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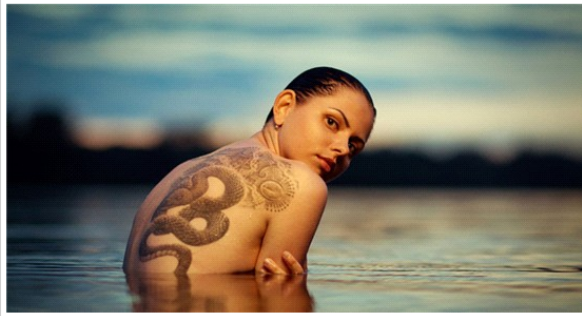
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Wet: Hydrotherapy at San Diego Spas

Posted On : 7/27/2011 by Michelle Guerin

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Discover the best Vichy showers and Hydrotherapy baths at San Diego spas.

Hyde-Edwards Spa & Salon in Little Italy

An industrial-style full-service spa and salon, Hyde-Edwards is a unique urban beauty refuge in downtown San Diego's culturally rich neighborhood of Little Italy that offers a variety of premium spa and salon services. For a rejuvenating aquatic adventure, enjoy Something Else, the spa's signature treatment utilizing the Vichy shower room. Something Else is explained to be an invigorating, exfoliating treatment using finely crushed sugar and essential oils to uncover skin that feels soft and supple, followed by a refreshing Vichy shower treatment and massaged in hydration.



shower wet room and enjoy a full body hydrotherapy shower. You are then cleansed and exfoliated with Fresh Citrus Body Wash.

Catamaran Resort & Spa in Mission Bay

Located on the western tip of Mission Bay, just blocks from the beach, Catamaran is surrounded by water, creating a soothing and serene environment throughout the entire property. The Catamaran Spa is no exception, as it offers one of the best selections of water therapies in the city. Although there is no Vichy shower on property, Catamaran practices Hydrotherapy with underwater hydro jets in soaking tubs. Try the California Grape Seed Tea Bath, Babassu Milk Bath, or Balneotherapy, a seawater bath that soothes muscles and enhances relaxation for your body and spirit.

I never understand people who arrive late and leave early when supposedly enjoying a luxurious spa day. Don't get me wrong, I love all spa services wholeheartedly, but my favorite part of the spa experience is fully touring and tasting the facility long before and well after the treatment ends, including the spa pool and Jacuzzi, sauna and steam room, and then some. Cleansing, refreshing, inspiring, water is the essence of the health and beauty mentality. And lucky for us, it's no longer just a spa accent.

Aqua-infused spa treatments are taking San Diego spas by storm, ranging from the all powerful Vichy shower to the all encompassing Hydrotherapy tubs and soothing, therapeutic bath soaks. We have Julius Caesar to thank for discovering the naturally carbonated mineral springs of Vichy, France, and since then spa enthusiasts from around the world have been soaking up the health benefits in style. It's natural, it's effective, and it's one of the most pleasurable services on the spa menu. In San Diego, we can get wet and wild in honor of our heath at Spa Gregorie's, Rancho Valencia, Catamaran

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mineral water spa in Carlsbad

Did you know the carbonation in mineral water will produce a feeling of warmth and well-being similar to that experienced during exercise? This increased blood circulation is said to provide natural relief from minor aches and pains, and help ease stiff joints. Offering a truly unique health experience, the Mineral Water Spa's signature carbonated mineral water comes from an aquifer 1,700 feet deep which is recharged from Cleveland National Forest, about 60 miles east of Carlsbad. Enjoy an aqua-inspired spa treatment like no other with the Carbonated Mineral Water Bath or Roman Total Body Facial, a full body facial that uses rich mud to help heal, soothe, and rejuvenate tired muscles. This treatment cleans and moisturizes the skin, and concludes with a mineral bath.

Spa Gregorie's in Del Mar

A Mecca for luxury spa services, Spa Gregorie's takes water-infused relaxation to the next level with a variety of Hydrotherapy treatments, ranging from Herbal Aromatherapy to the Milk and Honey Bath, Express Hydro for locals on-the-go. My top pick is Detoxifying Thalassotherapy, which is performed in the Hydrotherapy tub, featuring hundreds of air and multi-speed water jets. A spirulina-rich bath is developed from algae harvested off the coast of France and contains essential minerals and nutrients to restore the body's natural balance and well-being. Naturally detoxifying, this bath will cleanse and revive a depleted system. If you prefer the magic of the Vichy shower, choose your body wrap of choice and request for it to be performed in the Vichy wet room, with warm water cascading from the rain bar.

PLACE 360 Health + Spa in Del Mar

Located just blocks from Del Mar Plaza, PLACE 360 is a boutique health spa that offers everything from Acupuncture and Custom Herbal Remedies, to Outdoor Fitness, Nutrition Coaching, Massage, Skin Care, Waxing, and Semi-Permanent Makeup. This great range of natural and alternative health treatments is balanced with Eastern and Western philosophies, and enhanced by the on-site steam and Swiss shower. A powerful aqua-fueled steam and shower in one with various temperatures and pressure points, this pre or post treatment perk will transform your spa experience. After a cleansing steam shower, enjoy the Acupuncture Facial Rejuvenation, which combines Chinese medicine with lymphatic drainage using gentle acupuncture, the Biodrainer facial machine, and Phytobioderme products. It is a gentle yet effective way to decrease the appearance of wrinkles and blemishes, increase muscle tone, reduce puffiness and promote circulation and lymphatic drainage while stimulating collagen growth.

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