

Modern Luxury

SAN DIEGO

Spring Beauty Buzz

*EXPERTS
TO KNOW,
TASTEMAKERS'
MUST-HAVES,
HOT NEW
PRODUCTS
& MORE*

Naomie Harris

*THE NEXT
CHAPTER*

PLUS

*TO YOUR
HEALTH!
THE CITY'S
MOST
VIRTUOUS
WINE BARS*

fearless
FASHION
statements

RAZZLE-DAZZLE & VINTAGE
LOOKS MAKE A COMEBACK



Spa & Salon HOT LIST

For the best of beauty, wellness and the art of spa-ing, here are the hottest trends in San Diego.

By Ann Wycoff

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FOUR HEALING HANDS The spa at the world-famous Chopra Center at Omni La Costa specializes in traditional ayurvedic therapies, designed to balance the systems of the body. For the ultimate healing experience, try their Odyssey Enlivening Therapy with two therapists focused on your body. The five-part Odyssey begins with a dry-glove massage that stimulates the lymph and skin. Next, warm herbalized oil is spread across the skin, followed by the Abhyanga technique—friction strokes that allow the oil to penetrate and release stored emotional and physical toxicity—followed by slower, penetrating Vishesh strokes. The 70-minute experience concludes with Marma therapy, a light circular touch at specific energy points with aromatic oils, tailored to your specific constitution, or dosha. Truly transformative, this healing experience is unlike anything else offered in San Diego. 70 minutes for \$395; 2013 Costa del Mar Road, Carlsbad, 769.494.1600, chopra.com

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BEST CLOSE-TO-HOME ESCAPE

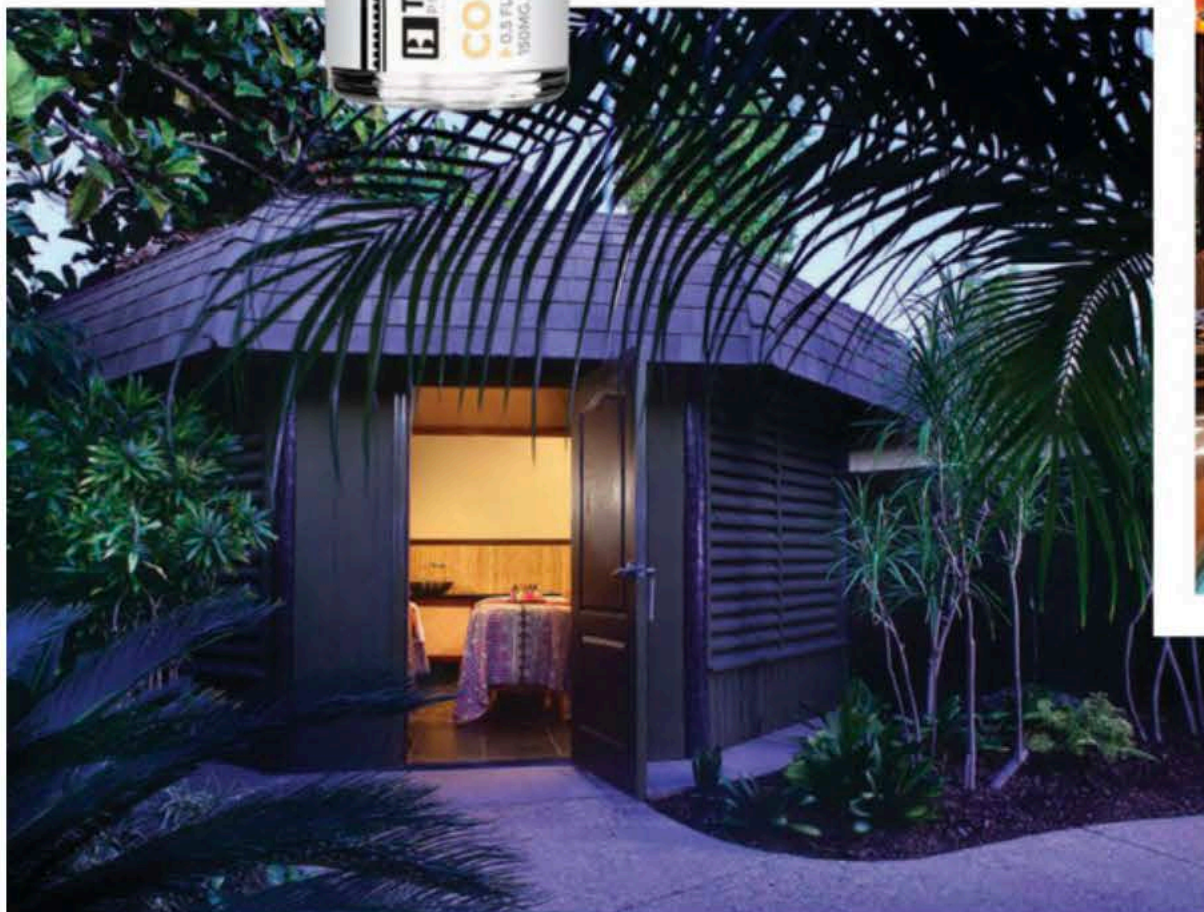
Reflecting Leucadia's progressive bohemian

