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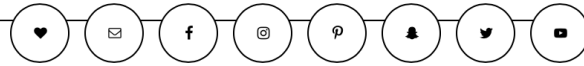
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SPA DAY AT HOTEL CRESCENT COURT

MAY 13, 2017



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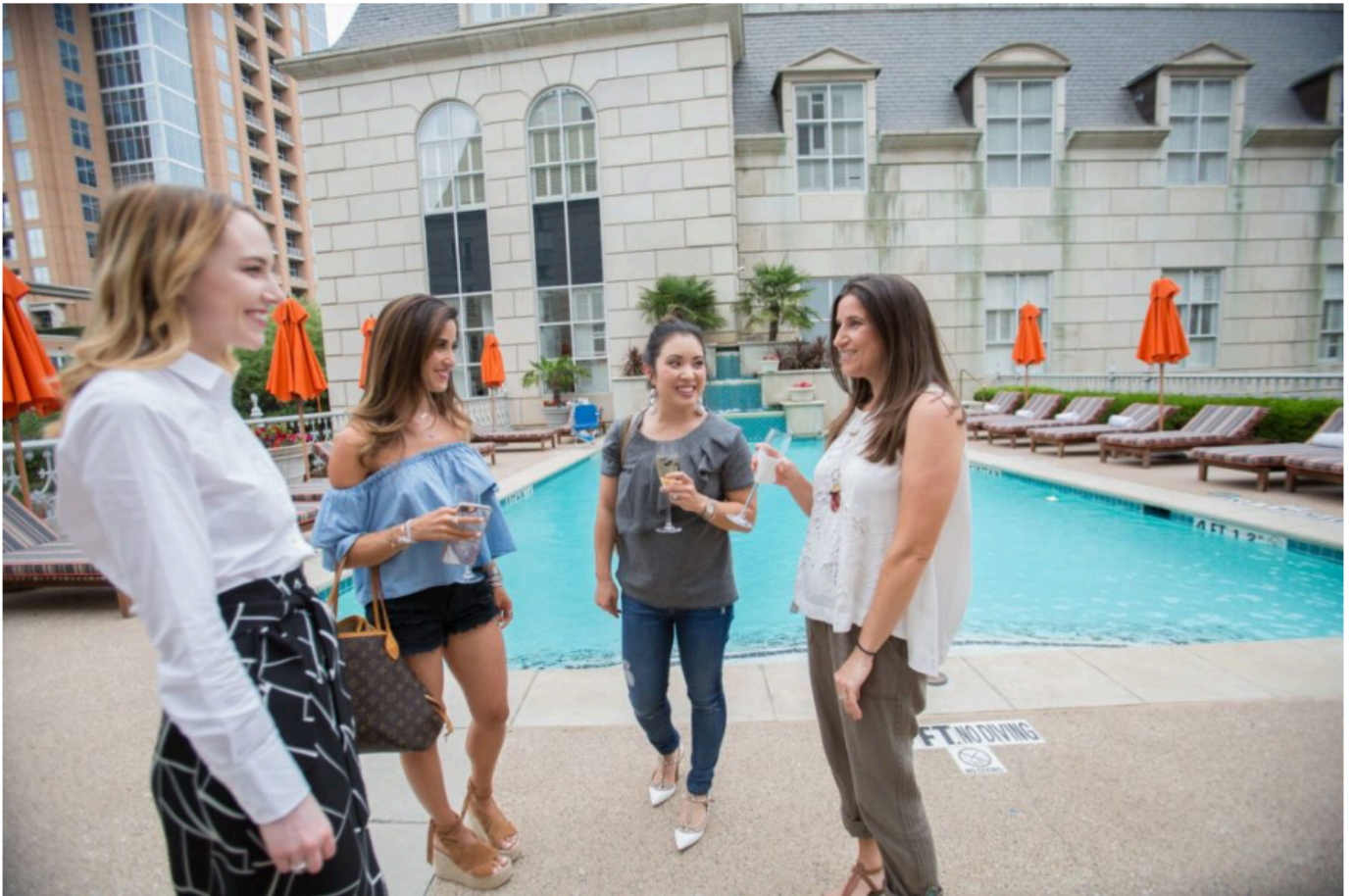
Who doesn't love a spa day? On Tuesday, I had the pleasure of getting to experience the amazing spa the Hotel Crescent Court. Many of you all may recognize it from this past RewardStyle conference a couple of weeks ago. Not only is the actual hotel gorgeous, and in a great part of Dallas (if you all are visiting Dallas, or have never been before, you should definitely go check out the hotel, and their spa!) They are actually about to undergo a huge renovation, which I am sure will be incredible!

[The Spa at Hotel Crescent Court](#) is a private health and fitness club that offers hotel guests and members fitness programs and spa treatments, as well as a steam room and sauna. The gym had every piece of equipment you could ever need, and they even had fruit-infused water, my favorite! They also have a gorgeous pool with cushioned lounge chairs, and a waterfall.



Once I arrived with the other spa guests, we were greeted with champagne with fresh blueberries inside and a delicious fruit and cheese board for some snacks. The hotel staff gave us an overview of some of their spa services, and what treatments we would be getting.







We got to take a tour of the gorgeous pool and spa facilities, and then changed into our robes and started our treatments. Their new spring treatment menu includes a 50-minute “Break For Beauty Blueberry Facial + Peel”. Not only does it leave your skin feeling super smooth, it also exfoliates and purifies, and is rich in antioxidants. This treatment is great if you’re needing something quick to remove your dry, wintery skin.





My esthetician was so sweet, and taught me a lot about my skin, and the CosMedix precuts he was using on my skin. I love learning about all of that stuff, so it was really interesting to me. I actually got to try out some new products that he recommended specifically for my skin type: Cleanser, serum, and moisturizer.

Following our amazing peels, we headed to Nobu for some cocktails and appetizers. I had never been before, but I had heard AMAZING things. Well, it did not disappoint! I was in heaven. I actually don't eat a lot of sushi, but we had a lot of dishes that weren't actually sushi, and I loved them all. Some of my favorites were the okra and the yellowtail sashimi with jalapeños.





Grilled Orka





In addition to their incredible spa, they have some amazing restaurants. If you haven't had a chance to eat at any of them yet, you definitely need to! Some of my favorites are Ascension Coffee and Wine Bar, Moxies Bar and Grill, Palomino, Nobu (mentioned above), and Shake Shack. We just actually ate at Moxies the other night, and LOVED it! If you all are looking for somewhere to treat yourself, or someone special in your life, you all should look into this spa, or even just eating at one of their amazing restaurants! You will LOVE!

