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*magazine*

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# IT DOES A BODY GOOD

Slip into summer with natural spa treatments.

By Michelle Lyn

As we settle into summer, swimsuits, trunks, shorts and dresses make their way to the front of our closets. But our skin, which has spent much of the year hibernating, may need a little TLC before it is ready for its close-up.

One of the best things you can do to prepare your body for the warm weather is to feed it. Literally.

Some of the most effective treatments around are all-natural and utilize ingredients you could easily find on the spa lunch menu. Read on to see what does a body good and which local spas do it best.

## SKINCARE

Tucked into a nondescript Mission Hills business complex, Sara Elizabeth Skincare ([saraelizabethskincare.com](http://saraelizabethskincare.com)) is San Diego's best kept secret when it comes to facials. Owner Sara Kuite is an expert in 500-year-old Japanese KOBIDO massage, with a gift for bringing out the best in your skin.

Sara Elizabeth Skincare offers unique skincare treatments that incorporate all-natural ingredients and botanicals. Her most popular facials include the Raw-Vegan-Organic

Botanical Facial, which utilizes ingredients from the plant kingdom, both above and below the sea.

Sarah Elizabeth's Porcelain Refining and Hydrating Signature Facial uses lactic acids from sugar beets, papaya pineapples and raspberries with sweet orange to sweep off dead cells, leaving behind plump and fresh skin.

Her Anti-Aging Kombucha Firming Facial uses three powerhouse compounds from sweet black tea, the bark of a Chilean tree and grain extract to increase skin's hydration, firmness and brightness.

## THREADING AND SUGARING

To please its devout following, Beauty by Dolly ([beautybydolly.com](http://beautybydolly.com)) has recently expanded its Mira Mesa-based business and opened a second salon in Hillcrest.

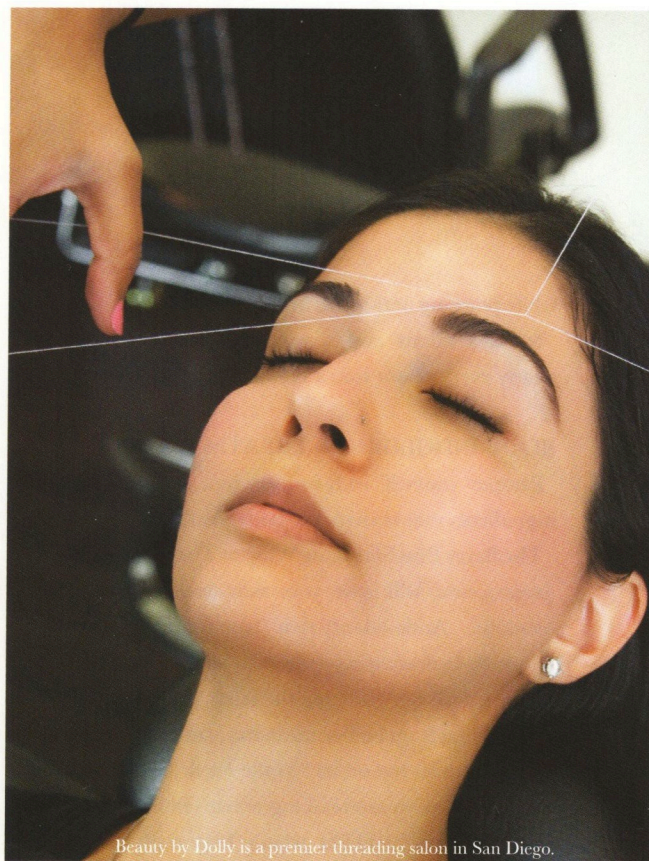
Owned by sisters Dolly Bakshai and Kashmira Torki, Beauty by Dolly offers San Diego residents perfectly manicured brows and gorgeous skin all year round.

As the premier threading salon in San Diego, this salon specializes in the ancient art of threading and sugar waxing. Both spare the skin from harsh effects and painful hair removal,

