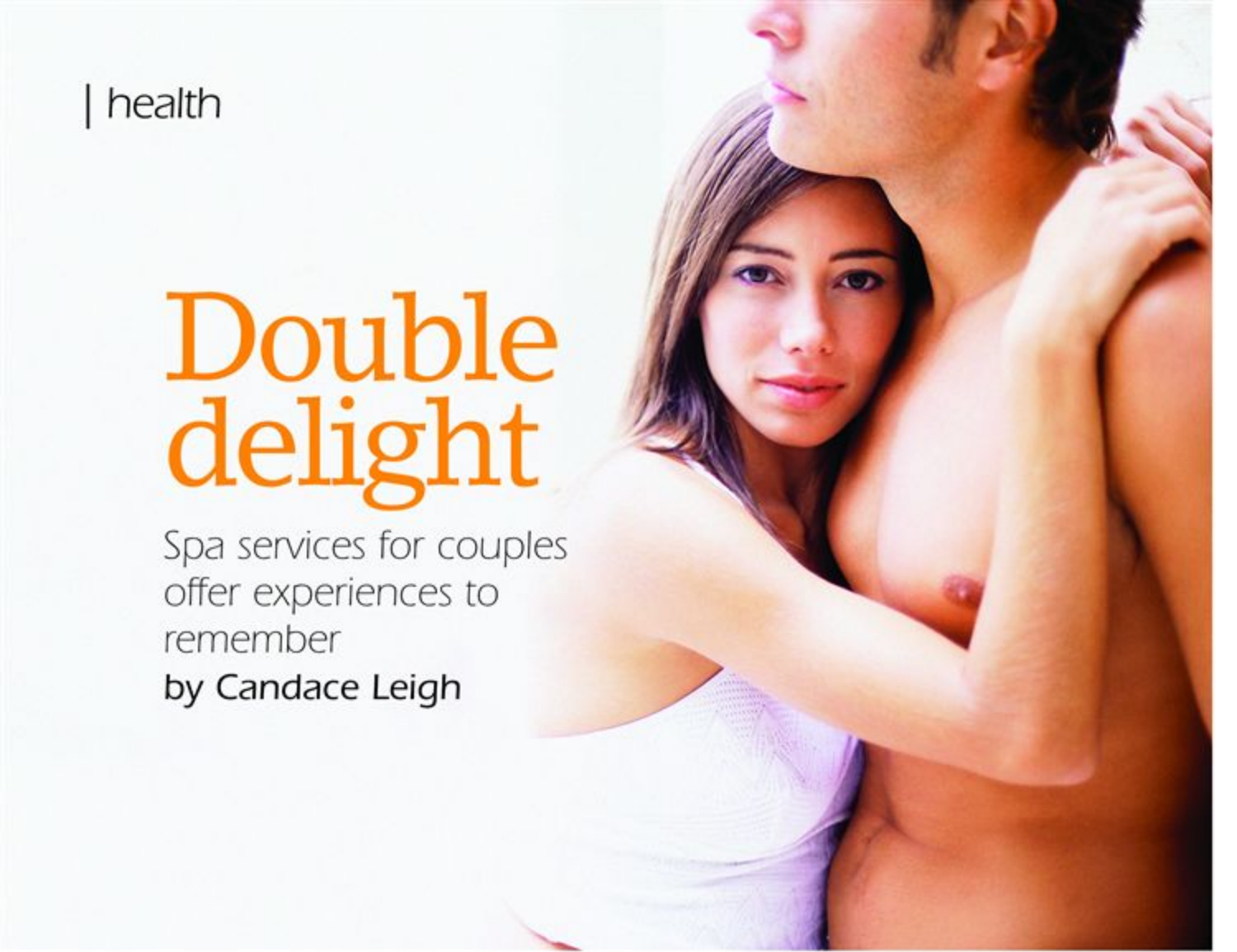


# Double delight

Spa services for couples offer experiences to remember

by Candace Leigh



**D**o you feel a little guilty after all of your holiday indulgences? Maybe it has nothing to do with running up the credit card and the calorie count or having a few too many drinks. Maybe you're harboring a selfish little secret. Could it be that the special present you bought for your honey was really something you wanted for yourself? Don't kick yourself. If you gave an item that you're now borrowing, you can redeem yourself on Valentine's Day. Consider a gift of guilt-free pampering: a day at the spa.

One bit of advice when seeking spa treatments: No matter how much you love someone, you really don't want to see impurities oozing from every pore. Limit your shared time to romantic double massages or side-by-side pedicures. Many day spas can provide two massage therapists — one for you and