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MAY 2009



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944 PICKS:
ALL THAT IS COOL IN SAN DIEGO



editor's picks

body conscious

what's new, what's now, what's next
from salons to spas to fitness

Spa to Spare No Expense Getting Pampered

The Spa at Rancho Valencia

Perfect for summer, The Spa at Rancho Valencia offers the Absolutely Avocado wrap where fresh, locally grown avocados are blended with warm oils to create a skin-softening body masque.

5921 Valencia Circle, Rancho Santa Fe | 858.759.6490

www.ranchovalencia.com

Retreat to Get a Killer Facial

Clinique Rejuvenation

Only professional dermatological products are used to create that healthy glow from within. Choose from a selection of facials to meet each individual skin need, such as its softening facial, sensitive skin facial or anti-aging facial.

5473 Kearny Villa Road, Kearny Mesa | 858.650.3588

www.cliniquerejuvenation.com

Expert to Laser Away Those Skin Woes

La Jolla Cosmetic Laser Clinic

This intimate clinic is one of the few to offer the new Thermage Tip that was just approved by the FDA for even faster body shaping and contouring, along with the new Latisse treatment to lengthen, darken and thicken eyelashes.

1111 Torrey Pines Road, La Jolla | 858.454.2700

www.lajollalaser.com

Newer Buzzworthy Spa

Spa L'Auberge

Spa L'Auberge recently opened its doors to the new 5,000-square-foot freestanding spa, and features Seaside Sojourns that take guests around the world with signature treatments such as the Polynesian Journey and Moroccan Adventure.

1540 Camino Del Mar, Del Mar | 858.793.6493

www.laubergedelmar.com

Newer Buzzworthy Salon

Salon 5th Avenue Hair and Spa

The new one-stop-shop for all things beauty, Salon 5th Avenue offers not only hair cut, color and extensions, but also manis

and pedis, body treatments and facials for the ultimate salon day experience created by owner Santiago Mojica.

3076 Fifth Avenue, Bankers Hill | 619.497.0776

Parlor to Brave a Waxing Job

The Pretty Kitty

Have no fear of the Brazilian wax and let The Pretty Kitty work its magic with its Pacific Beach store and the new Chula Vista location that also offers skin care.

320 Third Avenue, Chula Vista | 619.427.7877

www.theprettykittysd.com

Yoga Studio

CorePower Yoga

Sweat it out with CorePower's candlelit hot yoga classes on Monday nights, a complimentary beginner's class on Sunday evenings, plus locals receive a week of classes free to try.

1080 University Avenue, Hillcrest | 619.295.9642

www.corepoweryoga.com

Workout Experience Causing a Stir

Complete Pilates

Led by master trainer and co-owner Armone Sullivan, Complete Pilates uses a unique proprietary program that Sullivan created herself called Performance Pilates. It provides a results-driven workout that combines new and traditional Pilates techniques with an added cardio component, achieving visible muscle definition and weight loss faster than any other kind of Pilates workout on the market.

7580 Fay Avenue, La Jolla | 858.456.2900

www.completepilates.com

Overall Ass-kicking New Workout

Barry's Bootcamp

Get ready for a butt-kicking with the hottest, high-profile celebrity bootcamp workout that's straight from LA, as owner Barry Jay himself will teach classes the first Saturday of every month.

1220 Cleveland Avenue, Hillcrest | 619.906.4455

www.barrysbootcamp.net