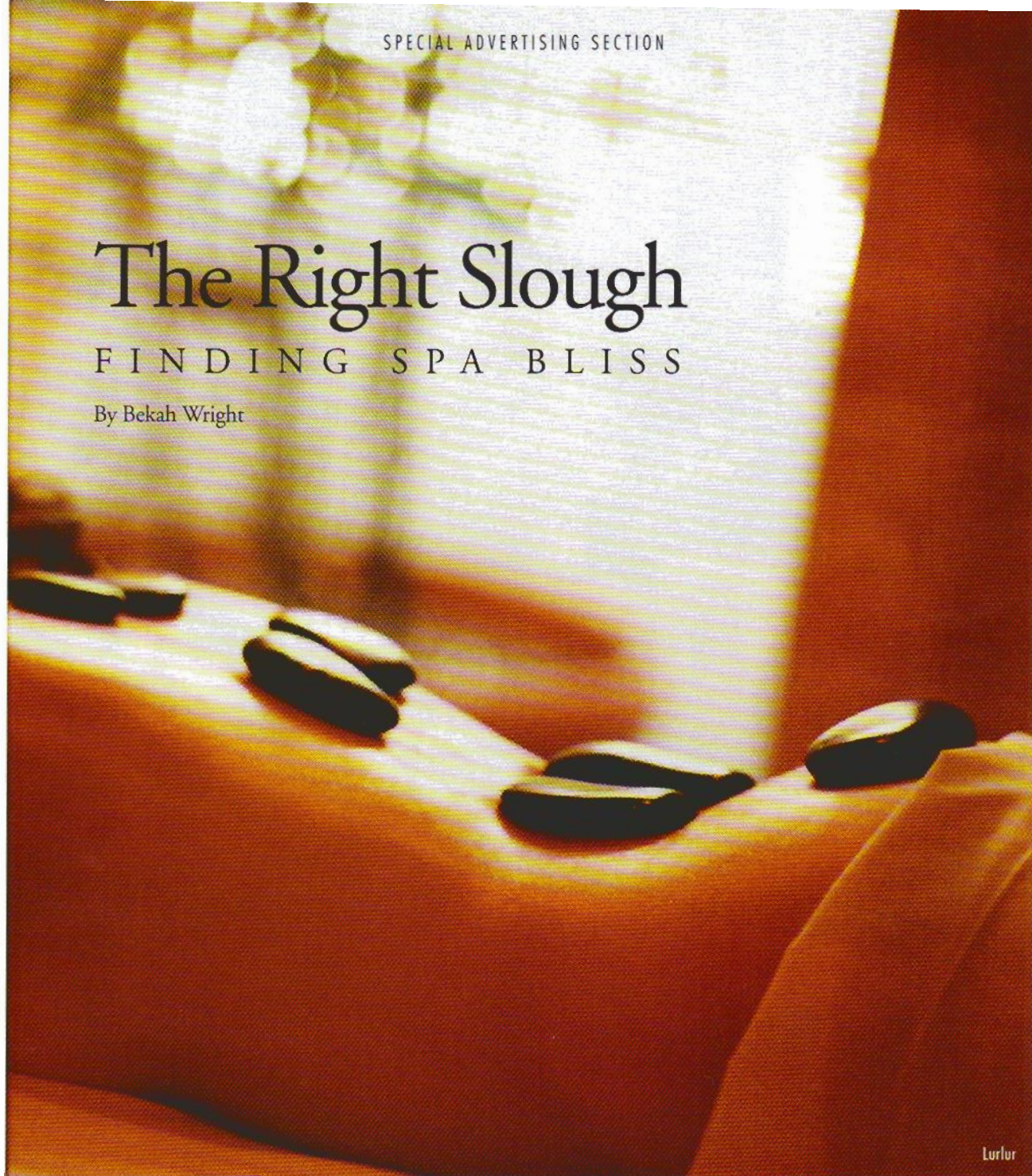


# The Right Slough

## FINDING SPA BLISS

By Bekah Wright



Lurlur

**C**LEOPATRA IS SAID TO HAVE MADE CRITICAL POLITICAL DECISIONS WHILE SOAKING IN A HONEYED MILK bath sprinkled with rose petals. The Queen of Egypt's decision-making methods are still being utilized today by movers and shakers, some ducking out of conference rooms in order to gain some clarity, and get a facial. So how can you find a spa fit for a queen? We searched from the beaches of L.A., to the mountains of Utah, to find a spa that will make you glow.

