

The West at its best



Spa steals Pamper yourself at the right price

\$50
MAKEOVER

**JOYA SPA,
SCOTTSDALE, AZ**

On Tuesdays and Thursdays, Joya Spa in the InterContinental Montelucia Resort hosts a salon happy hour: For 50 bucks, kick back with a martini while you get a blow-out, makeup touch-up, and manicure. joyaspa.com

\$75
MASSAGE

**HALE HO'OLA,
VOLCANO, HI**

Get a deep tissue massage (book proprietor Suzanne Kamaluhia Woolley if you can) at Hale Ho'ola (halehoola.net) or at the lovely Volcano Rainforest Retreat nearby (pictured; rooms from \$140; two-night minimum; volcanoretreat.com).

\$150
FULL-DAY

**RANCHO BERNARDO
INN, SAN DIEGO**

Through February, cap off an 80-minute chocolate massage, scrub, and wrap at Rancho Bernardo Inn with free Champagne and all-day access to the spa's saline pool. If chocolate's not your thing, request another massage oil. ranchobernardoinn.com



Cured meats The next wave

Salumi artisans are fueling our love affair with cured meats. Pump up your predinner spread with these picks from the current crop

1 SEATTLE Mole salami, Salumi Artisan Cured Meats (\$17 per lb.; salumicuredmeats.com).

From Brian D'Amato and Gina Batali (sister of Mario) comes this inventive beauty, spiced with chocolate, cinnamon, and chiles.

2 SAN DIEGO Finocchiona, Knight Salumi Company (from \$18 per lb.; knightsalumico.com).

An all-pork sausage delicately flavored with wild fennel; no nitrates are added.

3 SAN FRANCISCO Salame Cuneese, Perbacco (\$20 per lb.; perbaccosf.com).

A Piedmontese specialty, infused with spiced wine.

4 PORTLAND Soppressata, Olympic Provisions (\$18 per lb.; olympicprovisions.com).

Newcomer Olympic delivers with a crunchy yet juicy soppressata, made from local pasture-raised pigs.

5 NAPA Sicilian, The Fatted Calf (\$18 per lb.; fattedcalf.com).

Its seductive blend of orange zest, garlic, anise, and chiles knocks us out.

6 SAN FRANCISCO Lardo al rosmarino di Cavour, Perbacco (\$30 per lb.).

This rosemary-cured pork back fat is the most delicious thing we've had on toast.

7 DENVER Duck breast prosciuttini, Il Mondo Vecchio (\$22 per 6 oz.; mondovecchio.net).

Rich, gamey, and enjoyably chewy, with a cap of flavorful fat.



Tiny plant, big fragrance

Oncidium Twinkle 'Fragrance Fantasy' is our favorite new tabletop orchid. Its vanilla-scented flowers last for weeks (just keep them at indoor temps above 60°), and the plants cost less than a tube of lipstick. We got this one in a 3-inch-wide pot (not shown) for just \$8 at Trader Joe's. traderjoes.com for stores