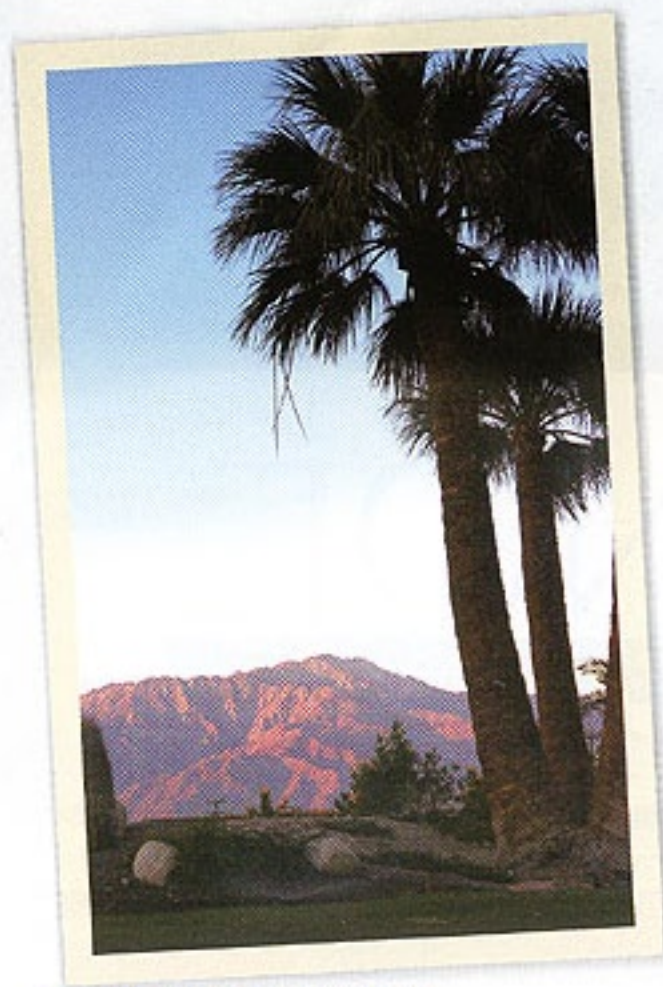


# Think Springs

A trip to the desert doesn't have to mean dry, chapped skin. Instead, moisturize and replenish at one of these top Palm Springs spa resorts. | ELYCIA RUBIN



## DESERT FIRST: THE SPRING

Since the days of Hollywood's golden era, Palm Springs and its nearby communities have long reigned as perfect getaways for Angelenos. Lucky for us, the desert's riches are just two hours away (well, a bit longer if you're unable to resist the Desert Hills Premium Outlet shops). And now there are two more reasons to go.

Located in Desert Hot Springs (15 minutes from Downtown Palm Springs), the Spring is a nine-room hideaway that was once a rundown motel until the current owner, Maria Lease, transformed it into "a place where couples can enjoy life, enjoy nature, and enjoy each other."

The centerpiece is the naturally occurring hot springs. The waters, discovered in the 1920s, are mineral-packed and hold restorative properties. Marinate for 15 minutes and the knots melt away. After you've soaked yourself in the resort's three thermostat-controlled mineral pools, stroll over to the fire sauna (spa novices: most are electric). Imported from Finland, the sauna not only gives off heat, but negative ions as well,

purifying the air.

Signature treatments include the Spring Turkish Buff, in which a therapist exfoliates dead skin and improves circulation. The Clay and Sandalwood Wrap is a chance to daydream while snuggled in a wool and linen cocoon as your skin is softened and toxins are expunged.

The Spring has mesmerizing views of the Coachella Valley through clusters of palm trees, plus feng shui expert Dominique Cady carefully designed the property to create a serene feeling. The sense of peace extends to the cozy guest rooms filled with luxurious furnishings: king size pillow-top beds are dressed in 330 thread-count Frette linens and down duvets and pillows, while kitchens are stocked with the makings of a satisfying midnight snack. *The Spring, Desert Hot Springs, 760-251-6700, the-spring.com; doubles from \$155.*

## SPRINGS HAVE SPRUNG: THE HYATT GRAND CHAMPIONS RESORT & SPA

Just 15 minutes east of the Spring is a grand desert treasure, the Hyatt Grand Champions Resort & Spa in Indian Wells. The Agua

Serena Spa sits amid the property's 35 acres, next to a tranquil reflecting pool and a grove of palm trees. The 30,000-square-foot spa has 18 private treatment rooms, a steam room, a sauna, plunge pools, an outdoor Jacuzzi, private showers, and the revolutionary Medical & Skin Spa, a wellness and antiaging center operated by Dr. Richard Foxx.

The Agua Serena Desert Stone Massage is one of the spa's trademark treatments: Hot stones are positioned on the body to promote relaxation and a sense of well-being. The Desert Sage & Date Sugar Scrub employs local sage, juniper, and date sugar to moisturize and buff the skin while the Indian Clay Facial uses natural clay from Idaho Indian reservations.

It's one-stop shopping at Agua Serena if you're looking for something more long-lasting than a good facial. At the Medical & Skin Spa, Dr. Foxx analyzes clients' complexions, and he also offers Botox, injectable implants, photorejuvenation, and chemical peels. *The Hyatt Grand Champions Resort & Spa, Indian Wells, 760-341-1000, grandchampions.hyatt.com; doubles from \$330.*

ABOVE: A view of the Coachella Valley at sunrise.  
RIGHT: The Hyatt Grand Champions Resort & Spa.

