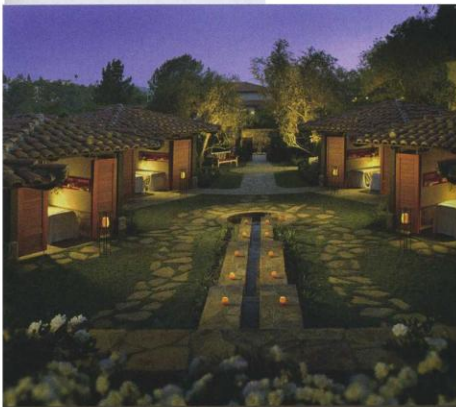


RANCH & COAST

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Rancho Bernardo Bliss

If gazing upon the lush grounds of the famous Rancho Bernardo Inn doesn't immediately drain every ounce of stress from your body, the spa's Warming Stone Massage will. An organic blend of body oil provides a gliding surface for thermal stones, which are used with specialty massage techniques to relieve tension throughout the body. The sensation of the heated stones is unbelievably soothing. After any treatment — even a manicure — visitors are invited to linger in the tranquil garden or by the 2,500-square-foot saline pool (for spa guests only). For a full afternoon of bliss, try The Gourmet Escape, a package of treatments that includes an Aromatherapy Massage, the Perfect Body Treatment, Aroma-Transformation Facial, and a Hand Renewal Treatment, as well as an organic smoothie and fresh fruit. (800/770-7329, www.ranchobernardoinn.com) — Anna Maria Stephens

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