



THE SEWICKLEY SPA
the ultimate luxury spa

Pamper Yourself!

Written by: Sara Mullins
Photography by: Lance C. Bell

A relaxing facial.

The popular Wisp Resort at Deep Creek Lake is renowned for a host of outdoor activities that vary according to the season and inevitably depend on the whims of Mother Nature. However, since July of 2003, a different and very special experience has been available at the Wisp, no matter what it's doing outside: a visit to the award-winning Sewickley Spa.

Nestled within the Wisp Resort Hotel & Conference Center, the Spa offers more than 100 treatments to hotel guests and visitors in a setting that combines luxury and intimacy. Original artwork from international artist Malcolm McVicar Bonney adorns the walls, while muted lighting, herbal aromas and soft music create an aura of relaxation. Guests dressed in plush robes and soft slippers lounge on sofas in a living-room setting, complete with stone fireplace, while awaiting their choice of treatments. An array of pastries, fruit and herbal teas are available nearby for their refreshment.

"We're inviting you into our home," says Nina Tate-Elliott, who manages the Wisp location. "We're here to help and serve our guests."

That welcoming spirit is clearly evident among the staff at the Spa. Besides Nina, who also gives pedicures and manicures, the others ready to pamper clients are Will Johnson, assistant spa manager; Will Humphrey and Megan Callahan, massage therapists; and Mary Patitucci, aesthetician. All are certified or licensed according to state law and undergo an internal training program before interacting with clients.

The Sewickley Spa at the Wisp offers a variety of massage techniques, facials, body treatments, manicures, pedicures, waxing and cosmetic applications. For an especially luxurious experience, special packages with evocative names

like *Elegant Encounter*, *Divine Day*, *Ultimate Skin Enhancer* and *The Magnificent Massage* include a smorgasbord of sensory indulgences in a session lasting from 90 minutes to four hours.

As part of the research for this story, the writer of this story had the opportunity to experience *The Divine Day*,

consisting of a steam bath, several popular massage techniques, a pedicure, a manicure and facial treatments. The name says it all.

I began with a steam bath to unknot my muscles and open the pores of my skin. After drying off, I settled onto the pre-heated massage table. The skilled hands of massage therapist Will Humphrey went to work, with a full-body Swedish massage that included some Shiatsu, sports massage and muscle stretches, deep tissue work and hot stone massage. I emerged feeling relaxed and energized.

Nina's pedicure and manicure magic followed, with results far superior to my own pathetic efforts that often result in splotches of polish on places other than the intended nail surfaces. Nina's massaging my hands and feet made them feel as good as they looked.

I then experienced my first-ever facial with Mary. A cooling cleansing gel prepared my skin for a steam treatment to open the pores. She then skillfully applied a honey-almond scrub, followed by a soothing collagen mask. After rubbing lotion onto my hands and feet, Mary carefully placed them into heated mitts and left me for a while to absorb all the goodies she had applied. A misting of toner and moisturizer completed the treatment, along with a light facial massage. A peek in the mirror revealed my smiling face, suffused with a rosy glow.



Deep massage by massage therapist, Will Humphrey, relieves tension and rejuvenates skin and muscle.



Dorothy Andreas Tuel counsels a couple on the many options available at the Sewickley Spa.

After four hours of sheer bliss, I felt like a new woman. This, I decided, is definitely an experience worth repeating, a mini-vacation of sorts.

Others apparently agree. Repeatedly voted the Best Day Spa by several newspaper polls, the Sewickley Spa was also featured in the cover story of *Spa Management Magazine's* August 2003 issue and has been recognized as an outstanding business model. During the same year, the Spa's founder and president, Dorothy Andreas Tuel, was honored by Pennsylvania Governor Ed Rendell as one of the Top 50 Women in Business in Pennsylvania.

After successfully establishing several salons in the Pittsburgh area, Dorothy sought to bring the day spa concept, already popular in Europe, to the Pittsburgh area. In 1997 she founded the original Sewickley Spa in Sewickley, Pa., followed in 2001 by another location in Ligonier, Pa.'s historic Mellon Bank building. A family ski trip to the Wisp resulted in Dorothy's decision to establish the Sewickley Spa at the resort, which opened in July 2003. Two years later, its success has resulted in a plan to double the Spa's current size.

Now a full-time resident of the Deep Creek Lake area, Dorothy balances her professional life with family and community service. Besides overseeing all three Sewickley Spa locations and spending time with her husband and two sons, she lectures to entrepreneurial groups and is an avid supporter of women's rights, animal rights and the homeless.

