgan Spurlock after he shot "Supersize Me." It promises to help rid guests of everything from artificial sweeteners to information overload (from \$2,700; go to www.lakeaustin.com). At the five-night Mini-Week group fast at the **New Age Health Spa** in Neversink, N.Y., the three daily "meals" consist of a 16-ounce glass of raw juice, and the hydro-colon therapy will get you squeaky-clean (\$970; go to www.newagehealthspa.com).

Want to go all the way? **Chiva-Som** in Thailand has a 14-day "ultimate detox retreat": an abdominal massage, a cleansing diet, coffee colonics and more (from \$6,510; go to www.chivasom.com). For those on a tighter schedule, **Bliss Spa** offers the 85-minute Hangover Herbie — an anti-migraine massage, detox wrap and revitalizing mask — at all of its United States locations (\$215; go to www.blissspa.com). At the **Mandarin Oriental Miami**, a half-day of toxin-sucking treatments is \$470 (go to www.mandarinoriental.com). Or reverse-wallow in the Divine Detox at New York's

Cornelia Day Resort: six hours, eight treatments, pot of detoxifying tea included (\$900; go to www.cornelia.com).

"Renew" and "restore" are the at-home buzzwords of the season. It all starts with the bath. Underwater purifiers include **C.O. Bigelow's Mustard Bath (1)**, which uses an old apothecary recipe for sweating out a cold and easing congestion (\$18; go to www.bigelowchemists.com). And Fresh is teaming up this month with the film "Memoirs of a Geisha" to introduce **Rice Bath With Sake (2)**, designed to increase circulation (\$75; go to www.fresh.com). Go the extra six steps with Red Flower's **Hamam deep-cleansing set (3)**, which transforms your tub into a Turkish bath with yummy items like Orange Quince Steam Room Mist (\$56; at Barneys New York). Party-poopied skin can get quick results from a good sloughing. On Jan. 1, Clinique busts out the **Turnaround 15-Minute Facial and Turnaround Concentrate**, both designed to get to the bottom of things (\$35 and \$37, respectively; go to www.clinique.com). Skyn Iceland's **5-Day Detox Kit for Stressed Skin (4)** helps restore what you partied away (\$45; at Henri Bendel). And then there's the good old-fashioned mud mask, reinvented by REN as the **Multi-Mineral Detox Facial Mask**, using French clay, red tea and spirulina to deep cleanse (\$35; at Barneys New York). Next year, you may want to stick to the spritzers and crudites.



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