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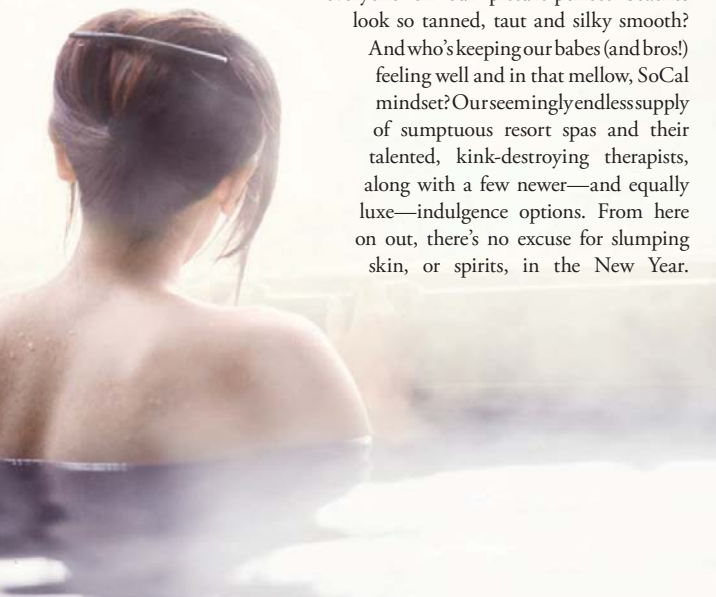
Spa Schooled

North to South, here's the scoop on our fave spas—O.C. and beyond!

| By Stefanie Phan and Kathryn Romeyn |

How could we ever get over the business of ultra-relaxation here in Orange County? The proof of our persistent pampering addiction is right in our drop-dead gorgeous population. How else could everyone on our picture-perfect beaches look so tanned, taut and silky smooth?

And who's keeping our babes (and bros!) feeling well and in that mellow, SoCal mindset? Our seemingly endless supply of sumptuous resort spas and their talented, kink-destroying therapists, along with a few newer—and equally luxe—indulgence options. From here on out, there's no excuse for slumping skin, or spirits, in the New Year.



AU NATUREL Left: Monika Steinberg at her eco-conscious Movano Day Spa in Laguna Beach.



GREEN TEAM For those with a conscience seeking luxe relaxation, look no further than Monika Steinberg, former *Foam* mag editor-in-chief and current co-owner of the just-opened **Movano Day Spa**. For her all-green Laguna Beach sanctuary, Steinberg (and mom Monica) carefully selected everything from the low-VOC paint to the Golden Spoon facial (an O.C. exclusive). While she's no longer influencing young girls by choosing "healthy-looking" models over "stick-thin rails," Steinberg pays homage to her editrix past with teen-skewed natural skincare classes. But the passion project isn't just for girls; an infrared sauna is a draw for clients of all ages. "Fifteen minutes in here will work wonders in detoxifying," she says. "And we all breathe in toxins." On a spa-saturated coast, Movano stands out for extras like an upstairs pad for weekend retreats. Green just got glam. 2007 S. Coast Hwy., 949.715.0225.

THE SPA AT THE MONTAGE The Craftsman resort features O.C. socialites' (and *Riviera's*) perpetual go-to spa. **BEST BET:** Signature Surrender (from \$455)—a personalized prescription of heavenly treatments and wellness therapies, like the lymph drainage massage—lasts hours or days. **WHAT'S NEW:** Paintbox Petite keeps kids out of the way.

SPA AT THE ISLAND There's only one island worth hopping to. **BEST BET:** You can call your 15-minute commute "travel" if it means getting the Travel Recovery massage (\$245) from Saiko. **WHAT'S NEW:** Two's company: The Kai Pau massage (\$340) features four hands.

THE RITZ-CARLTON SPA This ocean-inspired getaway is always raising the bar. **BEST BET:** The Ocean Spray and Beach Stone treatment (\$265) makes even a walk on the beach seem stressful. **WHAT'S NEW:** Where else is four feet on your back heaven? (Ultimate Ashitsu, \$390).

SPA GAUCIN AT ST. REGIS The Mediterranean-inspired spa wins award after award. **BEST BET:** The Customized Kate facial (\$175) delivers sparkling, red carpet-worthy skin. **WHAT'S NEW:** 2009 will bring a focus on golfers and teens.

PACIFIC WATERS AT THE HYATT The Surf City spa offers beach bums and visitors luxe, resort-style service. **BEST BET:** Any of the inclusive Alchemy Hours packages (from \$210). **WHAT'S NEW:** Spa director Kimberly Weber's über-relaxing, surf-inspired treatments are tagged under Swell, Sano, Mondo or Primo categories for individualized results.

AQUATERRA AT SURF & SAND The spa at this oceanfront resort is in the midst of a beautifying facelift. **BEST BET:** South Pacific Hot Shell Massage (\$190). **WHAT'S NEW:** 25-minute lunchtime facials and rubdowns.

CONTINUED...



YOUR LAST RESORT From top: Spices and scrubs at the Island Hotel's super spa; the Ritz-Carlton's Dana Point beach view; water rains inside the Ritz's spa; the St. Regis Monarch Beach.



GIRL IN WATER PHOTO BY MASAKI TOKUYAMA / GETTY IMAGES; WATER PHOTO BY YASUHIRO FUMOTO / GETTY IMAGES; MONIKA STEINBERG PHOTO BY ETHAN PINES; SPA PHOTOS COURTESY OF RESORTS.