

In 1882 John Frazier, one of Carlsbad's founding fathers, tapped a mineral spring and shortly thereafter a mineral water bath spa was opened. The popularity of the healing water drew the visitors. Hotels were built, businesses sprang up and new homes were constructed. Carlsbad's popularity as a destination for those seeking comfort, through body therapy had begun.

Carlsbad's reputation as a spa destination continues with luxurious spa resorts and a multitude of tranquil day spas offering spa services for any budget. Carlsbad is home to America's first full-service spa resort, the legendary La Costa Resort and Spa. Thanks to a \$140 million renovation, the all-new La Costa Resort and Spa is a wonder to behold.

Guests at the Spa at La Costa are treated to a variety of water experiences. A thundering Roman waterfall shower, a dip in an 85-degree heated pool, indoor and outdoor Jacuzzis, steam rooms and saunas, all in preparation for the exotic body therapies that follow. The Indochine Indulgence includes products from the sea and a ritual bath.

The Spa at Four Seasons Resort Aviara has water design elements that mimic the Pacific Ocean and nearby Baticuitos Lagoon. A flowing wall of water and a cascading fountain convey a soothing sense of nature. One of the most popular water treatments here is a "water shiatsu" with guest and therapist in a private, 98-degree heated pool.

After a series of stretches and dance-like movements a sense of euphoria, is achieved. The Spa at Four Seasons offers a variety of scrumptious bath rituals. The rejuvenating rose, relaxing lavender and invigorating sports baths each provide a unique sensory experience. Ocean Pearl Spa is a Southern California coastal oasis with magnificent views of the Pacific Ocean located on the grounds of the Sheraton Carlsbad Resort & Spa. Decorated in a soothing ivory and gray-toned marine-based theme, the overall experience is calming, inviting and gender-neutral to appeal to both men and women of all ages.

Offering innovative, organic marine-based beauty treatments, indulgent products and pampering amenities at competitive prices, Ocean Pearl Spa offers specialty packages that appeal to a wide variety of spa-goers including brides, girlfriends, golfers, executives, groups, and couples.

Personalized attention sets the Ocean Pearl Spa experience apart with trained therapists who customize massage techniques to meet the unique needs of each client and produce the best

results. "We understand that each person has unique therapeutic needs when it comes to bodywork. Our focus is their well being and to provide massage therapy that is flexible and integrates a variety of massage modalities to best meet each of our guests' needs," says Spa Director Jennifer Anderson.

The Carlsbad Mineral Water Spa is the cornerstone for the day spa business in Carlsbad. The spa is built on the site of the original mineral water well and features three luxuriously themed treatment rooms. The highlight of the treatments is bathing in the natural carbonated mineral water with its incredible healing and restorative powers.

Other day spas in Carlsbad that offer over-the-top spa and hydrotherapy services are Skinsational, Michel Petite Spa, Ocean Day Spa, Spa Sumadra and Bella D'ora Spa