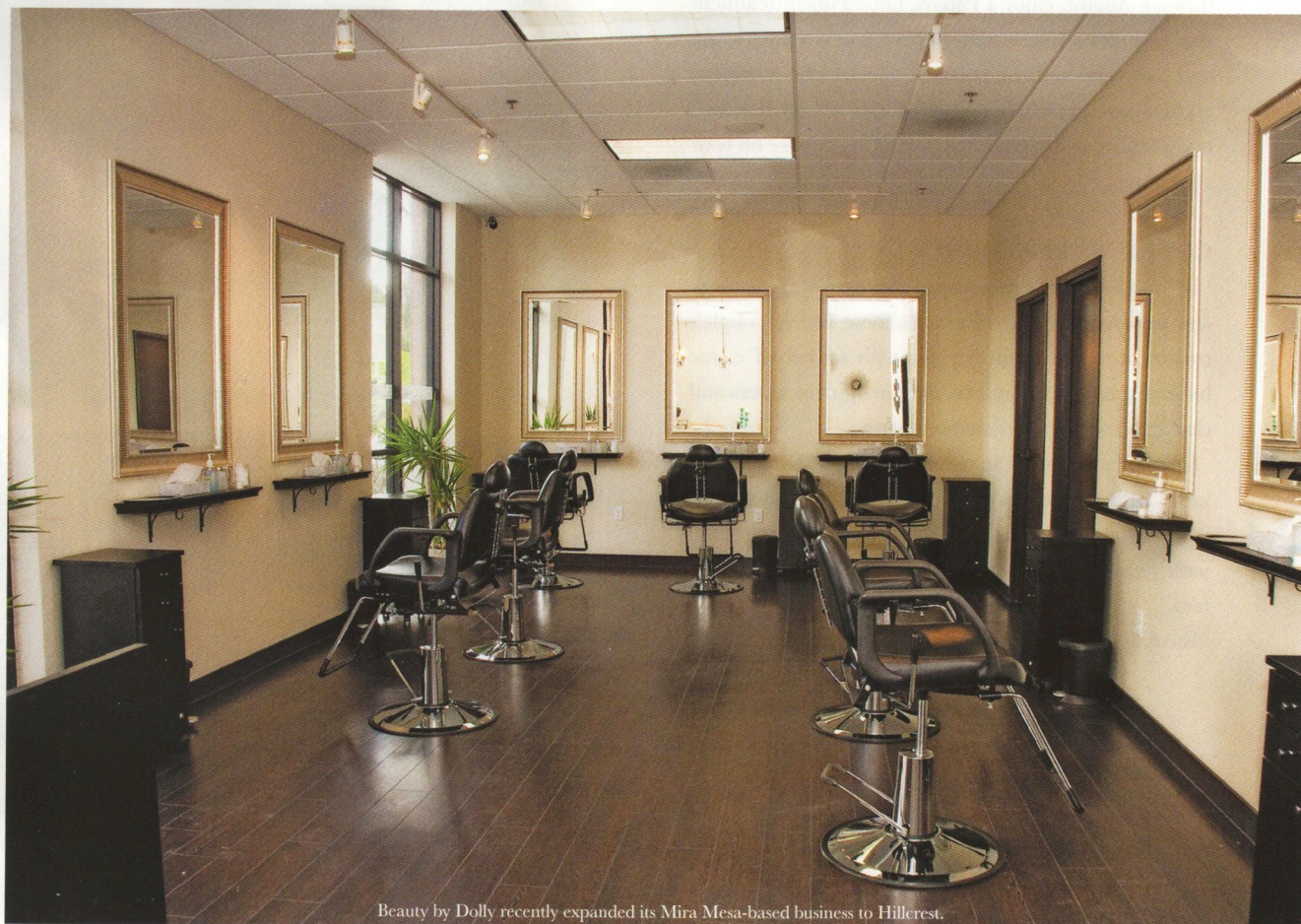




Sara Elizabeth Skincare facial.



Beauty by Dolly is a premier threading salon in San Diego.



Beauty by Dolly recently expanded its Mira Mesa-based business to Hillcrest.



while boasting anti-aging benefits.

Spotless salons and a welcoming atmosphere turn nearly every visitor into a regular.

### BODY INDULGENCE TREATMENTS

Pamper yourself with anti-oxidant rich and organic ingredients that nourish the body, skin and soul.

The Berry Bliss Slimming Wrap at The Spa at La Costa (lacosta.com) will leave your skin smelling and feeling beautiful. Antioxidant rich blueberries blend with naturally hydrating soy yogurt to stimulate circulation, refining and strengthening the skin's structure.

The Spa at Rancho Bernardo Inn (ranchobernardoinn.com) hangs its hat on its "Made Fresh Daily" concept, which focuses on seasonal ingredients in limited-edition packages that highlight what's best right now. Now through August, enjoy a Papaya Lime Punch treatment that includes a lime scrub, papaya and cayenne wrap, and a coconut verbena massage. Served with a tropical cocktail, you are sent home with a special "spa at home" body treat recipe to continue the spa experience on your own time.

### COUPLE'S TREATMENTS

For a global seaside escape, the Spa at L'Auberge (laubergedelmar.com) offers a Balinese Breeze couple's treatment that awakens her skin with a scrub of exotic blossoms, turmeric and rice. For him, ginger, cloves and cinnamon warm and enhance energy.

Couples are then left to relax and soak in the sun's rays in an outdoor couples bath. The experience is topped with a body ritual massage with organic oils, scented with Jasmine frangipani for her and ginger spice for him.

Feeding your body never felt so good.



The Spa at La Costa Resort and Spa



Rancho Bernardo Inn



L'Auberge Spa