

one for your companion — and you can have your services in the same room. Even when you're not talking, it's great to have the proximity in such a serene environment.

The Grand Spa, for example, offers couples' massages from 50 to 80 minutes, with your choice of Swedish, aromatherapy or therapeutic.

During February, Uptown Mood Spa offers a Chocolate & Wine Wrap package (\$120), which includes a body steam, chocolate body wrap, a glass of wine and chocolate-covered strawberries.

The Spa at the Crescent is very couple-friendly. The Tranquility Room is a peaceful spot to await treatments and almost all spa services are available as duets. The Rejuvenation Package includes concurrent massages, facials, manicures, pedicures and lunches for \$295 per person. The Traditional Duet Package includes two aromatherapy massages, two pedis, two manis, and two lunches for \$400. The Honey Do Package (\$245) treats your sweet thing to lunch, a wine and humectant honey body wrap (which promotes moisture retention), followed by a calming milk and honey facial. The hot stone massage also is a popular duet. According to The Crescent's Karol Stephens, "Couples treatments are good for unsure and nervous males. It's not so scary for a man to have a pedicure when his girlfriend is sitting right beside him."

In spa-rich Dallas, it may be hard to decide where to go. Seek a facility that specializes in services for men. After all, it's easy to find a girl's beauty haven, but sometimes the frilliness is intimidating for a guy's first time. Whether you head out for a night on the town or enjoy an intimate night in, a shared spa day will help you both look and feel your best.

Try treatments at one of the area's swank hotels and turn a day of pampering into an entire weekend. Stay at the Hotel Crescent Court for the Relaxation Spa & Room Package (\$475): a superior room, breakfast in the Conservatory or room service, two aromatherapy massages, valet parking, and the use of the steam, sauna, and fitness floor at The Spa. The Pamper Spa & Room Package

(\$895) additionally offers two vitamin C facials, two spa manis and pedis, champagne, lunch in the Spa Café, and hot rock massages instead of aromatherapy.

The Wyndham Anatole's Suite Surrender Spa Package (\$339) lets you enjoy one-night deluxe suite accommodations for two, a complimentary bottle of chilled champagne upon arrival, two complimentary passes to the 80,000-square-foot Verandah Club, two 90-minute personal massage treatments of your choice and breakfast for two at the Terrace Café.

The ZaSpa at hip Hotel ZaZa provides the Ménage à Deux — Swedish massage for two in the same treatment room — for 50 minutes at \$190 per couple (\$240 for in-room) and 80 minutes at \$240 (\$300 in-room). ZaSpa has a couples' hydra tub and manis and pedis, too. Coming soon — a chocolate and roses pedicure. From 9 a.m. to 11 p.m., you can get the services in the privacy of your hotel room.

To spice things up wherever you may be — home, hotel or office — rely on Bliss Mobile Day Spa. A couples' Afternoon Escape includes Swedish massage and a hand and foot spa. The Ritual of Wellness includes Swedish massage, hand and foot spa and a relaxing facial. Add roses, champagne or sparkling cider, and gourmet chocolates to couples' packages for \$35. Amy Love of Bliss notes, "We're adding a personal chef service, so couples can enjoy a relaxing massage while a gourmet dinner is being prepared in their own kitchen."

Looking for something even more holistic? Join your partner for a couples' class on Feb. 10 — the Friday before Valentine's Day — at Yoga Island. Wine, cheese, and yoga — a great date night! Even if you're a yoga neophyte, you'll be able to try postures with your partner's support, practice deep breathing and reconnect as a couple.

The romance will unfold naturally once you've been beautified, relaxed and reinvigorated. This Valentine's Day — or any day you can both sneak away together, for that matter — indulge in a few shared spa treats. ■

#### Spa at the Crescent

Hotel Crescent Court, Dallas

[www.crescentcourt.com/spa.cfm](http://www.crescentcourt.com/spa.cfm)

8 a.m. to 9 p.m. Monday through Thursday;

8 a.m. to 8 p.m. Friday;

8 a.m. to 7 p.m. Saturday;

8 a.m. to 6 p.m. Sunday.

Services by appointment only: 214-871-3232.

#### ZaSpa

Hotel ZaZa, Dallas

[www.hotelzaza.com/ZaSpa\\_ZaSpa.aspx](http://www.hotelzaza.com/ZaSpa_ZaSpa.aspx)

9 a.m. to 4 p.m. Sunday

and Monday; 9 a.m. to 9 p.m.

Tuesday through Saturday.

In-Room Services:

9 a.m. to 11 p.m. daily.

Reservations: 214-550-9492 or 214-468-8399.

#### Bliss Mobile Spa

Frisco (covering the entire Dallas-Fort Worth area)

[www.blissmobilespas.com](http://www.blissmobilespas.com)

Flexible schedule

Services generally offered from 9 a.m. to 9 p.m.

Information: 888-756-1780.

#### Verandah Club & Spa

Wyndham Anatole Hotel,

Dallas [www.wyndham.com](http://www.wyndham.com)

5:30 a.m. to 9:30 p.m. Monday through Friday;

7 a.m. to 8 p.m. Saturday and Sunday.

Hotel Reservations: 214-748-1200.

Verandah Club & Spa: 214-761-7878.

#### Uptown Mood Spa

2723 McKinney Avenue, Dallas

[www.uptownmoodspa.net](http://www.uptownmoodspa.net)

9:30 a.m. to 7 p.m. Monday through Saturday;

Noon to 6 p.m. Sunday.

Appointments: 214-303-1223.

#### Yoga Island

3301 Long Prairie Road, Ste. 135

Flower Mound

[www.yogaisland.com](http://www.yogaisland.com)

Information: 972-724-9642.

#### Grand Spa International

Village on the Parkway, Dallas

[www.grandspa.com](http://www.grandspa.com)

Information or reservations: 972-392-9393.