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HOT LIST

Mother's Day gift idea: a trip to a spa

Give her the royal treatment in L.A. and environs.



Tikkun Holistic Spa. (Keith Skelton / May 5, 2010)

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Cheap 'n chic gifts for Mother's Day



Recipe for a good Mother's Day: Breakfast in bed

By Sari Heifetz Stricke
May 6, 2010

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OK, we know moms love the homemade stuff like plaster handprints and God's eyes, and breakfast in bed is well-intentioned, but what mom would really like is an hour or two at the spa. Really. And in L.A., it's so easy. Present mom with a rejuvenating spa treatment or enjoy a mother-daughter experience at one of L.A.'s soothing city retreats.

The Spa at the Beverly Wilshire

Experience l-u-x-u-r-y at this secluded haven within the walls

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of the newly updated 1928 hotel. Send mom for a dip in the Aromatherapy Crystal Steam Room, Ice Fountain and Experience Shower before a complimentary 15-minute Nuface micro-current lifting treatment (value at \$65), provided as an add-on to any 60-minute facial. Or with any 60-minute massage enjoy a complimentary head or foot massage. Plus, moms receive a special gift from ESPA, the spa's beauty line or a sample of Christopher Drummond makeup. 9500 Wilshire Blvd., Beverly Hills. (310) 385-7023, <http://www.fourseasons.com/beverlywilshire>

Tikkun Holistic Spa

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Tikkun is the Hebrew word meaning "repair the world," and in this case that process starts with repairing oneself. On Mother's Day, chose between a Swedish massage or Detox Facial (60 minutes, \$75, regularly \$95), a Body Scrub-Swedish Massage-Detox Facial Combo (\$195, regularly \$255) or the Mother & Daughter Special, featuring a traditional Korean body scrub, oil massage, cucumber facial, shampoo, hair treatment and milk rinse (90minutes, \$250 for two, regularly \$320). Leave extra time to experience the detoxifying Korean Hwangto Clay Room, the Himalayan salt room (mined from ancient sea bed caves and containing around 72 beneficial minerals), the hot jade room, the cooling ice room, the sauna, the soaking room and the Balinese reflexology footpath. 1460 4th St., Santa Monica. (310) 319-1111, <http://www.tikkunspa.com>

Ciel Spa at the SLS Hotel

Ciel Spa is a designer city sanctuary inspired by a "celestial dreamscape." During May, treat mom to a 60-minute massage followed by afternoon tea at the hotel's restaurant, Tres (\$126), or go with the mani-pedi package (exfoliation, hydration, aromatic soak, scrub and massage) followed by a poolside lunch prepared by world-renowned chef Jose Andres (\$120 per person). Or choose from Ciel's extensive list of high-end massage and skin care treatments. 465 S. La Cienega Blvd., L.A. (310) 246-5560, <http://www.cielatsls.com>

rA Organic Spa

rA will be bursting at the seams with roses during Mother's Day weekend and serving complimentary champagne, cider, fruit and other snacks. Consider the sumptuous Pear and Green Apple or Chocolate Truffle Body Wrap (90 minutes, \$185), the Herbal Foot Treatment (30 minutes, \$45) or the Green Tea and Crushed Rice Body Scrub (60 minutes, \$90). The relaxation rooms provide a calm space for restful contemplation or catch-up time. 119 N. San Fernando Blvd., Burbank. (818) 848-4772, <http://www.raorganicspa.com>

dtox Day Spa

The restful Atwater hideaway, complete with contemplative Buddha statue and waterfall lounge, will be open to women only on Mother's Day and offering moms its Organic Magnetic Therapy Facial (50 minutes, \$130) and the Mommy to Be Organic Prenatal Massage (50 minutes, \$100, 80 minutes, \$140) which provides relief from back pain, leg cramps and headaches. Both treatments come with a complimentary gift, and dtox will be serving scrumptious cupcakes courtesy of Auntie Em's Kitchen in Eagle Rock. 3206 Los Feliz Blvd., Atwater Village. (323) 665-3869, <http://www.dtoxdayspa.com>

