

# Beach Cities Spas

ULTIMATE INDULGENCE ON THE CALIFORNIA COAST

**I**f it's rejuvenation and relaxation you seek, give in to the seductive allure of South Orange County's most luxurious spas. Beautifully designed

tranquility lounges, aromatic steam rooms, salons and exercise facilities offer restoration to the mind, body and spirit in a short amount of time.

**Spa Gaucin at the St. Regis**  
949.234.3200  
Named after an unspoiled mountain village perched on the crest of the Sierra del Hacho, Spa

Gaucin at the St. Regis Monarch Beach Resort & Spa is a magnificent echo of an enchanting Mediterranean destination.

Each treatment begins with a

toss of a coin into their "Well of Desires", where all your cares will be left behind. Twenty-five treatment rooms await your arrival, ready to pamper you with count-

less indulgences, either solo or as a couple in a treatment room complete with whirlpool and fireplace.

Four Hands Healing Facial with Reflexology is the ultra-indulgent experience. Ideal for someone short on time, the Facial is two treatments in one; reflexol-

ogy for a sense of well-being with a complete smoothing facial. Afterwards, relax in a Jacuzzi featuring a waterfall that pummels the knots out of your shoulders.

ness membership from the St. Regis. For parents, Spa Gaucin offers the Sandcastle Kid's Club, where, for a nominal fee, children will be entertained and provided

embrace centuries of global healing traditions, from Ice Aged Fossil Mud Wraps to Pure Fiji Coconut Body Polish. During the week, 60-minute services, like facials and

USA Today mentioned Spa Gaucin's bright and airy fitness center as one of the "top ten places to work-out on the road". In addition to cardiovascular equipment, a variety of fitness classes and personal training are also available. Local residents can purchase a fit-

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scrumptious meal.

**The Spa at Laguna Cliffs (Marriott) 949.487.7576**

Marriott's spectacular 14,000 square foot spa at Laguna Cliffs is built on a bluff above Dana Point harbor. Their signature treatments



The St. Regis Spa Lounge.



A luxurious spa suite at the St. Regis.



The Couples Room at the Marriott.



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Men's facial at the Ritz.

massages, are discounted.

The spa boutique features blended aromatherapy products, professional skin regimens and other body care. Before and after treatments, spa-goers' cares will float away in the spa's Cape Cod-style relaxation area.

Marriott's spa features personal and couples treatment rooms. One of these rooms includes a completely enclosed outdoor area with a waterfall, fireplace and Swedish shower that converts to steam room – ideal for a great romantic experience.

Get in shape and relieve tension at the spa's expansive exercise room. Their state-of-the art fitness facility features cardiovascular equipment, resistance machines and free weights, as well as an outdoor pool and chaise lounges right outside the fitness area. Local residents can purchase a fitness membership from the Marriott.

Revitalize your hands and feet with a spa manicure and pedicure at The Salon at Laguna Cliffs. Designed to relax, nourish and re-



Marriott's Shop at the Spa.

store your hands and feet to their natural beauty, their treatment includes exfoliation and a tension-relieving massage with a unique combination of moisturizers.

The conversion from relaxation to beautification is easy at Marriott's spa. Professionally trained hair stylists offer up-dos, weaving, cutting and styling. Women can also have their makeup professionally applied; a great treat for special occasions.

## Ritz Carlton 949.240.2000

In celebration of the Ritz-Carlton's 20th anniversary, an exciting \$40 million renovation began May 2004. The new spa design will incorporate the water of the ocean into the facility, creating a sense



St. Regis wishing well.

of peace along the Pacific Coast. The renovated facility is expected to open Spring 2005.

During renovation, escape to bliss with the full selection of treatments still available. Select from sea salt scrubs, deep tissue massages or an Orange Blossom Body Smoother. For sea worshippers, oceanfront cabanas are available for treatments.

## Nourish the soul with natural beauty

Each perched high on a bluff overlooking the powerful Pacific Ocean, the St. Regis, Marriott and Ritz Carlton offer such breathtaking views that even the most die-hard spa-goers will find these resorts offer the best sun-kissed luxury one can possibly imagine. ☀

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St. Regis lap pool.