



Scrub, Rinse, Repeat

Eight trendy spa treatments to try in 2014.

BY VARIOUS DIABLO EDITORS

There's no time like the present to step out of the typical spa routine. From high-tech to Eastern medicine, here are some utterly amazing new ways to take care of yourself.

The Vitamin Shot

B12 shot — Need a pick-me-up? You might want to do like Madonna and Justin Timberlake and try a B12 shot.

Unlike popping a vitamin pill, shots provide a larger dose of vitamins, with quicker absorption. Benefits are said to include clearer skin, thicker hair, stress reduction, weight-loss support, and—perhaps the biggest of them all—energy.

The shot, offered at spas including SkinSpirit in Walnut Creek, is no more painful than a flu shot, and costs \$25. Celebs have reportedly gotten the injections in a region that might be uncomfortable for the average person (ahem—the derriere). But SkinSpirit injects it into your arm, and the appointment only takes a few minutes.

The Energizer Bunny will have nothing on you.

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—Caitlin McCulloch