

In Treatment

edited by Tara de Lis



The chilled-out, aesthetics-obsessed mentality of spa culture is a natural fit for L.A. But bliss and beauty only go so far, so we eschew the froufrou in favor of 20 treatments that not only relax and beautify but provide the proven benefits of wellness.

Fruits of the Orchard

Emphasizing the contrast of hot and cold to stabilize body temp, a jasmine footbath is followed by a coffee scrub, affusion shower and color therapy, for a boost in metabolism and cellular cleansing. 90 minutes, \$285. **Spa Montage at the Montage Beverly Hills**, Beverly Hills, 310-860-7800, montagebeverlyhills.com.