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relax already!

AT THE SPA AT RANCHO VALENCIA

BY KERIANN GREANEY

From such delicious ingredients as avocado, grapefruit, tangerine and lemon zest in its body treatments to the soothing décor of Italian fountains, pools and a warm atmosphere, the all-new Spa at Rancho Valencia has more to offer than a simple massage or facial. The highly anticipated spa opened its doors just last month in Rancho Santa Fe and has extensive treatments and amenities to leave guests feeling rejuvenated, refreshed and coming back for more.

The Spa at Rancho Valencia was designed by R. Douglas Mansfield Architects in consultation with the spa team of Auberge Resorts. The spa embraces the ideal natural Southern California setting, situated atop a 2.5-acre site featuring three therapeutic pools (hot, warm and cold), a Watsu therapy/massage pool, a lap pool, sauna and steam rooms, and private sun gardens. Inside, the spa boasts 10 exquisitely tiled treatment rooms with private patios, five deep-soaking tubs, and two couples rooms with fireplaces, private patios, outdoor showers and tubs for two.

"The unique value of the handcrafted European tiles laid throughout, attention to architectural detail and overall beauty of the spa has set it apart from anything in the area," says Mechelle Hill, director of The Spa at Rancho Valencia. "People come to us for the high quality of the technicians and results-oriented treatments that we offer. It is truly a world-class destination for mind and body wellness."

Spa treatments include The Essence, a classic massage with Valencia oranges and a blend of inspired oils; Zest for Life, a series of treatments starting with a steam in the spa's Vichy rain room with rosemary and lemon steam, then a bergamot and fresh lemon zest sea salt exfoliation,

and finishing with a bergamot and citrus massage; and The Tip to Toe, the spa's Signature Oil Blend massage complemented with a lavender-orange hair and scalp treatment and a citrus sea salt foot exfoliation with a hot towel foot wrap. The spa also offers 30-minute add-on wraps and exfoliations, such as the Tangerine Tango, Absolutely Avocado and Aqua Float, and many other treatments such as stone massages, facials, waxing, therapeutic baths, hand and foot treatments, and nail care.

If you're looking to have a romantic day at the spa, indulge in one of the spa's relaxing and intimate couples treatments, such as the Terra Cotta Couples Clay Bake, a two-hour treatment beginning with a soak in the spa's secluded outdoor garden pool, then getting slathered in purifying terra cotta clay and baking in the sun, then showering off together in an outdoor shower for two, and finishing with a massage.

The spa even has a list of treatments designed especially for men, including the Sun Repair Facial, the Front and Back Buff and back waxing.

Feeling pampered enough for the day? The Spa at Rancho Valencia also includes a state-of-the-art fitness center (each cardio machine has personal televisions with DVD players) offering the latest in wellness workouts with yoga, Pilates and Spinning. Personal trainers are also available upon request.

This nature-inspired spa is nestled within the Rancho Valencia Resort, which offers 49 luxurious suites, each with a fireplace and private garden terrace, a renowned tennis program and playing privileges at three nearby golf courses. After a relaxing day at the spa, enjoy a romantic dinner at the Rancho Valencia Restaurant where Executive Chef Michael Beck creates California-Mediterranean cuisine for guests in a French countryside-inspired setting with live palms scattered throughout and fresh flowers on every table.



clay bake, anyone? ...

WHAT The Spa at Rancho Valencia

WHERE 5921 Valencia Circle, Rancho Santa Fe

INFO Call 858.756.1123 or visit www.ranchovalencia.com