

# RIVIERA

SAN DIEGO | MODERN LUXURY™



**FOODIE-LICIOUS!** The new spa at Rancho Bernardo Inn uses ingredients plucked from nearby Connelly Gardens.



## **HOMEgrown!** *S.D. spas are going gourmand, as the seasonal-local ethos goes from dining room to treatment room. Humboldt sea salt scrubs, anyone?*

Jerusalem artichokes? Chino Farm. Purple wax string beans? Totally Be Wise Ranch. And what about your body butter?

Rest assured, beauty-minded foodies: Your slathers and salves are now just as locally sourced as your salad. And naturally, it's San Diego—the birthplace of the American spa—that's leading the charge.

Fresh off a \$25 million renovation, North County's Rancho Bernardo Inn is taking its gourmet street cred to the treatment room, with its new spa's seasonal organic treatments and tasting experiences. The backdrop? Where the resort's tennis courts once stood, the new fresh-local spa's stunning *en plein air* digs include an intimate garden treatment area, partially open-air casitas immaculately appointed in wood and stone, and flora so lush you practically want to rub it into your skin right on the spot.

Former chef de cuisine (and *Food & Wine* "Best New Chef" and *The Next Iron Chef* contestant) Gavin Kaysen collaborated with resort spa director Bree Lewis-Pritchard to conceive "Made Fresh Daily" treatment/food pairings, which continue to evolve after his departure. Each season's key ingredient is sourced from local Connelly Gardens, and is also beneficial when used during a body treatment. The spa menu's revolving "special amuse bouche," an oatmeal-crust pork with a crantini cocktail, for example, coincides with treatments like the cranberry-oatmeal body scrub, which uses cranberries during exfoliation and soothing oatmeal during the mask and wrap. The casitas also evoke sensual nostalgia, reflecting the chosen ingredient in aromatherapy and décor elements like bowls of

oranges for summer's citrus treatments. Guests also leave with "Spa To Go" cards, donning fresh herbs and at-home beauty and food recipes.

### **[KNEAD TO KNOW] GO DEEP!**

Whether it's a tennis tourney or just an overweight Goyard tote that has your sacroiliac all out of whack, no one understands deep tissue massage like an athlete. At the new spa at the **Rancho Bernardo Inn**, therapist Bo Nielsen—a national Korean karate champion who also coaches soccer and track—gets right down to what's got us all tied up. At the end of the massage he even shows us a better way to do crunches. Bo knows backs, indeed. 17550 Bernardo Oaks Dr., Rancho Bernardo, 858.675.8471.