

KELLI LAMB LIFESTYLE / FEBRUARY 12, 2020

## 4 SPA TREATMENTS WORTH THE HYPE

When it comes to beauty and wellness, we'll try anything once. Living in Los Angeles has made this approach quite easy — we've got infrared sauna studios next to Starbucks, sound baths every Friday night in Los Feliz, and spa treatments that incorporate crystals and energy healing. Sometimes, the gimmick is clear and a spa treatment is best suited for a fun Instagram post. However, in our search for Nirvana, we've stumbled upon four spa treatments that are without a doubt worth the hype. **Start the slideshow to find your bliss.**



### **Embodying Wellbeing Spa Ritual: *Rancho La Puerta*, 90 Minutes, \$195**

Another treatment that's rooted in history, the Embodying Wellbeing Spa Ritual at Rancho La Puerta is inspired by ancient Mexican ceremonies and Ranch tradition, a fitting addition to the spa menu for the property's 80th year. After changing at the spa, you stroll under the dappled light of the oak trees to a private tent. You're welcomed with a sage smudge and ceremonial conch blessing. The bodywork is based on your solar plexus pulse, there's a detoxifying clay abdominal mask, a healing abdominal massage, and plenty of gentle stretching with a rebozo (scarf). You can read more about the details [here](#). It's clearly a journey that offers healing for both body and mind.