



January 2008

BEAUTY CALL!

Toll roads and traffic, sub-prime panic and BlackBerry abuse—life can be hard on us Southern Californians. So relax, breathe deep and follow our guide to discovering the region's luxurious, decadent and organically delicious spas, beauty treatments and spiritual retreats where you can relax and say ahh... or ohm!

BY JENNIFER BELLI, DAWN TRIEMSTRA AND THE EDITORS
PHOTOGRAPHY BY ETHAN PINES AND SAL OWEN

FAVORITE FACIALS

It's hard not to love a facial, though we do have some particular preferences in what we need from our estheticians. No heated gloves or booties, please. Talk about claustrophobic. And don't go away or go silent without a warning. We want to relax, not wonder if we've been abandoned. And about extractions: a facial without some pain isn't worth our time. Get in there, and get it all out! Our favorite new facial is the oxygen infusion **Intracuetical** therapy at Sports Club / L.A.'s Splash spa. It's all the rage with the Hollywood set (Madonna, etc.), and yes, it did make us look younger. But the winner and still champion of O.C. facialists is Graciela Gutierrez at Spa Bellagio. She's pretty and there's the Latin accent, sure. But we go because in our book she's simply the best. 21165 Newport Coast Dr., Newport Coast. 949.720.9277.