

# San Diego's Best Spas

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## Ocean Pearl Spa at Carlsbad Sheraton Resort & Spa

Ocean Pearl Spa is a sweet boutique day spa that is on the beautiful grounds of the Sheraton Carlsbad Resort and Spa- an unexpected oasis with a magnificent 180-degree view of the Pacific Ocean in North County and within walking distance to Legoland. It also serves as

a boon for exhausted parents.

This aptly named spa has an interior decorated in the understated elegance of pearlescent grey pearls and is a hidden gem just like one would find in an oyster. In keeping with its proximity to the sea, this spa specializes in marine-based products and holistic and organic skincare. Products such as Valmont, Ilike Organic Skincare, Colorescience mineral make-up, COOLA organic sun care, glo Therapeutics, and Kimberly Parry Organics.

Valmont, for example, is used in the Vitality of Glaciers facial, which is a deeply nourishing and re-hydrating facial of glacier cold Valmont applied to the face. This is not a facial for exfoliation but for regenerating continuous layers of collagen and stem cells, a masque that leaves the face in youthful dewy plumpness.

In consideration of water conservation, Ocean Pearl Spa practices Green Spa and does not offer private soaking tubs or Vichy showers for individual treatments. However, wet treatments are offered in privacy. This aspect is hardly missed with the sparkling

consolation of the vast blue Pacific yonder to rest one's eyes upon while sipping champagne at the nearby verandah of gourmet Twenty/20 restaurant.

## The Spa at Estancia La Jolla

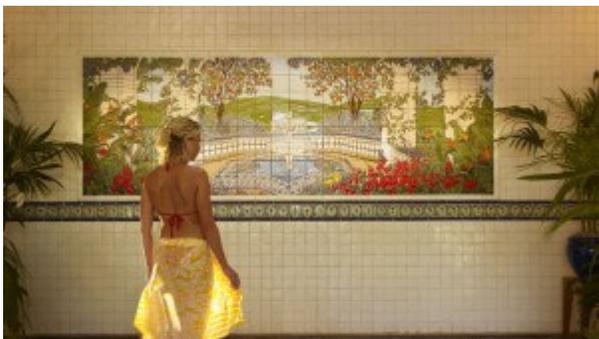


Opposite from the ubiquitous UCSD campus, the Estancia Resort has its own stoplight and street name- drive too fast through the green light and you'll see it in your rearview. Charmingly dissimilar from the overwhelming, big resorts, this spa has the boutique charm of a lush garden on a Mediterranean estate.

The award-winning spa, which was recently enhanced, is meticulously decorated to relax visitors. The spacious co-ed indoor and outdoor lounge area has a luxurious, Moroccan décor with French doors which swing open to reveal a beautiful outdoor space, complete with a lounging area with a grand fireplace and a Zen garden for meditation. Unlike most spas, where the first scent you note is nail polish, the stand-alone canvassed "Nail Bungalow" funnels the noxious fumes away from visitors in an open-air environment.

The women's side of the spa offers a salt-water whirlpool with an outside rain shower and an indoor eucalyptus steam room. The menu of facials, massage therapies and body treatments is extensive and reads like a travelogue of exotic Southeastern destinations. The Hanakasumi Body Ritual, for example, is inspired by Japanese traditions, with a warmed exfoliating cream of cherry blossom and rice powder. The Event, which has Chinese Lychee fruit and Iris flower, is a specially crafted body cocktail. The best part of these cultural explorations in beauty treatments? No passport necessary.

## Omni La Costa Resort and Spa



Omni La Costa Resort and Spa has been named #1 Wellness Spa in the nation by Spa magazine and since 1965 has lured the rich and famous from Hollywood as the first U.S. resort to offer a full service spa replete with tennis courts and and champion golf course.



For those more comfortable with Western therapies, the Omni offers the Signature Citrus treatment within its European-inspired walls.

The customized body treatment of essential oil blends begins with an exfoliating scrub, a rejuvenating wrap and a hydrating massage with citrus body butter. Group packages, such as the Celebrate and Congratulate and the Birthday Bash, include a private patio for the celebrant and guests in the Spa Courtyard, a choice of one signature 50-minute spa treatment, Spa Café lunch, a spa gift, personalized menus and themed décor, complimentary valet parking and full spa access.

## The Spa at the Lodge at Torrey Pines



The Spa at the Lodge at Torrey Pines is a world-class destination. Driving up to the valet is reminiscent of the mystical moors in Scotland as a tartan-plaid kilted gentleman steps out to greet you. Situated next to the alluring but wicked greens of the Torrey Pines Golf Course, which hosts the Farmers Insurance Open annually, the Lodge can

transport one to a portal where time stops.

Step into the exquisitely designed modern interior of the spa and let yourself be lead into the Vichy Room, where the signature treatment, Spirit to Soul Ritual, begins. This treatment features a gentle exfoliation with a natural orange peel body buff of argon oil and vitamin E. All cares swirl down the drain- literally; the scrub bed has a built-in drain with a shower situated above it, so that gentle drops of water slough away impurities while the attendant applies the scrub.

After the Spirit to Soul Ritual, glide down the dimmed hallways to the massage room. “Did you know that the argan tree lives up to 200 years?” Kirsten the masseuse asks as she pummels and kneads stress away with her sure and confident hands, which are slathered with the fabled tree’s oils. “And it is still cold pressed by hand. They’re having to implement conservation laws for protection because of the high demand.” Understandable, because your skin will soak it up like a parched desert Cholla cactus.

## The Spa at the Inn, The Inn at Rancho Santa Fe



The Inn at Rancho Santa Fe just completed a \$12 million restoration of its historic Spanish colonial features which are distinctive of early Californian architecture. Surrounded by a eucalyptus forest with wizened and gnarled Brazilian Pepper trees, the Inn was once the central feature of Rancho Santa Fe's Town Square. Many Hollywood stars were attracted

to the property, including organic architect Frank Lloyd Wright, who married his wife Olga by moonlight on the terrace.

The Inn recently updated its carefully preserved roots with the an enticing, 21st century addition: a brand new spa. The spa offers amazing treatments, like the Inner Strength Massage, which includes 90 minutes of Essential Oil Aromatherapy with a full body massage; the treatment is both detoxifying and a physical de-stressor. The spa is not just a destination for women. The Rancher Facial is a classic gentleman's facial replete with hot towels and includes a face, scalp and shoulder massage for those tense muscles. The core spa menu is simple, but there is a supplemental, seasonal menu with handcrafted treatments full of local ingredients. At the Spa at the Inn, even the choosiest visitor is sure to find a spa treatment to please.