

INSIDE

THE LAFAYETTE HOTEL'S  
\$31 MILLION FACELIFT

GETTING TIED UP

AND UNTANGLING  
TRAUMA

TATTOOS

THAT SHOULDN'T  
EXIST

SPA GUIDE

OUR ANNUAL  
SPECTACULAR

# SAN DIEGO®

MAGAZINE

## Body+ Mind

Celebrating health  
and the human form  
in all its complex  
splendor

JANUARY 2024



\$6.95



FEATURE

# READY, SET,

# UNWIND

THE 2024 — SPA GUIDE

OUR ANNUAL SPA SPECTACULAR ROUNDS UP SAN DIEGO'S  
TOP SPOTS TO WORK OUT ALL THE KNOTS

BY DANIELLE ALLAIRE, ROXANA BECERRIL, JACKIE BRYANT, LUCY BYAM, BETH DEMMON, AMBER GIBSON, EMILY HEFT, MATEO HOKE,  
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EMERALD GORDON WULF PHOTOS BY ERICA JOAN

**IT'S ONLY WHEN** I'm wrapped in foil that I really start to feel like a baked potato. It's not a leap—I've been buttered (slathered with lotion) and salted (exfoliating scrub) and am now roasting gently in a cocoon of crinkly, metallic paper and hot towels. While I broil, a woman with very strong hands obliterates all the tension in my body by pushing her thumbs into a previously unremarkable section of my temples. In about 40 minutes, I'll emerge into the world soft, almost melty, and glistening with a light coating of oil—not unlike a perfect steakhouse spud.

A spa day is a beautiful thing. The right treatment can shove away anxiety, unknot uptight muscles, soothe stressed-out skin—and even help you see yourself and the world from a new perspective. San Diego is chock-full of spots to indulge in a little self-care, whether you're seeking a quick mid-day facial or an unplugged week-long escape.

We rounded up the county's finest spots (and a few further afield) for mood-boosting treatments and post-massage lounging. Go find your baked-potato bliss.

—Amelia Rodriguez, Associate Editor



## DRIVING DISTANCE

### Waldorf Astoria Spa

#### WALDORF ASTORIA MONARCH BEACH RESORT & CLUB

Dana Point

[WaldorfAstoriaMonarchBeach.com](https://WaldorfAstoriaMonarchBeach.com)

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This is true rejuvenation. Services here will set you back more than most other places in this guide, but they allow you access to a spa pool, lap pool, sauna, indoor and outdoor hot tubs, and relaxation lounges. After your session, get cozy in their newly renovated suites with private firepits and spa-inspired bathrooms complete with complimentary workout gear. No need to worry about your dietary restrictions, either, since this getaway offers seven culinary concepts to meet your needs. With killer ocean views while you golf or exercise, and various boutiques to shop from, you'll be set.

### Rancho La Puerta

Baja California

[RanchoLaPuerta.com](https://RanchoLaPuerta.com)

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Escape the mundane and explore this nature-filled retreat where your only dilemma will be deciding between heading out on a scenic hike or basking poolside in the sun. Set at the base of Mt. Kuchumaa in Tecate, Mexico, this 1940s-era wellness hacienda offers a program called Saturdays at the Ranch, which includes a day trip to the property, fitness classes, breakfast and lunch, a cooking demonstration, and more. Seeking complete relaxation? Add a 50-minute Ranch Classic massage.

### Glen Ivy Hot Springs

Temescal Valley

[GlenIvy.com](https://GlenIvy.com)

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Glen Ivy is an oasis. A welcoming mimosa and luxurious robe greet you upon your arrival to this curated retreat featuring 19 mineral pools and therapeutic baths amid luscious, tropical gardens. Pack a swimsuit you don't mind getting stained and coat yourself at "Club Mud"—the infamous outdoor mud therapy pool—then relax in the Wafa cave, where the sauna heat is intended to draw impurities from your skin. A massage won't hurt, either (unless you want it to).