vibe, Four Moons Spa is a vortex of healing in a setting that feels like a faraway landscape. Sip tea on a daybed surrounded by succulents; tuck into a thatched bungalow for Sacred Alchemy (an integrated healing session with two therapists); meditate overlooking a koi pond; meet with a certified medical naturopath; take a breathwork or belly-dancing class; fall into alpha state during acupuncture; or see what the future holds during your astrology session. Heavenly organic facials, healing massage and mani-pedis too? This place is legit. 775 N. Vulcan Ave., Encinitas, 760.436.5140, fourmoonsspa.com



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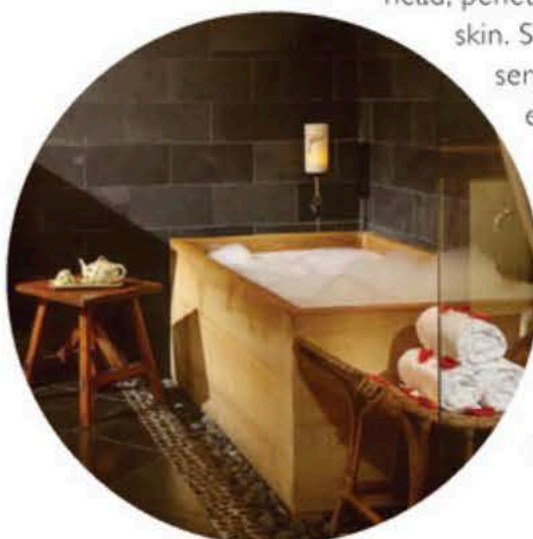
CANNABLISS You've heard of the health benefits of marijuana, but did you know that cannabidiol (CBD) oil (without the psychoactive compound THC) fights inflammation, can reduce pain and anxiety, and more, even with topical application? Therapy Pure Essentials (therapypureessentials.com) offers an extensive line of CBD tinctures from 100 percent organically grown hemp. SoCal's first mobile service, Traveling Hands Massage (travelinghandsmassage.com), offers therapeutic massage with lab-tested, pesticide-free, cannabis-infused coconut oil in the comfort of your home. While you won't get a TCH high from the oil, the expert massage and pain-diminishing oil will send you soaring. The cannabis beauty scene is also all the rage, with attention on products like Vista-based Dr. Bronner (drbronner.com) organic shaving cream with hemp oil; Kush eye cream with cannabis-infused emu oil; and Hempz (hempz.com) Milk and Honey Body Wash with hemp seed oil. Local San Diego company Releaf Cosmetics (7leavescream.com) makes 7 Leaves Remedy Cream that hydrates dry and chapped skin while also alleviating pain.