Treating visitors like royalty is the mission of the Ritz Carlton Spa at the Huntington Hotel. In a setting of relaxed elegance, personal touches abound. Eucalyptus chilled towels and downy robes are the appetizers for the luxurious treatments based on the Chinese theory of balancing the five elements of wood, fire, earth, metal, and water. A first course might be a light massage with jojoba beads, which melt into the skin when coming into contact with body heat. A balancing aromatherapy treatment prepares the skin for the main course: a violet clay mask, which rebalances the body's natural energy flow.





Kinara

Facials are a big draw for many spa clients. Microdermabrasion has become a necessity for those seeking to rev up their collagen stores and minimize wrinkles. The deep exfoliation process is performed with different types of crystals, from magnesium oxide to aluminum oxide. Ivy Halford's Ivy's Transformational Skin care and Make-up Garden in Santa Monica may be a well-kept secret, but a trip to Ivy's is like going deep undercover for a skin-restoration project. A secret entrance is accessed by buzzing up through a canopied door discreetly tucked away in a hidden alley. Once inside, Ivy utilizes

diamond dust crystals in her microdermabrasion treatments. Intense Light Pulse Therapy, to diminish broken capillaries and hyperpigmentation, follows.

Clients throng to Studio City's Belle Visage Spa for the house's renowned aromatherapy facials. Owner Tina Keshishian remains loyal to the Paul Scerri line, having gone as far as visiting his Geneva laboratories for some firsthand insight. Lam Probe treatments, in which radio and high-frequency currents combine to remove skin tags, cholesterol deposits, and broken capillaries, also are available.



Missing that healthy skin glow? For an ultra luxurious facial re-charge, Thibiant Beverly Hills offers a Hydradermie Facial that incorporates a special blend of botanical gels to gloss and smooth surface dullness. Renowned for her dedication to skin care and over 50 years of experience, founder Aida Thibiant has perfected her spa to offer sublime relaxation coupled with cutting-edge

Lavendar Salt Body Glo is followed by a full body massage and European facial. A Warm Crème Manicure and Rose Petal Pedicure ushers the pampered into the evening.

Aqua, in Santa Monica, goes a step beyond the traditional hot-stone massage with its Shirodhara specialty. Warm oil is poured onto the third eye chakra, then massaged into the scalp. Hot stones are placed in the hands and

at the feet, sending the recipient into a relaxed, meditative state.

Lulur's Royal Indonesian Skin Treatment transports one to Bali. The heated bed laden with rose petals beckons, and wooden bowls containing blends of rice, turmeric, and jasmine scrub, yogurt, and Jasmine Frangipani Lotion are applied to the body in different stages. Warm water then

Eucalyptus chilled towels and downy robes are the appetizers for the luxurious treatments based on the Chinese theory of balancing the five elements of wood, fire, earth, metal, and water.

skin care services including an original line of skin care products.

Skin care joins gourmet fare at the Kinara spa in West Hollywood. Skin expert Olga Lorencin and restaurateur Christine Splichal of Patina fame have joined forces to round out the perfect day-spa visit. A custom facial along with "California cosmopolitan" cuisine is a lovely way to spend an afternoon.

The packages available at DuBunné Day Spa in Torrance are geared for clients wishing to extend a visit beyond the light lunch. A



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the evening.**

and rejuvenate your body and soul. Bowls of warm water are poured on the body between applications of different oils. To leave skin feeling baby soft, a seaweed wrap and cucumber

facial mask round out the treatment. But still not complete, hair is washed and conditioned. Two pairs of hands then join to moisturize the skin and work resistant muscles into leniency. The experience leaves clients with what manager Edward Kim calls a "body buzz."

At the Aroma Resort Day Spa, massage master Kyong Lee employs his discerning eye to prescribe individualized body treatments

that promise to cure what ails you. Lucky clients find themselves under the capable care of Ms. Son, who utilizes her entire body in a shiatsu/acupressure massage. Hands, knees, elbows, and feet hone in on pressure points, releasing tension held in the body. Beyond its whirlpools and saunas, Aroma also has several thermal therapy rooms available. The Jade Thermal Sauna promotes circulation and



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relieves arthritis; the Hot Clay Room speeds metabolism and has antiaging benefits; and the Mineral Stone Room aids in detoxification.