Zen Spa

Bond with your mom at Zen, offering the Exclusively Yours Mother-Daughter Spa Package, which includes two hot stone massages and two True Aromatherapy deluxe facials (80 minutes, \$546, \$100 off the regular price). The tranquil Calabasas retreat will be open on Mother's Day to women only. Mother's Day Relaxation Gift Cards are also available. 23975 Park Sorrento Drive, Suite 120, Calabasas. (818) 591-0046, <http://www.zenspa.biz>

Willow Spa

Enjoy complimentary orchids, organic chocolate truffles and ginger tea in the enchanting tropical garden, which provides a chance for relaxation and quality time between a massage, facial or the uniquely restorative Japanese Enzyme Bath (the only one in the L.A. area). Try the Complete Renewal Package, a deluxe retreat designed to relax, exfoliate, nourish and balance skin from head to toe,

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featuring a Mango Body Polish and massage, a facial and the Eminence Organics Bright Eyes Treatment (2 ½ hours, \$273). All treatments come with foot soaks. Gift baskets featuring Epicuren after-bath moisturizers, willow mist, Thai Tiger Balm and a lavender sachet are available starting at \$30. 3127 Santa Monica Blvd., Santa Monica. (310) 453-9004, <http://www.willowspa.com>

SkinSense

Marion Simms' expert facials ensure your skin is deeply cleansed, rebalanced and brightly hydrated. The Hydradermie Facial-Eye Treatment (\$125, normally \$140) is proposed as a "workout for the skin" employing a blend of electrical currents and botanical actives. The offer runs through the motherly month of May. 8448 W. 3rd St., L.A., (323) 653-4701, <http://www.skinsensewellness.com>

Green Bliss Eco Spa (in-home)

Randi Ragan's blissfully eco-friendly mobile spa delivers a lavish in-home organic spa experience to your door. For Mother's Day, try the Signature Fusion Massage or Organic Facial followed by an organic hand and foot pampering experience with a chemical-free manicure and pedicure (2½ hours, \$275). Also receive a gift of Green Bliss' private label organic lavender and Dead Sea salt body scrub, as well as a lavender shea butter body balm and a peace-inducing lavender essential oil soy candle (\$75 value). The eco-spa is also available for private parties should you join forces with the in-laws... (310) 859-2272, <http://www.greenblissecospa.com>

Koreatown Spas

Dreadful economy got you down? Head to one of Koreatown's wallet-friendly women-only spas and enjoy spending time with mom while circulating your "chi" (energetic life force) in the mugwort tea tubs, jade steam saunas, eucalyptus steam rooms, cold water plunges, dry clay saunas and natural oxygen and charcoal therapy relaxation rooms of some of the city's most overlooked spas. Note: Not for the modest...you will be naked! (Entry \$15-\$30; extra for body scrubs, massages and facial packages). Century Sports Club & Day Spa, 4120 W. Olympic Blvd., (323) 954-1020, <http://www.centurydayspa.com>; Olympic Spa & Retreat, 3915 W. Olympic Blvd., (323) 857-0666, <http://www.olympicspala.com>; Aroma Wilshire Center, 3680 Wilshire Blvd., (213) 387-2111, <http://www.aromaresort.com>

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JenniferW210 at 2:05 PM May 07, 2010

These are all great ideas, but I found a spa giveaway that gives all these services away for free! I already commented about it on the other page linked to this one, but I thought should share it here - mostly because I think it's such a cool idea and it would be a shame if people missed the opportunity.

There is this spa giveaway that this company is doing through Facebook. The page is Spaphile, search for it on facebook. You have to "like" the page or "become a fan." Then click on a sweepstakes tag and enter the sweepstakes. They are giving away \$2500 of spa services. Some of the ones included are: A spray tan, a microdermabrasion anti-aging treatment, eyebrow threading, and a free make-up session.

here is the link: <http://www.facebook.com/Spaphile?ref=search&sid=1525710147.3706403646..1#!/Spaphile?v=wall&ref=ts>

I just read that today is the last day to enter - so enter ASAP - this is such a good idea for Mothers Day! Good luck everyone, I hope you all have a great Mother's Day, and hopefully this suggestion helps everyone out a little bit. =)

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