

back facials

Breakouts on the back are surprisingly common and often far more stubborn than those on the face; fortunately an intense deep cleansing once a month can make a serious difference. Think of these treatments as a turbocharge for an at-home regimen, says New York dermatologist and founder of SkinCareLab day spa, Brad Katchen: "An everyday acne-fighting routine is critical, but a back facial can speed the process up. It won't cure the problem entirely, but you will see a noticeable difference—smoother, calmer skin—within days." —*Alyssa Kolsky*

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at home step one: cleanse

You have to really stick with an antiacne regimen—even after your back clears up, says Miami/New York dermatologist Fredric Brandt: Use breakout-fighting cleanser every time you shower.

Sweat clogs pores, so be particularly vigilant if you work out.

NEW YORK SkinCareLab

SKINCARELAB.COM

PHONE: 212-334-3142

WHAT: Back Treatment, 75 minutes, \$150. Dr. Katchen, who owns this spa, personally designed every step of the treatment, which includes marine-based products and a great anti-inflammatory self-heating mud mask.

VIBE: Sleek and modern.



BANYANCITI SPA,
NEW YORK

BanyanCiti Spa

BANYANCITISPA.COM

PHONE: 212-388-1288

WHAT: Back Cleansing Treatment, 60 minutes, \$95. It's just as much about the pampering as the skincare here: While you steam, the therapist gives you a hand, shoulder, and scalp rubdown.

VIBE: Though it's smack in the middle of SoHo, this spa has an unexpected exotic-South-Asian-vacation feel with rattan lounge chairs, orchids, and even Thai-grass-thatched ceilings over the treatment rooms.

WAYNE, PA Ame Salon and Spa

AMESALONANDSPA.COM

PHONE: 610-995-2631

WHAT: Back Facial, 60 minutes, \$95. There's a gentle fruit exfoliation, soothing massage, and an amazing pore-tightening clay mask.



AME SALON AND SPA,
WAYNE, PA

VIBE: Zenlike, with meditative waterfalls, potted palms, and flickering candles everywhere you look.

WASHINGTON, D.C. Skin Beauty Lounge

SKINBEAUTYLOUNGE.COM

PHONE: 202-543-6993

WHAT: Back Skin Treatment,



SKIN BEAUTY LOUNGE,
WASHINGTON, D.C.

60 minutes, \$95. The extras here are what really make it fabulous: They range from the high-tech (a sci-fi-ish electric current that zaps bacteria) to the indulgent (a soothing massage with detoxifying, lemongrass-scented oil).

VIBE: A cozy brownstone in the Barracks Row section of Capitol Hill.

CHICAGO Spa Space

SPASPACE.COM

PHONE: 312-466-9585

WHAT: Back Facial, 75 minutes, \$115.

After a detailed skin analysis, your entire treatment—from cleanser to mask—is custom-designed, and always includes a fantastic neck massage.

VIBE: Minimalist but warm, with fluffy couches in the relaxation lounge and lush carpet on the floors.

DALLAS Bliss Spa

BLISSWORLD.COM

PHONE: 214-953-6200

WHAT: Backcial, 60 minutes, \$100. Post-facial, breakouts can sometimes get worse

before they get better. Bliss focuses on preventing this phenomenon with an oxygen-enriched mask designed to calm skin.

VIBE: Airy, clean, and bright, in white with robin's-egg-blue accents.

at home step two: exfoliate

At least once a week, use a medicated scrub specifically designed for the body. "Skin is thinner on the face, so facial scrubs are often too gentle for the back," explains Los Angeles dermatologist Howard Murad.



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STILL LIVES: LUCKY DIGITAL STUDIO.

LOS ANGELES Murad Medical Spa

MURADSPA.COM

PHONE: 310-726-0470

WHAT: Clarifying Enzyme Back Treatment, 30 minutes, \$85. The highlight here is a powerful papaya-enzyme peel that smooths like crazy.

VIBE: Inside, it's uncluttered, fuss-free, and clinical-in-a-good-way; outside there's a bench-dotted courtyard where clients hang out before or after services.

SAN FRANCISCO SenSpa

SENSPA.COM

PHONE: 415-441-1777

WHAT: Upside Down Facial, 70 minutes, \$125. Like two services in one: As you steep in a red algae mask, you're treated to a back, foot, and calf massage.



SENSPA,
SAN FRANCISCO

VIBE: Former World War I army barracks have been transformed into a hip lounge, with vibrant orange chaises, massive goldfish-filled vases, and the cushiest beds ever.

SEATTLE Red

REDSEATTLE.NET

PHONE: 206-256-6214

WHAT: Clinical Back Facial, 45 minutes, \$85. A combination of potent products, extensive extractions, and even a cortisone injection if you need it.

VIBE: Colorful and light, with a rotating collection of paintings by local artists.

at home

step three: treat

A post-shower leave-on treatment is key. Ingredients like salicylic or glycolic acid are ideal, but avoid benzoyl peroxide—it can bleach your clothes.

sprays



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COMPLEX SPRAY, \$30,
MDFORMULATIONS.COM

CLINIQUE ACNE SOLUTIONS
BODY TREATMENT SPRAY,
\$20, CLINIQUE.COM

MURAD CLARIFYING
BODY SPRAY, \$32,
MURAD.COM

NATURE'S CURE BODY ACNE
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TARGET.COM FOR LOCATIONS

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PADS, \$7, DRUGSTORES

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ACNE RELIEF PADS,
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DERMALOGICA.COM
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\$78, MDSKINCARE.COM



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