

Win a spa trip to the new Ciel Spa in Beverly Hills! (page 12)

# spa

travel+beauty+living

INSIDER'S GUIDE  
TO LOW-SEASON STEALS

ANTI-AGING  
PRODUCTS  
DO THEY WORK?

5 MINUTES TO  
FLATTER ABS

## take back your life!

- The power of **positive thinking**
- 7 **life-changing** journeys
- A look into **dream journaling**

herbal  
remedies  
FOR BETTER HEALTH

**+12 BUDGET  
GETAWAYS**  
to relieve stress  
(Wisconsin, Oregon, Vermont,  
Texas, North Carolina & more!)

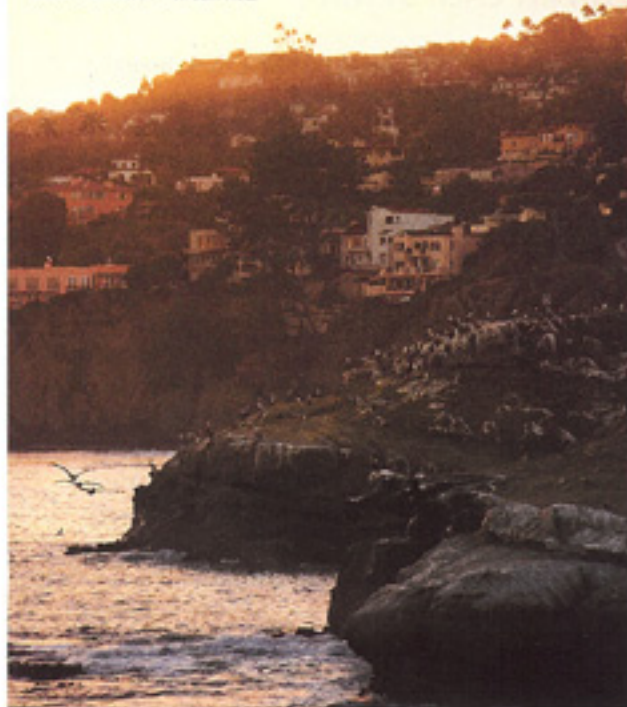
**SPRING CLEAN YOUR BODY**  
(treatments that fix dull skin, improve digestion, and more)

APRIL 2009 U.S. \$4.99





A typical Southern California coastal view, above: Laid-back style is part of SoCal's allure. BELOW: Fresh Mediterranean dishes shine at Pelican Hill.



HOT SPOTS  
*southern*  
**CALIFORNIA**

You'll find perfect beaches, year-round sunshine, and incredible new spas along the coastline south of Los Angeles stretching to San Diego. Move over Hollywood, the rest of SoCal is ready for a starring role. »



