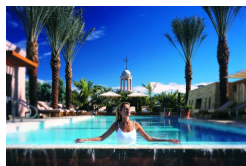


[Television](#) personality and AZfoothills.com columnist Nadine Toren is scouring the area, finding savvy Valley features, bringing readers “on the scene.” Every day she’ll introduce you to [celebrities](#), [athletes](#), and give you an inside look into local events and hot spots. She’ll touch on topical issues, and keep AZ fans posted on all the big talkers around town.



In need of some personal pampering? Well, you're in luck. Check out the details on the hottest ticket in town for spa enthusiasts, and meet the mastermind behind the sensational soiree.

There's nothing like slipping into that cozy robe and slippers and sipping on some tea awaiting a much needed spa treatment full of TLC. Lucky for us, we live in paradise—the lap of luxury when it comes to personal pampering. That's because our wonderful state boasts thousands of A-list spas, all savvy, special, and serene.

Just take it from the Valley girl living the dream—taste-testing Arizona salons and spas, then featuring them on her hot online hub, www.AZSpaGirls.com.

“We have more than 4,000 facilities on our website, offering spa enthusiasts everything they need to know about getting the royal treatment,” said Lisa Kasanicky.

Speaking of royalty, Scottsdale's spa princess is definitely Lisa Kasanicky. The 40-something started her spa site nearly 10 years ago, and it has since taken off. Think of it as a girlfriend-to-girlfriend guide to everything beauty & wellness in Arizona—thousands of feel-good hot spots with insider details you'd only get from a gal pal. Plus, the website offers exclusive deals, in addition to beauty-related articles, tips, and a blog.

“It's my baby—I pour my heart and soul into this website,” she said.

That's because like most lovely ladies, Kasanicky is a big fan of spa-hopping.

The Florida-born babe has been dubbed the Valley's “Spastress,” and rightfully so. She's also the author of *The Complete Idiot's Guide® to Girlfriend Getaways* and is a freelance writer for a number of local publications. But one of her biggest endeavors was co-founding the Summer Spaaah Series (ahhhhhh!) in 2006.

“It's a way to introduce local spas to Valley residents, offering them food, cocktails, and freebies.”

The summer-time event hi-lights a handful of resort spas. For \$125, you'll enjoy a reception overflowing with food and drinks, and you'll leave with quite a goodie bag stocked with products exceeding \$200. And to top it all off, event guests get a “Spaaah” certificate valid toward one full spa treatment within 30 days of the event.

“A percentage of every ticket sold goes directly to Fresh Start Women's Foundation, a Phoenix-based organization dedicated to helping women help themselves.”

Yep, pamper yourself for a good cause!

Unfortunately, this year's 6-part spa series is just wrapping up, but you can *still* attend the event's finale this Friday, August 12th at the Fairmont Scottsdale Princess Resort. The Princess boasts a beautiful facility—the Willow Stream Spa.

“At 44,000 square feet, every inch of this multi-leveled spa perfectly blends the desert and canyons of Arizona.”

Get in on the fun Friday between 5pm-8pm, and walk away with a gift certificate for a 45-minute Energizer Massage, 45-minute Rejuvenating Facial or 45-minute Energizer Pedicure. Plus, you can make a night of it, opting for a special room rate of \$99 when you mention AZ SPA GIRLS SUMMER SPA EVENT.

To reserve your spot, visit: www.summerspaseries.com.



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