

# GOT DRUNK? GO SPA

By **ELIZABETH BARKER**

**T**here's yet to be a hangover remedy as effective as the hair of the dog.

Even a double Bloody Mary breakfast can't always quell the head throb. With that in mind, spas are serving up special treatments created to detox the skin and ease morning-after misery.

"We're all big drinkers, and we know that the next morning is never fun," says Kim Sudhalter, co-owner of Studio City's LushSpa, where the post-party treatment has earned its own cadre of faithful clients. (The spa also serves wine and Champagne.)

Unfortunately, scrubs and salves won't eliminate the tell-tale flush that comes with excessive imbibing, according to Dr. Boris Zaks at Beverly Hills Dermatology. But an extraction-



free facial should add the glow of rehydration. Or help prevent future facial blight.

"Alcohol seems to dull the skin, and the stress on your system can possibly lead to breakouts,"

says Kavita Rao of the Argyle Salon & Spa.

No matter the efficacy, who can resist the idea of counteracting overindulgence with even more indulgence?