

SpaReport

The Oxford Club *1616 17th St., Denver; 303-628-5435; oxfordclubspa.com*

The treatment: Sunless bronzing, 50 minutes, \$75

This spa is for: Urbanites and people too overscheduled to make an appointment during normal business hours. Services are available 9 a.m.-8 p.m. Monday-Friday; 9 a.m.-7 p.m. Saturday; 10 a.m.-6 p.m. Sunday. Appointments are generously scheduled, but therapists will get you in and out as quickly as you need.

First impressions: The spa, which is a few doors down from the historic Oxford Hotel, is a chic combo of salon, spa and gym. Enter at street level to a reception and retail area that has the vibe of an old-school barbershop — busy, but convivial and efficient. Head upstairs in your robe to wait in a soothing seating area. Treatment rooms are spacious and gently lighted.

The treatment was: A full-body salt scrub, followed by application of a high-end bronzing mousse by a massage therapist. Though the exfoliation can be intense, therapist Michelle was good about taking care with the tender parts and making sure she wasn't scrubbing too hard on the rest of the body. Because the spa sends you home with $\frac{2}{3}$ can of self-tanner (and a pair of necessary rubber gloves), you also receive instruction on how to touch up and reapply to extend your fake bake beyond the predicted four- to five-day lifespan.

Amenities: The Oxford's locker room is stocked with everything you need pre- and post-treatment — nice-smelling shampoo, body wash and conditioner, razors and blow dryers. There's a steam room. And if you're a car-free traveler, there are bike racks in the men's and women's changing areas.

Room for improvement: It's probably logistically impossible in the historic building, but it would be nice to have a shower room on the same floor that messy services — salt and mud scrubs, for example — are delivered so clients don't have to tramp up and down the stairs in full view of the salon and checking-in patrons.

Make the most of your visit: Don't be afraid to ask for what you need. Aestheticians and therapists were great about

talking me through the procedures and making sure I was comfortable with new-to-me services.

Repeat visit planned? Yes — for the Stone Massage (100 minutes; \$145) which starts with a rose petal foot bath and full-body dry brushing.

Know before you go: You'll be pretty orange immediately after the treatment, but don't be afraid! The extra color washes off in the shower the next morning for a more natural look. Also, if you're counting on this treatment to correct tanning errors — like wide white stripes from gardening in a tank top — this treatment probably isn't for you. *Dana Coffield, The Denver Post*

