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## TOAST OF THE TOWN

Top 10 dining trends to watch in S.D.



# SPA DE DEUX

FROM COUPLES' TREATMENTS TO CALMING OASES THAT EXUDE SENSUALITY, A LOOK AT SAN DIEGO'S SEXIEST SPAS

BY NICOLE SANCHEZ-SULLIVAN

Carrie and the gang can have New York: We think San Diego is the nation's sexiest city, from our itty-bitty-bikini-filled beaches to our white-hot nightlife scene. Even our spas are sexy. Here we've compiled a list of best bets.

Sensual textures like stingray skin and luxurious silk earn **Sè Spa** a spot on our list. The 5,500 square-foot spa at the glamorous Sè San Diego, one of downtown's newest hotels, is a masterpiece of sights, scents and sensations. Behind the hotel's 9,000-pound bronze door, the Sè's sultry Eastern vibe gives the impression of wandering into the private sanctuary of a Moroccan prince.

Spa visits start in the naturally lit co-ed relaxation room, where guests are served the signature Sè Soma, a refreshing blend of organic cucumber-infused vodka, pomegranate and citrus. (An alcohol-free version is also offered, along with a special tea ritual.) Flying solo? Try the Ready for Romance aromatherapy massage,

which includes an enchanting mix of ylang ylang, patchouli, rose and lime essential oils and a rinse in the in-suite steam shower. For pairs, the couples suite is a must. Studio Sutra Sojourns allow lovebirds to share side-by-side massages, soak in an oversized aromatic bath and enjoy the two-person steam shower. **1047 Fifth Ave., downtown, 619.515.3070, sesandiego.com**

Situated on a sheltered peninsula on the bay, a world away from the bustle of the city, **Sea Spa** at the Loews Coronado Bay Resort gives a unique twist on a spa staple by introducing the world's first in-gondola couples massage. Working with the resort's on-site gondola company, Sea Spa's 50-minute Voga Voyage includes a relaxing Swedish-style massage, performed as a gondolier guides the boat through the scenic Coronado Cays. The gentle movement of the boat, the sound of water lapping against the sides and the salty scent of the cool sea breeze all work to create a one-of-a-kind sensual experience.

Not an exhibitionist? Not a problem; bathing suits are worn during this treatment to protect voyagers' modesty and peace of mind. The last 10 minutes of the ride are spent indulging in



Left: Enjoy a citrusy Sè Soma cocktail in the lounge at downtown's Sè Spa. Below: Find sensuous décor and glam style at Hard Rock Hotel's Rock Spa.

**Blue Marble Spa** at the Hyatt Regency Mission Bay proves it's not only easy to be green, it's sexy too. The earth-friendly spa offers treatments that incorporate 100% natural, organic products. For a sensual yet balancing experience, try the Jasmine Flowers and Soy Scrub. Wild herbs and natural oils will leave you feeling ravishing, and since you're helping the planet, you can indulge guilt-free. **1441 Quivira Road, Mission Bay, 619.758.4900, missionbay.hyatt.com.**

The edgy Hard Rock Hotel brought rock-star luxury to downtown San Diego. To inject some romance into your relationship, head to **Rock Spa** to take part in the ultimate marathon spa-session. Love Potion No. 9 incorporates all of the spa's signature services into six hours of sensual bliss for you and your partner. Lunch, champagne and chocolates are included. **207 Fifth Ave., downtown, 619.764.6930, hardrockhotelsd.com**

The Asian-inspired **Skinsational** day spa provides services to make every guest feel sexy. To share a sensual experience with someone special, take your pick from four Suite Escapes, performed fireside in the specially designed couples suite. **300 Carlsbad Village Drive #124, Carlsbad, 760.434.8118, skinsationalspa.com**

Recently renovated to bring the luxurious ancient spa traditions of southeast Asia to Mission Bay, **Spa Brezza** is an exotic retreat at the Hilton San Diego Resort. The sexy Javanese Royal Treatment starts with a Balinese massage, followed by an essential oil and herb exfoliation. After the scrub, a cool yogurt splash is applied. The final touch is a tropical bath adorned with floating rose petals. **1755 E. Mission Bay Drive, Mission Bay, 619.275.8942, sandiegohilton.com**

The couples suite at airy and bright **Spa L'Auberge** has a private outdoor relaxation space where you can unwind with your sweetheart in a garden bath built for two. Choose from four ocean-inspired Couples Suite Selections. **L'Auberge Del Mar Hotel, 1540 Camino Del Mar, Del Mar, 800.245.9757, laubergedelmar.com**

Included in every treatment at **Spa Velia** is complimentary access to the spa's co-ed aromatic steam room, equipped with a refreshing cold-plunge shower. Grab your partner and share the Amoré couples massage package, or treat yourself to a sensual pampering with the Milk and Honey Cocoon. Aromatherapy couples massages are also available. **401 West A St., downtown, 619.235.0000, spavelia.com**

It doesn't take too much imagination to figure out what **The Undercarriage** specializes in. The sassy boutique spa not far from downtown offers a full range of waxing services for both men and women. Try a cheekily named treatment like "The Classy Chassis," or choose from a variety of facials, peels and massages. Eclectic décor, mood-setting tunes and complimentary wine or champagne are all guaranteed to put you in the right frame of mind. **1951 Fourth Ave., Bankers Hill, 619.525.9929, theundercarriage.com** 📍

champagne and strawberries while taking in the sights of the bay. **4000 Coronado Bay Road, Coronado, 619.628.8770, LoewsHotels.com/CoronadoBay**

Tucked away among golf courses, horse ranches and multi-million dollar mansions in Rancho Santa Fe, the **Spa at Rancho Valencia Resort** is a haven of mission-style luxury, complete with adobe-colored buildings, terra cotta pottery and bright, beautiful tilework. The spa's oh-so-romantic treatments include the Terra Cotta Couples Clay Bake, which starts innocently enough with a relaxing dip in a lush and private garden pool. Things get a little dirty as you and your partner slather one another with cleansing terra cotta clay and lay out in the stunning SoCal sun.

After you've finished baking, rinse off in your personal outdoor garden shower, set among verdant banana trees and inquisitive Birds of Paradise. Finally, take the temperature down with a calming massage for two. Guests of the spa have all-day access to its facilities, which include cozy, secluded Jacuzzis and co-ed steam rooms. **16199 Rancho Valencia Drive, Rancho Santa Fe, 858.759.6490, ranchovalencia.com**