If spa goers are intent on escaping the

city for their luxury experience, the snowy slopes of Utah's Westgate Park City Resort and Spa might be the ticket. The resort's Papillion Spa offers such treatment packages as the

Grape Seed Body Polish, followed by a Butterfly Cocoon Wrap and a Mountain Stone Treatment, sending memories of rush hour on the 405 fleeing.

## ARTIKA

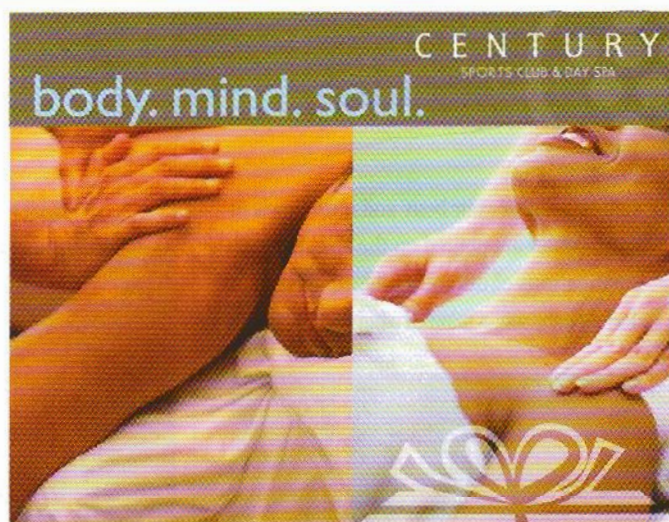
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The Green Valley Spa in Utah intermingles sports with spa treatments. After a round of golf or tennis, a walk through the spa's labyrinth is the perfect segue from the physical to meditative. A diverse selection of treatments from the Neural-Muscular Therapy Massage to Native American ritual-based treatments such as Quantum Light Therapy can transport thoughts of unreturned phone calls to the "To Do Later" list.

The Banya Treatment at La Jolla's Gaia Day Spa keeps visitors on their toes. A massage and sauna lead to a tapotement treatment, where eucalyptus branches are tapped over the body. A honey-mango cleanser readies spa goers for the next phase—being doused by a pitcher of cold water, while standing in a foot bath of the same. A peppermint oil scalp massage is then co-joined with a moisturizer and cold stones on the face.

The Absolute Spa at the Century in Vancouver, BC is a playground for the senses. Spa goers can encase themselves in Austrian Moor Mud, followed by a Lemon Ginger Enzymatic Exfoliation Treatment. A soak in a tub infused with rose petals or vanilla/almond/milk would definitely get a nod from Cleopatra.

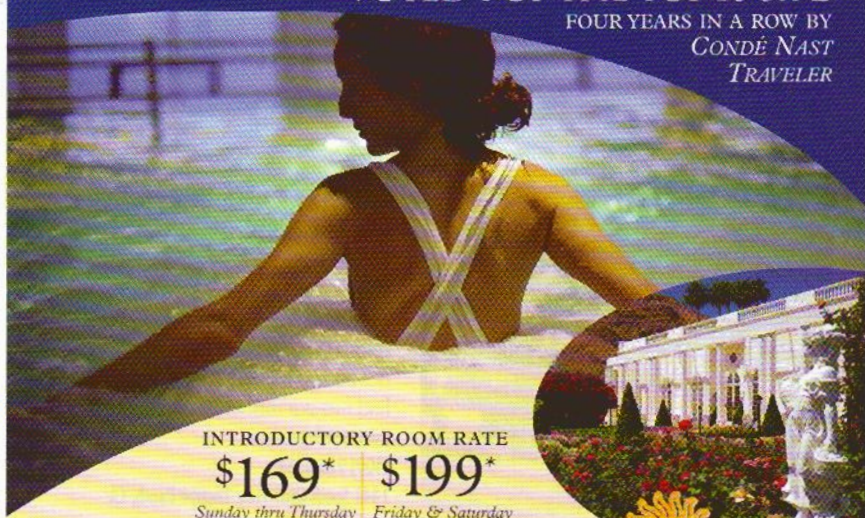
After being steamed, scrubbed, swathed, and pummeled, is it any wonder spa goers emerge as the warriors that they are? Why, after a week away at a spa resort, they might just take over the world...



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