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BEST "FACIAL FOR YOUR SCALP"

Notch up the bliss factor of your next facial or massage experience at Paradise Point Spa with a 25-minute MoroccanOil Scalp Treatment. This ayurvedic Shirodhara-style treatment (shiro means "head" and dhara means "flow") calms the nervous system as warm, antioxidant-rich argan oil, infused with geranium and lavender, is rubbed into the head, penetrating the hair follicles and skin. Scalp massage increases serotonin production to



elevate your mood and enhances blood circulation, which stimulates hair growth, so you can relax, get happy and leave with lustrous locks. 1404 Vacation Road, San Diego, destinationhotels.com/paradise-point



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SPA-ING FOR A CAUSE

One of the world's finest health and wellness retreats—Golden Door—sits right in our backyard in San Marcos. This Japanese-style holistic haven with lantern-lit wooden bridges, koi ponds and bamboo forests, delivers transformative mind-body experiences ranging from sunrise yoga, mountainside tai chi and meditative labyrinth walks to haiku writing, farm-fresh-cooking classes and healing bodywork. Whether you try Thai massage, Watsu water therapy or qi flow cupping, your body will be rejuvenated and your soul uplifted. Your time spent at this portal to inner peace also has a pay-it-forward effect, as 100 percent of the spa's net profits go to philanthropic causes, several of which target child abuse and transform young lives. Seven-day stay with private room, \$8,850, 777 Deer Springs Road, San Marcos, goldendoor.com

LUSCIOUS LINE Tap into the healing powers of tropical flora and deep sea plants from the South Pacific isles with delicious product line Pure Fiji at Spa L'Auberge. Their new Anti-Aging Submergence is a collagen-boosting body treatment and aromatic makeover with exotic guava fruit. After full-body exfoliation with Pure Fiji's Guava Sugar Rub, the entire body is covered with a guava-infused mask and wrapped, allowing the fruit's essential vitamins (A, B, C and K), lycopene and antioxidants to work their magic to increase collagen, reduce wrinkles and smooth the skin. A redolent massage follows with nourishing guava body oil to repair damaged cells and elevate the skin's elasticity. You'll drift out the door with silky soft, hydrated skin, dreaming of white sand and swaying palms. 110 minutes for \$275; 1540 Camino Del Mar, Del Mar, laubergedelmar.com





ALTERNATIVE THERAPY SUNSHINE The sun delivers vitamin D, which boosts the immune system, helps prevent osteoporosis and acts as a key component in fighting various cancers, according to Dr. Andrew Weil. But believe it or not, despite San Diego's 300-plus sunny days, an alarming number of locals have low levels of this important vitamin. For a luxurious dose of vitamin D, try the Resurfacing Body Wrap at The Lodge at Torrey Pines spa. After a dry brush and glycolic gel exfoliation, the body is covered with VitaD Fortified Topical Elixir (created by local C-bad company Skin Authority) and wrapped snugly, so that the healing vitamin can be absorbed internally while you enjoy a scalp massage. Afterward, a light massage with olive, fig and shea butter leaves your skin velvety smooth. 80 minutes for \$235, 11480 N. Torrey Pines Road, La Jolla, lodgetorrey.pines.com



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SUPPLEMENTS WITH SUBSTANCE

With Americans spending more than \$30 billion on supplements each year, you'd think there would be some sort of regulation on these products. There isn't. Unfortunately, consumers have no way of knowing exactly what's in their capsules, tinctures and vitamins, and many brands proffer ineffective doses and sport deceptive labels. The good news is that in Australia, supplements are regulated like medicine, and now the Aussie vitamin company Swisse Wellness (swisse.com) has its U.S. headquarters in San Diego. Their line ranges from women's and men's daily vitamins to sleep supplements, liver detoxifiers, and a coveted elixir that's made with blood oranges from Italy, and whose silica and vitamin C stimulate the production of collagen for radiant skin, glossy hair and healthy nails. swisse.com

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HAIR CARE WITH A CULT FOLLOWING

When hair goddess Jennifer Aniston recently mentioned local product 7Seconds

Leave-In Conditioner by Unite as her personal fave, the all-natural leave-in detangler and de-frizzer flew off the shelves. Hairdressers and hair obsessors across the board swear by it. Now, the Carlsbad-based company Unite (unitehair.com) has launched another product, 7Seconds BlowOut Crème—another miracle potion that eliminates frizz, reduces blowout time, protects and extends the life of your fabulous do, and locks in ultrahigh shine. You can load up on these lock savers at Hair Drezzers on Fire (hairdrezzersonfire.com) in Normal Heights or on Unite's website.

