



ELITE RECOMMENDS

CASITA INTERIOR/THE SPA AT RANCHO BERNARDO INN

NEW SPAS IN SAN DIEGO

Year-round sunny weather and land that blooms with botanicals make San Diego—and the resort communities that surround it—ideal for spa-ing. But even in this location of natural bliss, the best operators are making moves to improve the spa experience.

BY CAROLE DIXON

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SÈ SPA

Location: Downtown San Diego

What Makes It Great: This new 5,500-square-foot facility embodies Southeast Asia's chic side. Seven treatment rooms with private steam showers, dressing area and two couple's suites set the scene. Guests also indulge in amenities like Soma Shots (with organic vodka, honey and pomegranate) and Spatinis.

Signature Treatments: Moroccan Rasul (an Arabic cleansing ritual using spa mud and aromatherapy-infused steam), "So Sound" vibrational therapy, micro current facials

Best Hands: Olivia Divine

Spa Fans: The prime downtown location should lure plenty of high-profile customers, plus fans of the sister property in Miami.

Spa Director: Michelle Frye,
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THE SPA AT THE GRAND DEL MAR

Location: The Grand Del Mar

What Makes It Great: With its classic Mediterranean style, 21,000 square feet of spaciousness and 11 treatments rooms, the spa earns its name: Grand. Favorite parts of the facility are its indoor and outdoor Jacuzzi, and a waiting room with canopied lounge chairs and a fireplace.

Signature Treatment: Art for Art's Sake Facial (120-minute treatment including a mud bath in a suspended bed)

Best Hands: Jen Sarkozy,
Sandra Winogrocki

Spa Fans: PGA pro Phil Mickelson and other athletes

Spa Director: Robin Jones,
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SPA AT THE DEL

Location: Hotel del Coronado, Coronado

What Makes It Great: After a \$150 million enhancement, the historic property went from heritage to hip. Located in the main resort, the spa offers 21 treatment rooms, and an outdoor relaxation terrace with vanishing-edge pool. Celebrity hair stylist Billy Yamaguchi gives feng shui beauty tips in the on-site salon.

Signature Treatments: White Sand Body Polish and Goddess of the Sea Wrap (using blue algae and aloe vera gel)

Best Hands: Tammy Galvin

Spa Fans: Actors Gary Sinise and Hank Azaria, soccer star David Beckham

Spa Director: Amber Loose,
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THE SPA AT RANCHO BERNARDO INN

Location: Rancho Bernardo Inn, San Diego

What Makes It Great: This new spa's 2,500-square-foot saline spa pool and hydro-spa is surrounded by seven cabanas, from where guests can order a spa tasting menu that evolves with the seasons. Five private spa casitas also nestle in a garden setting, perfect for treatments under gentle breezes.

Signature Treatments: Made to Order Facials (with True or SkinCeuticals products), A Sip of the Spa (includes a choice of massages, pedicures and wine flights)

Best Hands: Cory Norlund

Spa Fans: Mitt Romney, NFL pro Matt Wilhelm, actor Eric Szmanda

Spa Director: Michelle Schlekewey,
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THE SPA AT RANCHO VALENCIA

Location: Rancho Valencia Resort, Rancho Santa Fe

What Makes It Great: Mediterranean villa meets a luxury ranch setting here. Ten beautifully tiled treatment rooms surround an outdoor courtyard, and each includes a private soaking tub for two and an outdoor shower in small walled gardens. Mary Cohr and Somme product lines are incorporated in the treatments.

Signature Treatments: Jin Shin Jyutsu (applied pressure), Catio Lift Facial (a European ionization technique)

Best Hands: Diana Moriarty

Spa Fans: Cindy Crawford, Jamie Lee Curtis

Spa Director: Mechelle Hill,
Phone: (858) 759-6490 ext. 495;
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THE SPA AT AVIARA

Location: Four Seasons Resort Aviara, North San Diego

What Makes It Great: A dramatic glass-domed solarium lounge leads to 20 treatment rooms, including a couples' room with an outdoor heart-shaped putting green alongside a private pool. Ultra-chic Ling products (favored by Madonna) are provided.

Signature Treatment: Ultrasonic Microdermabrasion (with exfoliation by ultrasound), Anti-Gravity Face Lift (using Ultra equipment with micro-current therapy)

Best Hands: Lisa Robertson

Spa Fans: Tori Spelling and other TV elite

Spa Director: Kevin South,
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