

Glossy

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FASHIONS FOUND IN AUSTIN THAT
WOULD MAKE CARRIE SWOON

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Tex and the city

GlossyGLOW

Grounded in aromas



Kelly West photos AMERICAN-STATESMAN

At the Spa at Barton Creek, cayenne is added to coffee and chocolate for a scrub that will leave you all tingly. 'This is definitely the messiest treatment we have right now,' says Saffron Parten.

Cayenne adds a kick to coffee and chocolate body scrub

Mmmmmmm . . . chocolate and coffee. Their aromas are so strong that I feel enveloped.

Actually, I *am* enveloped in chocolate and coffee — with a dash of cayenne.

At the Spa at Barton Creek, massage therapist Saffron Parten has cooked up this fragrant recipe for the purpose of slathering it upon me and scrubbing me with it.

Summer skin-baring styles demand that skin be bare-worthy. A good exfoliation is my version of spring cleaning.

I've chosen the Mexican Chocolate Cayenne Scrub here at Barton Creek. I am lying on a sheet of Mylar covered in Mexican coffee grounds, Mexican chocolate and cayenne.

The cayenne, Parten tells me, adds heat and is also good for pain relief. The chocolate and vanilla-infused coffee are full of antioxidants.

"This is definitely the messiest treatment we have right now," she says, casting a wary eye at my long hair. I have declined a shower cap because a shower cap has never won a battle with my hair. But it's OK, I tell her; I can wash it out later.

She applies the mixture first to my back, then to my chest, arms, tummy and legs, scrubbing gently. Within minutes, I feel the heat of the cayenne.

When I'm sufficiently covered, she folds the Mylar over me and tops it with a warm towel. (Mylar holds in the warmth and also helps protect the underlying sheets from the messy coffee-chocolate mixture.)

I bake for about 5 minutes. Then Parten removes the chocolate-coffee-cayenne treatment with hot towels. I opine, based on my own experiences with mopping up spilled coffee grounds, that cleaning up this mess after a treatment must be exceedingly difficult.

"Oh, yeah," she says. "The first time I did it I

AFTERGLOW



Helen Anders AMERICAN-STATESMAN

After this treatment, I have one very specific craving: a cup of cafe mocha with a shot of vanilla. I go directly to the small retail store off the Barton Creek Resort's hotel lobby and order that exact thing. Now I can taste what I smell. Perfect.

was tracking chocolate all over the spa." Now she puts a sheet around the massage table to gather up all the spills.

Parten carefully folds the Mylar beneath me and slides it out without moving me. It's a skill not unlike yanking a tablecloth out from under a table full of dishes without disturbing them. Then she goes over me with another round of towels to get the last of the grounds.

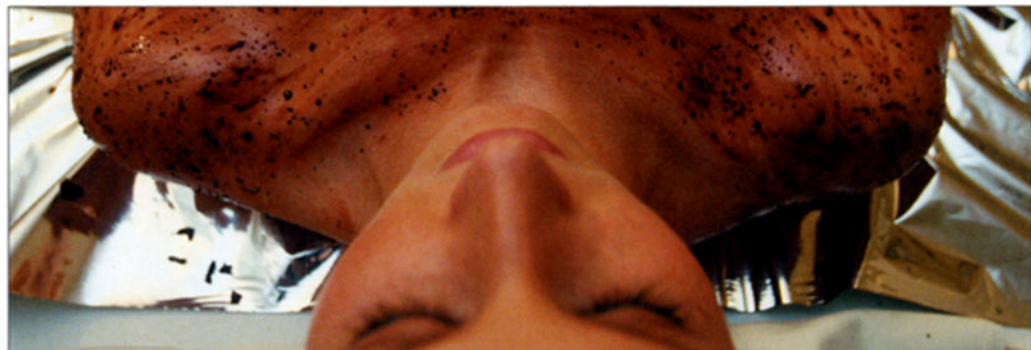
Now it's time to add the vanilla. Parten massages my skin with a vanilla bean body butter. I smell like a freshly baked cookie, and my skin is wonderfully soft.

"You might find a couple of coffee grounds still hanging on, continuing to help with the antioxidantizing," she says with a grin as I leave.

I head home and sit down at my computer to check e-mails. Within minutes, my husband walks into the room, sniffing the air. He looks mystified.

"The house smells sweet," he says.

I confess: "It's me."



Mylar, the material used for shiny party balloons, is used to retain heat and to keep things clean.

BARTON CREEK RESORT & SPA

8212 Barton Club Drive, about 20 minutes west of downtown Austin. The 50-minute Mexican Chocolate Cayenne Scrub costs \$130. Call 329-4550 for an appointment.