

STAR TREATMENT

Pamper yourself at these award-winning local day spas

Athena Day Spa

611 S. Coast Hwy., Laguna Beach; 2007 S. Coast Hwy., Laguna Beach, www.athenadayspa.net

With two Laguna Beach locations, Athena Day Spa calms the body and mind with its full menu of specialty treatments. The ancient Chinese cupping therapy – popular amongst celebrities like Gwyneth Paltrow – improves circulation, as well as digestive and respiratory ailments. Although traditional cupping calls for a blazing cotton ball soaked in alcohol, Athena's flame-free technique

is done with a suction machine in order to maintain a quiet, relaxing environment.

Euro Day Spa

30201 Golden Lantern #A, Laguna Niguel; 27281 La Paz Rd. #A, Laguna Niguel; www.eurodayspainc.com

Besides the vast array of services available here (everything from organic facials to eyelash extensions), this two-location day spa specializes in something you don't often find at most treatment centers: romance. The couples' suite, located inside the Golden Lantern spa, is the perfect setting for a massage, complete with a huge hydrotherapy tub and a fireplace. But while it's certainly romantic, the treatment isn't just for couples. "It's great for mothers and daughters, friends, or anyone who wants some one-on-one time," says Sandy Burdette, the spa director. During the couples' session, treatments can include massages, facials, hydrotherapy baths, and pedicures.

Nu Image Med Spa

2081 San Joaquin Hills Rd., Newport Beach; www.nuimagemedspanb.com

Located adjacent to Fashion Island, Nu Image Med Spa offers an interesting blend of innovative treatments. But, healing here does not just begin on the outside. Partnering with Vitality Health & Wellness, Inc. (www.vitalityoc.com), Nu Image now offers its clients a time-tested treatment: acupuncture. As a former Taoist monk, Pedram Shojai is horrified by how we treat our bodies. So, he combines proper nutrition with acupuncture. His specialized detoxification treatment has been a secret of Hollywood celebrities for years and now it's available right in your own backyard.

Shape-Up Day Spa

2101 E. Coast Hwy., Corona del Mar; www.shape-up.com

Shape-Up's fitness center opened in 1982, but it wasn't until 2000 that Amber Burns' day spa came to life. Located in the same building as the gym, the day spa is a separate oasis unto itself. The specialty? A technique Burns has been perfecting for years: "Microdermabrasion," she states emphatically. "I'm



famous for my micros not only because of the price [\$105], but because they come with the hour facial." Removing dead skin, makeup, dirt, and oil, is the best way to ensure the complete penetration of the treatment used during the facial, which is individually customized for each client.

Skin Deep – The Body Spa

7862 Warner Avenue, Suite J, Huntington Beach; www.eskinddeep.com

Deborah Woods is very proud of the 7,800-square-foot day spa she founded 17 years ago in Huntington Beach. "At Skin Deep," Woods says, "we have woven the ancient, time-honored principles of the Eastern healing arts with modern-day treatments and techniques." Woods' Age-Defying Facials are customized and range from holistic services to med-spa offerings. Choices include the Hydrolifting Firming Treatment, which is enriched in soy protein to lift and tone; hyaluronic acid to moisturize; aloe vera and orange blossom water to soothe, soften and refresh; and virgin almond oil and shea butter to nourish and restore the skin's natural balance. The treatment gives an immediate "surgical-free" lift. "I guarantee someone will ask you what you had done," Woods says.

Spa Gregorie's / Salon Gregorie's

200 Newport Center Dr., Suite 100, Newport Beach; 22342 El Paseo, Rancho Santa Margarita; www.spagregories.com

Although Spa Gregorie's is located across the street from Fashion Island, there's nothing ordinary about this award-winning day spa. Known for its innovative treatments, Spa Gregorie's is at it again, this time with its signature Ultimate Shrinkwrap treatment. Considered a cellulite "quick fix," the Ultimate Shrinkwrap provides immediate results. Starting with a soothing dry body brush, an esthetician stimulates the lymphatic system with long brush strokes, always moving towards the heart. A vitamin- and mineral-loaded serum is then applied to the body. The treatment continues as the body is painted with a warm mix of paraffin and the highly mineralized "Fango" mud. The body is then wrapped in both a plastic and a thermal sheet for 45 minutes. Once unwrapped, your body emerges thinner and more contoured.

Spa Tisari

27762 Vista Del Lago, Ste. A6, Mission Viejo; www.spatisari.com

Blending age-old Eastern healing with OC style, this lakeside spa offers its clients a taste of Asia without leaving the county. Relaxation at this day spa may begin with a Lomi Lomi massage, but that's not where it has to end. The Five Elements Rejuvenating Treatment balances the body using Ayurveda techniques developed in India more than 5,000 years ago. According to this ancient practice, there are five elements that make up our universe – earth, air, water, wood, and fire. These same elements also make up the human physiology. Using a Dosha Analysis, an esthetician will measure your energies to determine which essential oils will bring your body and mind into an optimum balance.

The Spa and Fitness Club

695 Town Center Dr., Costa Mesa; www.thespaandfitnessclub.com

Complete with its own Japanese-inspired restaurant, Truax, The Spa and Fitness Club immediately offers its guests more than they expect. The latest signature treatment, the rejuvenating Hydrafacial, is a unique blend of LED-light therapy, exfoliation and hydration. The patented HydroPeel tip topically applies a thin layer of serum while simultaneously reurfacing the skin. A well-trained esthetician then traces the face with either a wrinkle-reducing red or an acne-treating blue LED light. Beneficial for all skin types, the Hydrafacial leaves the skin feeling rejuvenated and moisturized.

The Sports Club/LA

1980 Main St., Irvine; www.thesportsclubla.com

The Sports Club/LA in Orange County offers the best of fitness life. The club is practically a city unto itself, offering everything from valet parking and dry cleaning to child services and a hair salon. "I think people are very surprised when they come here," says Roberta Beirne, the manager for the club's day spa, Splash. "We offer everything you could be looking for."

That includes spa treatments, the best of which is a marine-based, hour-long massage and mud treatment using Phytomer products. The self-heating mud is applied to the spine and feet, which aids in detoxifying the body and skin. While the mud is doing its magic, your hands, scalp, arms, and feet are massaged to relieve tension. The mud is so popular that Splash offers it as an optional add-on to any of their other massages or facials. ◊

COAST

REFLECTING ORANGE COUNTY'S FINER LIFESTYLE | AUGUST 2007

