

# 944

FASHION  
ENTERTAINMENT  
LIFESTYLE

JUNE 2011

DETROIT  
LAS VEGAS  
LOS ANGELES  
MIAMI  
ORANGE COUNTY  
PHOENIX  
SAN DIEGO  
SAN FRANCISCO

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**The Picks Issue**





## PLACE360 HEALTH SPA

Brand-New Buzzworthy Spa

An experience like none other, Place360 takes the whole body (inside and out) into account and offers spa, health and nutrition services.

**IN FIVE WORDS ...**

Leave the outside world outside.

**DON'T MISS ...**

The Sleep & Stress Management Package for all you workaholics, featuring massage, acupuncture, homeopathy and herbal remedies.

**DID YOU KNOW ...**

The spa incorporates Eastern and Western medical and spa methods — making each guest experience a worldly destination.

**1349 Camino Del Mar, Del Mar**  
858.793.1104 | [place360healthspa.com](http://place360healthspa.com)

## XTEND BARRE

The Latest, Greatest Workout Sensation

Combine Pilates and ballet for a workout that results in a toned and lean body.

**IN FIVE WORDS ...**

Goodbye, cellulite; hello, chiseled physique.

**DON'T MISS ...**

The newer Carmel Valley location.

**DID YOU KNOW ...**

Several San Diego Charger cheerleaders not only take classes at Xtend, but are also certified instructors.

**3422 Tripp Court, Carmel Valley**  
858.509.4807 | [xtendbarrecarmelvalley.com](http://xtendbarrecarmelvalley.com)



## ONE TO WATCH

### Walk In Salon by Robert Cromeans

Buzzworthy New Salon

**WHY**

Treat the tresses at the newly revamped and renamed A Robert Cromeans Salon in Pacific Beach without breaking the bank.

**WHAT'S NEXT**

On the heels of its recent grand opening, the salon plans to launch more cool events throughout the summer.

969 Garnet Avenue, Pacific Beach  
858.270.9975 | [robertcromeans.com](http://robertcromeans.com)

## MOVE SPX PILATES PLUS

Best Workout in Half the Time

Got 40 minutes? A little contraption called the Proformer combines cardio with core strengthening and Pilates into one short, but extremely intense session. Just be prepared to sweat like an NBA player.

**IN FIVE WORDS ...**

North Park's newer fitness hotspot.

**DON'T MISS ...**

The super flexible (no pun intended) online class schedule with a new wait list option feature.

**DID YOU KNOW ...**

SPX has quite the celeb following? If it's good enough for hottie Brooke Burke, there must be something to it.

**3959 30th Street, North Park**  
858.755.4779 | [sculptmove.com](http://sculptmove.com)

## FIVE LOCAL BEAUTY SECRETS

### 1 MYTHOLOGY'S BATH SALTS

Soak in lavender and green tea bath salts and get swept away in bliss.  
**2365 30th Street, South Park**  
619.523.1132

### 2 EZIA

This unique sports training club just moved to new digs in Carlsbad, offering everything from personal training and coaching to nutrition and physical therapy.  
**2052 Corte Del Nogal, Carlsbad** | [eziahp.com](http://eziahp.com)

### 3 LAVISH AROMATIC BOTANICAL PRODUCTS

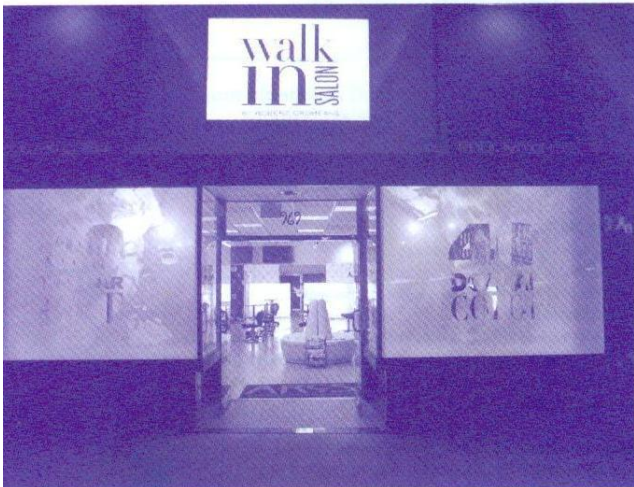
Lavish's System Sea Ocean Mineral Foaming Cleanser — made with all-natural ingredients — will keep your skin fresh and clean all day long.  
**748 W. Washington Street, Hillcrest**  
619.574.9000  
[lavishproducts.com](http://lavishproducts.com)

### 4 DR. BRONNER'S MAGIC SOAP

"Wash with a clean conscious" with Dr. Bronner's certified organic and fair trade Magic Soaps.  
[drbronner.com](http://drbronner.com)

### 5 SAN DIEGO BATH AND BODY COMPANY

Their vegan lip balm is perfect moisturizer for your lips — and works on cuticles, too.  
[sdbathbody.com](http://sdbathbody.com)



## KARMA RELAXATION SPA

Under-the-Radar Gem for Luxe Massages on the Cheap

This luxury-meets-practicality day spa offers professional pampering at an affordable price (an hour-long full-body massage begins at \$40, and hour and a half at \$60).

**IN FIVE WORDS ...**

Enjoy killer massages for less.

**DON'T MISS ...**

The Doctor — a head-to-toe treatment including scalp massage, hair conditioning with Indian hot oil, shoulder massage, leg and foot massage, a sauna and a hot towel.

**DID YOU KNOW ...**

Karma is owned by a brother and sister duo, Jing and William Sun. Jing traded her career in accounting for spa ownership after recognizing the need to help Americans, most of whom consider massage a luxury rather than maintenance for the body.

**3969 First Avenue, Hillcrest**  
619.299.9888 | [karmamassagepa.com](http://karmamassagepa.com)