

RANCH & COAST

San Diego's Luxury Lifestyle Magazine

October 2008

Readers' Favorite
North County
Restaurants

2008 Kitchen
Contest Winner

23 Great Things
About Downtown

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San Diego Sizzle

Wolfgang Puck

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« About Face

The Four Seasons Resort Aviaara's drop-dead gorgeous spa has a new arsenal of cutting-edge tools that will leave you looking fresh and youthful without irritating sensitive face and neck skin. From the facial menu, the spa's Ultrasonic Microdermabrasion forgoes abrasive micro-crystals in favor of a noninvasive ultrasound exfoliation. The pain-free procedure encourages cellular turnover and is especially effective on fine lines, acne, and minor scar tissue. Another must-try is the spa's Anti-Gravity Face Lift, also noninvasive. A futuristic-looking contraption delivers tiny electro-currents along the neck and face (it feels a bit twitchy and tickles at times, but doesn't hurt), which tone, lift, and firm sagging muscles. Unlike a surgical facelift, the results aren't long-lasting, but your skin will look absolutely fabulous for several days to come. The friendly and professional aestheticians can also apply vitamin-rich and cell-repairing serums using ultrasound, which pushes the products deep into the skin — think of it as needle-free Botox. And though all of this sounds very high-tech and medical, Aviaara's facials are still unbelievably relaxing. (760/603-6800, www.fourseasons.com/aviara)

The Spa at
Rancho
Valencia

Four Seasons
Resort
Aviaara's
Anti-Gravity
Face Lift



Body Bewitching

Tucked away in Solana Beach is one of North County's most alluring day spas, Mirabella Mansori, opened by Bernadette and Akram Mansori in 1989. From the exotic décor and natural product lines to the inviting ambience and gracious service, the spa practically insists its guests leave their troubles behind. Mirabella Mansori's signature Renewal therapy makes a similar demand of weary skin. The 60-minute, full-body exfoliating treatment begins face-down with three deep inhalations of aromatherapy oil, followed by an invigorating dry brush from toes to shoulders. Then, the means-business aesthetician applies an AHA solution, which provides a gentle-but-powerful peel (it stings a little; definitely avoid waxing and shaving for 12 hours beforehand). The entire process is repeated face-up, and then a rich balm — your choice of scents — is massaged into nearly every inch of your newly smoothed and refined (and ever-so-grateful) skin. (858/720-1832, www.mirbellamansori.com)

and feet, the most hardworking of all body parts. Cuticles take a beating during the summer months (sun and saltwater are not their friends), and barefoot gallivanting leads to unsightly thickened skin, no matter how diligently you pumice and moisturize. Though manicures and pedicures are routine procedures for most, the usual file-and-polish hour will seem like a chore once you've experienced The Spa at Rancho Valencia's 120-minute Deep Sea Hand and Foot Therapy. In a private cabana, you'll sink into a plush white leather chair and drop your feet into a tub filled with a soothing seaweed soak, followed by a scrub, essential oil treatment for cuticles, sea butter for rough calluses, and a sinfully warm paraffin wrap. And, of course, a top-notch polish job for ladies. A similar treatment is given to hands. After that, you're free to show off your astonishingly attractive appendages poolside (the spa's award-winning grounds are yours to enjoy with any treatment), or head for the ultra-luxe locker room for a steam and shower. (858/759-6490, www.ranchovalencia.com)

Perfect Tens

Don't forget about the humble hands

— AnnaMaria Stephens

