

101 Favorite Things: Body Shop

From spas to fitness classes, our top places for tuning up

By STAFF REPORT

INTOWN WESTCHESTER

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Hot-Stone Massage

Richard Scott Salon and Day Spa; Mount Kisco

Talk about heaven! Lying in one of the new modern and ultra-relaxing spa rooms at the Richard Scott Salon and Day Spa, with a heating pad underneath the sheets and warm rocks lining each crevice of your back, quickly melts away stress. Ask for Denise, who gives the best neck and scalp massages and-best of all-uses Prossage, a soft-tissue therapy lotion. It warms and soothes your muscles-so you'll leave feeling so relaxed you won't mind if your kids eat dessert before dinner (15-17 S. Moger Ave.; Mt. Kisco; 914-242-1700; richardscottsalon.com).