

INSIDER'S GUIDE TO SPAS



The Mary Bemis Report

This season, I'm drawn to stories of renewal and vision—whether it's Terranea Resort reclaiming her spa crown by the sea, Rancho La Puerta charting a bold regenerative path, or ten clean beauty brands shaping the future at Cosmoprof North America's reimagined Discover Beauty showcase, captured in [a special curated feature](#).



Reclaiming Her Crown: The Spa at Terranea Resort

When Terranea Resort first opened its doors in 2009, it was a daring bet: a 102-acre luxury destination on the site of the former Marineland, rising in the midst of a global recession. Yet the resort swiftly emerged as one of Southern California's most celebrated spa retreats, and its spa—shaped by the vision of Anne Bramham—set the tone for wellness rooted in nature's rhythms. Sixteen years later, after a \$4.5 million renovation, The Spa at Terranea has reclaimed its place as anchor of the property and one of the region's most significant wellness destinations.

I'm soaking in the grand copper tub at The Spa at Terranea, balcony doors open wide to the Pacific. The horizon is endless, the water dazzling, the air heavy with salt and sun. As the heat of the tub seeps into my jet-lagged body, I'm reminded of why this place has always felt like a sanctuary. "Welcome back," whispers the sea. Read my report [here](#).



Sarah Livia Brightwood Szekely: Leading with Sustainability

As Rancho La Puerta celebrates its 85th anniversary this fall, the pioneering destination spa is looking ahead with bold vision. From September 27 to October 4, 2025, the storied sanctuary in Tecate, Baja California, will host Women in Sustainability Week—a landmark gathering of intergenerational activists,

thought leaders, farmers, and artists dedicated to shaping a more just, regenerative future.

The week embodies Rancho's deep-rooted commitment to environmental stewardship and social impact. From its protected wildlands and organic farm to its clean beauty ethos and innovative biological water treatment systems, the Ranch has long modeled what it means to care for both people and planet. In a time of accelerating climate crisis and fractured systems, this convergence feels not only timely—but essential.

“I hope people leave feeling empowered to engage, to be part of a movement making positive changes in communities all over the globe,” reflects Sarah Livia Brightwood Szekely, president of Rancho La Puerta. “The Ranch has always been a place for transformation, starting with my father’s pioneering ideas about sustainability and wellbeing. Read our interview [here](#).”
