

# SAN FRANCISCO

## Senspa

Presidio Treasures Body Treatment

1161 Gorgas Ave.

415-441-1777

Located in a historic WWI army barracks, Senspa looked about as inviting as a bomb shelter. But one moment in the pre-treatment "warming room"—a haven of stuffed chaises, soft blankets, and a fireplace—made us forget the spa's unappealing exterior. After we settled onto a cushioned, heated treatment table, our therapist dry-brushed our back and legs before applying a warm seaweed-algae mask. Next, she massaged our scalp and face, and then used hot compresses to remove the mask before muscling out all of our knots for a solid hour. We left feeling ready to conquer the world. 110 minutes, \$220.

# LOS ANGELES

## Ole Henriksen Face/Body

Head to Toe Treatment

8622 W. Sunset Blvd.

310-854-7700

Our mind had been overloaded lately, so we were thrilled to discover our treatment started with serious head pampering. An acupressure-point scalp massage released tension, and then a hydrating orchid conditioning treatment was applied to our hair while reflexology took care of our feet and hands. After an invigorating full-body salt scrub, Swedish strokes with a lavender-scented body oil and a gentle pressure-point face massage using black-currant oil sent us home silky, stress-free, and very clear-headed. 90 minutes, \$155.

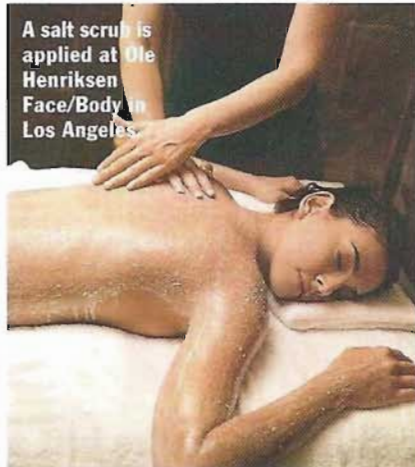
## Trilogy Spa

Deluxe Maile Floral Melt

451 Manhattan Beach Blvd.

310-760-0044

We don't always find body treatments comfortable, but with skin like sandpaper, we couldn't afford to be closed-minded. In the process of skin polishing, our treatment turned us into a human sundae, starting with a jojoba-oil-and-macadamia-nut scrub, followed by a layer of warm maile fern oil (a fern used for hydration), Hawaiian ti leaves to prevent overheating, a cotton sheet,



A salt scrub is applied at Ole Henriksen Face/Body in Los Angeles.

and finally, thermal blankets. Our head and feet were gently massaged while the ingredients soaked in, and a full-body Swedish massage was the cherry on top. The biggest treat of all? Our gleaming skin. 80 minutes, \$185.

## Bliss Spa L.A. at the W Hotel

The Youth as We Know It Facial

930 Hilgard Ave.

323-930-0330

After explaining that this anti-aging treatment did not involve extractions, our aesthetician could have painted our face with laundry detergent and we wouldn't have minded. Thankfully, the facial's secret ingredient was less revolting: mushrooms. While the fungi peel tingled with dead-cell-devouring enzymes, our aesthetician massaged our neck, shoulders, head, and hands. Next, she molded a tissue-fine collagen mask onto our face, and gave our feet reflexology. An application of a serum containing vitamin A, wrinkle-reducing peptides, and a brightening multifruit complex were the mind-blowing finishing touches. Our skin looked so radiant and clear we barely recognized ourselves in the locker-room mirror. 60 minutes, \$185.

Reported by: *Allure* staff, New York; Meredith Lindemon, Philadelphia; Debra Hunter, Washington, D.C.; Valerie Nahmad, Miami; Amy Westervelt, Detroit and San Francisco; Lindsey Gladstone, Chicago; Sonya Kix, Dallas; Jennifer Worick, Seattle; Beth Whiffen, Laurie Drake, and *Allure* staff, Los Angeles.

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