

## Light, bouncy, refreshed

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Then came a delicious light lunch, consisting of a fresh garden salad loaded with cherry tomatoes, fresh-squeezed orange juice, cheese and a croissant, all from Y Wanna Hav a Cafe in Century Place. It definitely hit the spot. I followed it up with a raspberry herbal tea, which I sipped while staff readied my pedicure station.

A soothing foot soak in a warm basin, and my feet — which I readily admit needed a little work after going barefoot in the yard all summer — were pumiced, filed, snipped and trimmed, all painlessly. Carly tsked over my calluses, but said she'd much rather take care of needy feet than those that left her nothing to do. The finishing touch was an application of light-coloured polish, which I must admit looked great on my always-natural toes. Walking with tissue wrapped between them while they dried was a little difficult, however.

The manicure I thoroughly enjoyed, from the many applications of lotions and oils to the soothing hand and arm massage. I decided on a polish colour called Queen of Denial, not as eye-catching as Wyatt Earple Purple, perhaps, but more suitable for my low-key personality. Another rest in the comfy arm chair while my layers dried, and I returned to my clothes and headed down to The Salon for my hair treatment.

Marissa was my stylist, and a hair-wash was definitely in order after the shower, facial and lotions from the spa. An application of gel and a blowdry into a tousled, wavy style, and I was ready to go. I felt light, bouncy, refreshed and surprised to arrive home and find that my lovely but culinary-challenged husband had prepared dinner. What a perfect ending to a delightful afternoon.

The Salon and Illusions Day Escape can be reached at 966-4247.