Winter is a busy time for the Spa at the Wisp. Sports massages offer relief to the sore muscles of skiers and snowboarders, and the popular hot stone massage warms chilled bodies. Those who prefer not to indulge in outdoor adventures can savor the Spa's services while their companions conquer the slopes. Although most clients are women, the Spa has become increasingly popular with men, especially athletes seeking deep tissue massages.

Private, corporate and non-profit groups can benefit as well. The Wisp Resort specializes in team-building workshops, which can include spa treatments. The Spa can be rented for gatherings during non-regular hours. Gift certificates are another option for businesses wishing to reward employees or clients.

For clients desiring a greater degree of privacy and convenience, the Spa offers massages beyond its physical location. Wisp Hotel guests may book massages in their rooms, while rental groups of up to eight can arrange for a massage therapist to come to their "home away from home."

Because demand for Spa services at the Wisp is high, especially during the weekends and holidays of the winter season, anyone wanting to make reservations should do so as soon as possible to avoid disappointment.

The Sewickley Spa at the Wisp is open Tuesday through Saturday from 9 am to 6 pm, and Sunday from 10 am to 2 pm during peak resort times. For information or to book services, visit www.sewickleyspa.com or call 301-387-7000.



Seasonal Changes: A Time to Re-evaluate Your Skin Care Regimen

by Dorothy Andreas Tuel

As dry winter weather approaches, it's time to consider whether our skin care regimens meet the season's needs. The skin is the largest organ of the body. While skin provides our main form of protection, it functions in other ways that are vital to our survival, such as minimizing water loss and regulating body temperature.

Helping our skin combat the elements and fight the aging process is critical to keeping skin looking as healthy as possible. Dry winter air depletes the skin of moisture and nutrients, thereby causing less tensile strength, the loss of collagen and elasticity and the increased appearance of fine lines. Another situation more specific to skin with acne or prone to dermatitis is an increasing level of acidity, which occurs as we age, that causes dehydration of the skin. Bacteria cannot thrive in a highly alkaline state. By keeping bacteria at bay and oxygen delivery to our skin high, we are doing a large favor to the future health and appearance of our skin.

Diminished oxygen levels cause a breakdown of collagen production and elasticity. Our collagen-rich membranes separate the lower layers of the skin, or dermis, and the outer layers, or epidermis. The epidermis controls the substances which pass between the two; so keeping it as healthy as possible should be a goal for healthier skin.

Some things to keep in mind as the harsh winter approaches:

- Use a humidifier to add moisture to your environment.
- Establish a healthy lifestyle. Smoking, lack of physical exercise and poor diet drain our skin of necessary nutrients and oxygen.
- Increase water consumption, even if it means only drinking a glass of water after each caffeinated beverage. The more water, the healthier our skin appears to be – and is.
- Dress in layers for better protection.
- Always use a sunscreen with an SPF of at least 15. Many make-ups now contain SPF, so look for it when you purchase foundation or dual-fnishing powders.
- Vitamin C is a major component of skin health and collagen production; so keep it in your diet and try a skin care regimen that is enriched with Vitamin C.
- Use tepid water and non-detergent cleansers, a Ph-balancing toner and a moisturizer at least twice a day.
- Apply moisture or collagen treatments at least once a week during harsh weather.
- Don't forget your lips! Licking our lips dehydrates them quickly. Exfoliate and moisturize them with non-flavored items.

Dorothy Andreas Tuel is the president of The Sewickley Spa Inc., with three locations in Western Pa. and Md. Dorothy has been in the beauty industry for 25 years as a teacher, lecturer and entrepreneur. For more information, visit www.sewickleyspa.com.



A Perfect Day, © Lee Teter 2001

The Art Gallery LaVale Fine Art & Custom Framing

Featuring Original Art and Limited Edition Prints by Lee Teter

Original Art Work and Prints
by Local Artists
Custom Framing & Shadow Boxes

927 National Highway
LaVale, MD 21502
Off I-68, Vocke Road Exit,
right at Maryland State Police Barracks,
½ mile on left

(301) 729-8989

www.artgallery-lavale.com
artgallerylavale@aol.com

Queen City Creamery & Deli

1940's Style Soda Fountain – cones, shakes, sodas, sundaes, floats, splits featuring Homemade Frozen Custard

Coffee Bar – Espresso drinks, Latte, Cappuccino, etc.

Deli Counter – Boar's Head Meats & Cheese

Open Daily 7am
108 Harrison St.
Cumberland, MD
I-68, Exit 43C

www.queencitycreamery.com
301-777-0011



Canal Place Store Open
Weekends Only Sept. & Oct.
Closed Nov. 1st – May 15th

Check our web site for hours, flavors
and in-store specials.