

# COAST

REFLECTING ORANGE COUNTY'S FINER LIFESTYLE | APRIL 2008



GETTING AWAY TO...

# RANCHO VALENCIA RESORT AND SPA

**D**on't have time for a full-blown trip? Simply hit the road and head south to Rancho Santa Fe, one of San Diego's most luxurious communities, and check in to the Rancho Valencia Resort and Spa. Forty-nine suites, an award-winning spa and restaurant, tennis and golf make it a favorite of locals seeking a respite from the hustle and bustle. The bougainvillea-covered Rancho Valencia is located just miles from the beaches as well as the Del Mar Thoroughbred Club.

Set amidst 40 acres of rolling hills and lush landscaping, Rancho Valencia's 49 Mediterranean-style

suites are available in four styles: spacious studio, one bedroom and two bedroom full casita suites; and the Hacienda. All suites have custom furnishings, vaulted open-beamed ceilings, hand-painted tiles, fireplaces, walk-in closets, and private patios. The Grove Suites include a jetted bath, steam shower, plasma TV and a sunset view from the private Jacuzzi.

It's impossible not to relax among 40 acres of lush landscaping, flowering gardens, palm and eucalyptus trees and secluded courtyards with bubbling fountains creating immediate calm. But the real treat is at the 10,000-square-foot indoor-





outdoor spa, one of the West Coast's finest, where you'll find Italian fountains, handcrafted European tiles, a metal wagon-wheel candle chandelier and a crackling fireplace.

Services include exfoliations, masques and wraps, baths, massage, facials, nail care, waxing, and male-specific treatments. The Spa at Rancho Valencia uses fresh ingredients like avocado and grape seed, and pure essential oils. Healing benefits from the sea also are integrated into facial and body treatments. The world-class facility also includes a Vichy rain room with rosemary and lemon steam and a state-of-the-art fitness center

offering yoga, Pilates and spinning.

A local favorite treatment is the Valencia Stones Massage, using warm citrus- and jojoba-oiled stones that some say are magical. Float in warm water and receive light shiatsu and stretches during Aquatic Bodywork, or indulge in a Terra Cotta Couples Clay Bake, which is interactive and finishes with a moisturizing massage for two. If you can't bring yourself to leave the spa, simply hang out in one of the outdoor sun gardens and continue the bliss.

For information call (800) 548-3664 or visit [www.ranchovalencia.com](http://www.ranchovalencia.com) —VICTORIA NAMKUNG

**ABOVE** Relax at Rancho Valencia's 10,000-square-foot indoor-outdoor spa with its reflecting pool, fountains and lush landscaping; **BELOW** Enjoy an afternoon of croquet (left), then seek refuge in the calm indoor spaces.

