

allure Spa

THE BEAUTY EXPERT
2009

Ultimate Guide to Relaxation

- FIND THE BEST SPAS
- GET VIP TREATMENT
- LOSE WEIGHT
- SMOOTH YOUR SKIN

Fast Detox Diets

Do They Really Work?

The Easiest
At-Home
Indulgences

THE TOP DAY SPAS,
DESTINATIONS, AND RESORTS

In 56 Cities & on Five Continents

Golden Door

Escondido, California

Overall flavor: This tranquil retreat is modeled after ancient Japanese Honjin inns with koi ponds, lush gardens, and 20 miles of hiking trails. The spa's inventive meals, including bento-box lunches, are low-fat and made from the resort's organically grown vegetables; no alcohol is allowed except for one glass of wine on the last night.

Things you must do: Go on the **Eagle Rock hike**, which winds through avocado groves to the summit, then check out views of the valley and the ocean; try a **fencing or Zen Archery class**; relax with the **Island Paradise massage**, which uses warmed seashells instead of stones.

Resort capacity: 40

Phone: 800-424-0777

Price: \$7,750 per week