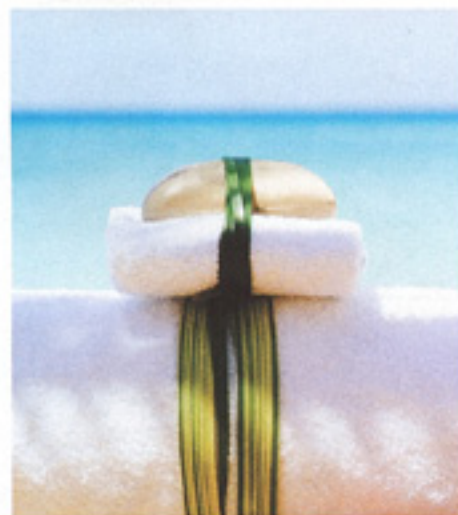
{ SOUTHERN CALIFORNIA }



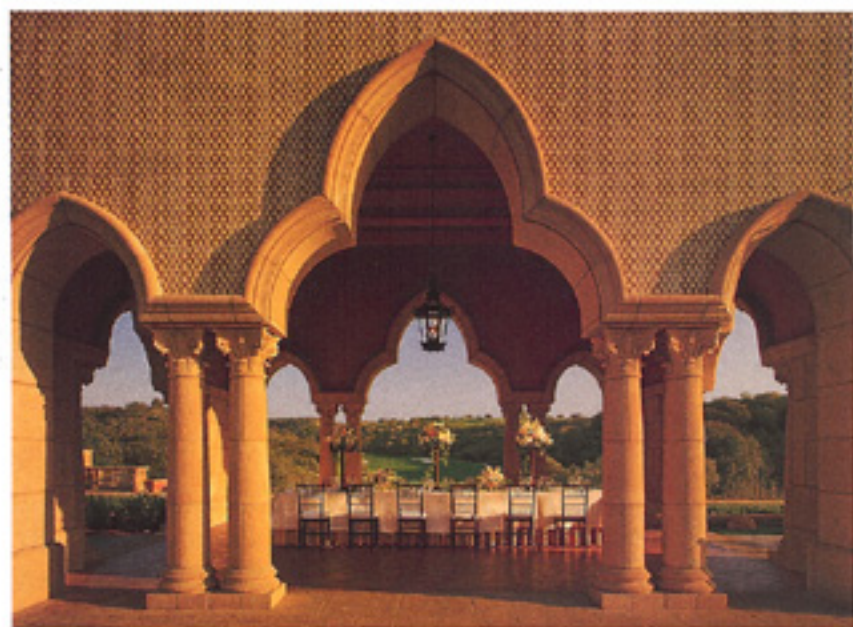
**desert delight** Located in a 650,000-acre desert, **Borrego Ranch Resort & Spa** (from \$260 per night) is the antithesis of the beaches and palm trees most people associate with Southern California. Far from any lights or traffic, the ranch's private casitas provide silence and solitude topped off with night skies filled with bright, twinkling stars. Tranquility continues in the Morado spa, where a dizzying array of innovative treatments are available. Cure what ails you with anything from an in-depth consultation with the on-site acupuncturist and herbalist (\$150, 50 minutes) to a customized Borrego Tres facial (\$125, 50 minutes) using all-natural products from the ethically sourced Amala skincare line.

of surf mecca Del Mar, **L'Auberge Del Mar** (from \$355 per night) features ocean views from each of its 120 recently renovated rooms and all-natural, sea-inspired treatments in its brand-new spa. The Atlantic Dive—a seaweed-and-salt-infused wrap/scrub/massage combination treatment (\$250, 120 minutes)—will leave you feeling at one with the waves. Afterward, enjoy the sunset from the comfort of the shabby chic open-air lobby for even more ocean therapy.

Away from the sea, though within an easy five-minute drive, **The Grand Del Mar** (from \$395 per night) is a Tuscan-style golf-and-spa paradise nestled among rolling hills. PGA members stop in for a round when they're in town, but the real star here is the spa, where highly trained therapists deliver absolutely transporting services. For a total mind-body



TOP: The living room at Borrego Ranch is an ideal spot to enjoy a book. ABOVE: L'Auberge Del Mar takes inspiration from the nearby ocean. RIGHT: The Grand Del Mar features classic Mediterranean architecture.



holiday, book the Decompression (\$360, 120 minutes): an energizing scrub of organic rosemary and salt followed by a wrap with goat's-milk butter and a full-body massage. Suspended and weightless in a warm bed lined with water-filled cushions and dozing off as the super-moisturizing goat butter soaks into your skin, it's impossible to even remember where you are much less the stresses of the day or week. An unforgettable dining experience at the resort's AAA Five Diamond-rated restaurant, Addison, is the grand finale.

If you're craving to get away for a luxurious, healing vacation by the coast, the newly opened Resort at Pelican Hill (from \$695 per night) will deliver. Book a villa or bungalow suite, and the ocean views alone will soothe your soul. A stay at the property—filled with grand Palladian-inspired architecture, towering palms, and nearly 800 olive trees—feels as if you've stepped into a terraced Mediterranean village. While the aesthetics are stunning, the five-star service is even better, beginning the moment you arrive and continuing with every employee you come in contact with; it's obvious how happy each is to be there, taking care of your every need. (Personal white-glove butler service is provided to villa guests.) Though it's easy to settle into the comfort of your well-appointed room or spend hours meandering peacefully on the miles of undeveloped shoreline nearby, be sure not to miss out on the heartfelt attention you'll receive at the spa. Spa director Kasia Mays' intention to impeccably care for each guest is truly felt as soon



as you walk through the door and continues with each and every treatment you receive. Pelican Hill is the artistry of gratitude at its best.

**urban oasis** Smack in the middle of downtown, the new Sè San Diego (from \$300 per night) is one of the first true luxury hotels in the city proper and also wins the prize for best rooftop pool (in a town that is quite fond of placing pools on rooftops). Its multicultural spa focuses on authentic treatments from Japan, Southeast Asia, India, and North Africa— influences that are also reflected in its eclectic design. Perhaps most exciting is the traditional North African *rasul*, an ornately tiled and heated chamber used for a unique mud-and-steam treatment. During the Moroccan Rasul Experience (\$130 per couple, 30 minutes), a couple slathers themselves with a mud masque and lets it dry. Next, the chamber steams to help the mud soak in, and the couple then rinses off to finish the treatment feeling refreshed and renewed.

REPORTED BY JULIE SINCLAIR AND AMY WESTERVELT



ABOVE FROM TOP: An ocean view from Pelican Hill; white-sand beaches and reliably warm weather are prime SoCal attractions; a blend of styles and treatments from the Far East and Africa are the focus at San Diego's Sè Spa.