

# Bride & Groom

seattlemetbrideandgroom.com

## The Power of Ten

*Look and feel great with the season's best health, beauty, and grooming tips*

### STEAM CLEAN

Cassandra Strunk, Vida Spa's lead massage therapist and ayurvedic practitioner, says an **ayurvedic massage** followed by an herbal infusion steam bath inside a cozy cedar room restores balance and mental clarity. In other words, it's just the thing for brides, grooms, and couldn't-do-it-without-them family members. \$190 for 90 minutes at Vida Spa, 2200 Westlake Ave, Seattle, 206-264-8432; [vidawellness.com](http://vidawellness.com)

Truly  
ELEGANT