

BLISS AND BEAUTY

Beauty begins at the spa, where immersive wellness experiences aid overworked clients escaping from the wired world. Spa products deliver that same feeling right to the home. Shel Pink, founder of vegan body care products company SpaRitual (sparitual.com), says, "Beauty is not about luxury, indulgence, or pampering; it's about reconnecting with yourself and taking care of yourself, looking and feeling beautiful." Here's how.

1 Mario Badescu

mariobadescu.com
World of Wonder's "RuPaul's Drag Race" gives Mario Badescu skincare products mariobadescu.com to its high-profile judges. For a show that celebrates the art of makeup, skincare products such as the seaweed cleansing soap (\$12) and seaweed cleansing lotion (\$15); the peptide renewal cream (\$35) that targets wrinkles; and the oil-free moisturizer with sunscreen (\$28) are not only useful, but welcome.

2 Spa at Bacara

[Bacara Resort & Spa](http://BacaraResort.com)
Santa Barbara, Calif.
meritagcollection.com
North of Santa Barbara, the 42,000-sq.-ft. Spa at Bacara offers an array of ways to revitalize even the most troubled skin. The C+C vitamin facial (80/50 Minutes \$260/\$190) makes use of Natura Bisse's vitamin C rich potions to help restore skin tone and firmness. Extend the pro-facial's effects at home using C+C vitamin cream (\$118), C+C vitamin complex (\$150) and C+C soufflé mask (\$44).

3 Golden Door

[Week's stay, starting at \\$8,890](http://GoldenDoor.com)
golden-door.com
One of the founding spas in the wellness, mind-body movement, Golden Door has immersive multi-day visits that can be tailored to gender as well (the women's week is very popular) where guests are encouraged to slow



down in the most inspiring of settings on 600 lush acres in San Diego County. Spa cuisine, body scrubs, massage and movement classes are part of the all-inclusive stay. A daily skin regime is key to maintenance and perhaps slowing the visible effects of aging. The Bamboo Face Scrub deeply cleanses (\$48), removing dead skin; follow up with Golden Door's Hydrating Moisturizer (\$75) that is formulated to penetrate skin quickly and is rich in antioxidants.

4 La Quinta Resort & Club

[Indio, Calif.](http://LaQuintaResort.com)
laquintaresort.com
La Quinta is long on Hollywood connections: Greta Garbo, Frank Capra, and, more recently, Clint Eastwood have settled into the resort's palm and pool-filled oasis for a chill escape. Book a sacred stone therapy massage (\$230) for deep relaxation, one of the varied menu of treatments from sports massage to soothing foot reflexology (\$95).

5 Acqualina Resort & Spa

[Miami Beach, Fla.](http://AcqualinaResort.com)
acqualinaresort.com
This South Florida luxe resort offers nutrition sessions — 75-minute consultations start at \$199 — at its oceanside Acqualina Spa by Espa. Advice is tailored to each guest's needs and spa menus are presented to jumpstart the move towards a healthier lifestyle. Acqualina also offers private spa experiences, plus wedding and special occasion packages.

6 Two Bunch Palms

[Desert Hot Springs, Calif.](http://TwoBunchPalms.com)
Day pass: \$195
twobunchpalms.com
The famous mineral spring-fed grotto at this Desert Hot Springs resort has been buffed to a shine, and five new teak outdoor soaking tubs augment the naturally heated pools. Day passes with treatments and lunch here begin at \$195. Shaman-led healing sessions start at \$150 and take participants on an emotional inner journey.