

sounds like fun.. ill try to make time in nov,, im in the process of planing schedule --for a change

On Tue, Oct 25, 2011 at 10:57 PM, [REDACTED] > wrote:

There is a new spa treatment you might like.

First a cute Colombian girl rubs coconut oil all over your body and wraps you up. You then lie down in a special Pod with LED lights, gentle vibration and blowing oxygen while she gives you an oxygen facial and puts a small oxygen tube in your nose. The cool CO2 gel mask feels nice on your face while your body is warm in the pod, you are breathing in pure oxygen and the whole thing is vibrating. I almost fell asleep. Interesting *new* sensations and your skin is really smooth and tight after. (you also burn 300 calories).

It only takes 30minutes and it is right on 60th and Madison. I have an extra session, I can set it up for you if you would like to try :)

<http://www.spaweekblog.com/2011/05/20/the-pod-spa-nyc/>

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