

In Treatment

edited by TARA DE LIS

The chilled-out, aesthetics-obsessed mentality of spa culture is a natural fit for L.A. But bliss and beauty only go so far—even for Angelenos—so we eschew the froufrou in favor of 20 treatments that not only relax and beautify but provide the proven benefits of wellness.

OCEAN THERAPY SPIRULINA WRAP

Seaweed wraps are good, sure, but spirulina—a form of algae—is a less common twist. The gloopy, dark green goo releases nutrients and proteins sure to soothe. 80 minutes, \$195. **Langham Huntington Hotel & Spa**, 626-568-3900, pasadena.langhamhotels.com.

AYURVEDIC FACIAL

Indian medicine's methodology calls for a *dosha*: an individual skin diagnosis. The chemical-free oils and fruits are good for rosacea, acne and sun damage. You might leave with crusted citrus behind your ears, but it's worth it. 90 minutes, \$120. **Neihulé**, 213-623-4383, neihule.com.

THE ONA PADA

Think deep-tissue massage with a twist—the primary tool is the practitioner's foot. Treatment rooms outfitted with parallel bars bolted to the ceiling allow the

LAGUNA BEACH KUR

A personalized wellness prescription, the Kur uses hydrotherapy to boost the immune system and fight fatigue, then you're enveloped in a cold wrap of indigenous plants. 60 minutes, \$225. **Montage Laguna Beach**, Laguna Beach, 888-715-6700, montagelagunabeach.com.

FRUITS OF THE ORCHARD

Emphasizing the contrast of hot and cold to stabilize body temp, a jasmine footbath is followed by a coffee scrub, affusion shower and color therapy, for a boost in metabolism and cellular cleansing. 90 minutes, \$285. **Spa Montage at the Montage Beverly Hills**, Beverly Hills, 310-860-7800, montagebeverlyhills.com.

MANIPURA EXPERIENCE

Meaning "beautiful, shining jewel" in Sanskrit—a reference to the chakra located near the navel—this treatment begins with a Himalayan crystal scrub, which stimulates the lymphatic system and improves circulation. It concludes with an abdominal massage—great for digestion. 90 minutes, \$255. **Four Seasons**, Los Angeles, 310-273-2222, fourseasons.com.

ACUPUNCTURE FACE-LIFT

American device, oop, as monal O Sunset Holly-

nicals Sedona essage, lements, also ith minutes, port .com.

est ough pplying Detoxifi- diges- Inn & t.com.

INT ed on gans ed. An circula- o Gua okes



Ona Spa's foot fixup



Argyle Salon's acupuncture lift

Veronica Skin & Body Care's 24K mask



with a smooth object. 80 minutes, \$230. **Four Seasons Biltmore**, Santa Barbara, 805-969-2261, fourseasons.com.

VOLCANIC FUSION PACKAGE

Using heat and pressure to encourage toxin drainage, this process includes a scrub of ginger salt, then a remineralization-targeted soak in a pure volcanic-ash bath and a hot-stone deep-tissue massage. 150 minutes, \$260. **Body Bar Urban Spa**, Silver Lake, 323-663-1533, bodybarspa.com.

INFUSION POLISH

This procedure differs from the more common—and more aggressive—peel in that it doesn't disturb the still developing dermis cells. Low-level currents push vitamins and minerals into the skin and can remove scar tissue. 60 minutes, \$100. **Face to Face**, Studio City, 818-505-0107, facetofacela.com.

POWER BODY DETOX

Ionithermic electrical stimulation is used to reduce bloat. It also aids in general detoxification and increases mineral production. Your muscles may feel a bit tingly afterward. 60 minutes, \$180. **Exhale Spa at the Fairmont Miramar Hotel & Bungalows**, Santa Monica, 310-319-3193, exhalespa.com.

UNSMOGGING

Guests were requesting this treatment, introduced around the time of the August fires, to clear sinuses, allay colds and allergies and relieve migraines. A cleansing, exfoliating minifacial is followed

by lymphatic drainage of the face and neck, and moisturized compresses treat specific complaints. 50 minutes, \$145. **Sunset Marquis Hotel**, West Hollywood, 310-657-1333, sunsetmarquishotel.com.

WATSU

Since the benefits of natural hot springs have been known for hundreds of years, it's not surprising that Glen Ivy's specialty treatment involves hydrotherapy. Flotations are placed on the legs and neck while the body is stretched and massaged. Acupressure and cranial-sacral work bring pain relief from arthritis, physical tension, TMJ and fibromyalgia. 50 minutes, \$89; 80 minutes, \$139 (plus entry fee). **Glen Ivy Hot Springs**, Corona, 888-453-6489, glenivy.com.

SIGNATURE GODDESS TREATMENT

Hot-pot waters target circulation, and an oxygen stone room detoxifies. The goddess package includes a seaweed shampoo, a toxin-releasing facial, a body emulsion and massage. 105 minutes, \$130. **Olympic Spa**, Koreatown, 323-857-0666, olympicspala.com.

ENERGY HEALING

Don't expect to be massaged and oiled when you see clinical hypnotherapist and energy-healing specialist Barbara Savin for this holistic treatment. By touching you gently or hovering over your chakras (body energy centers), she can work to alleviate both chronic pain and stress. 50 minutes, \$150. **California Health & Longevity Institute**, Westlake Village, 888-575-1114, chlii.com. ♦

Los Angeles Times Magazine

CALIFORNIA CURE THE STATE OF WELLNESS / SHERYL CROW NO COVERS

OCTOBER 04, 2009