

MODERN LUXURY

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THE GIVING ISSUE:
GIFTS THAT DELIGHT
& CAUSES THAT INSPIRE

20th
ANNIVERSARY
EDITION

Plot TWIST

Grace Van Patten Emerges
as the Next Leading Lady



Body Shop

From new spas to upgraded fitness offerings,
San Diego's latest wellness destinations are sitting pretty.

by ALLISON MITCHELL



Soak up the beautiful outdoor surroundings at Fairmont Spa and Wellness.

FAIRMONT SPA AND WELLNESS

It's a new day at Fairmont Grand Del Mar, where the five-star property has unveiled a thoughtful refresh to its Forbes five-star spa. Housed within a 21,000-square-foot space, the wellness hub offers spa devotees 12 treatment rooms, steam and sauna facilities, whirlpools, a movement studio and a serene spa pool. Exciting new upgrades include

the United States' only Zestós Dryfloat Therapy—a treatment that weightlessly suspends you in warm water and features jet massage and vibroacoustic therapy (all without getting wet!). The spa is also one of only 10 U.S. partners for Germany's Gharieni Group, bringing new advanced technology to the facility, and offers sound and light therapies that work in tandem with a guest's circadian rhythm to promote peace and relaxation. granddelmar.com/wellness



Break a sweat on AquaVie Fitness + Wellness Club's outdoor rooftop with new Technogym equipment.

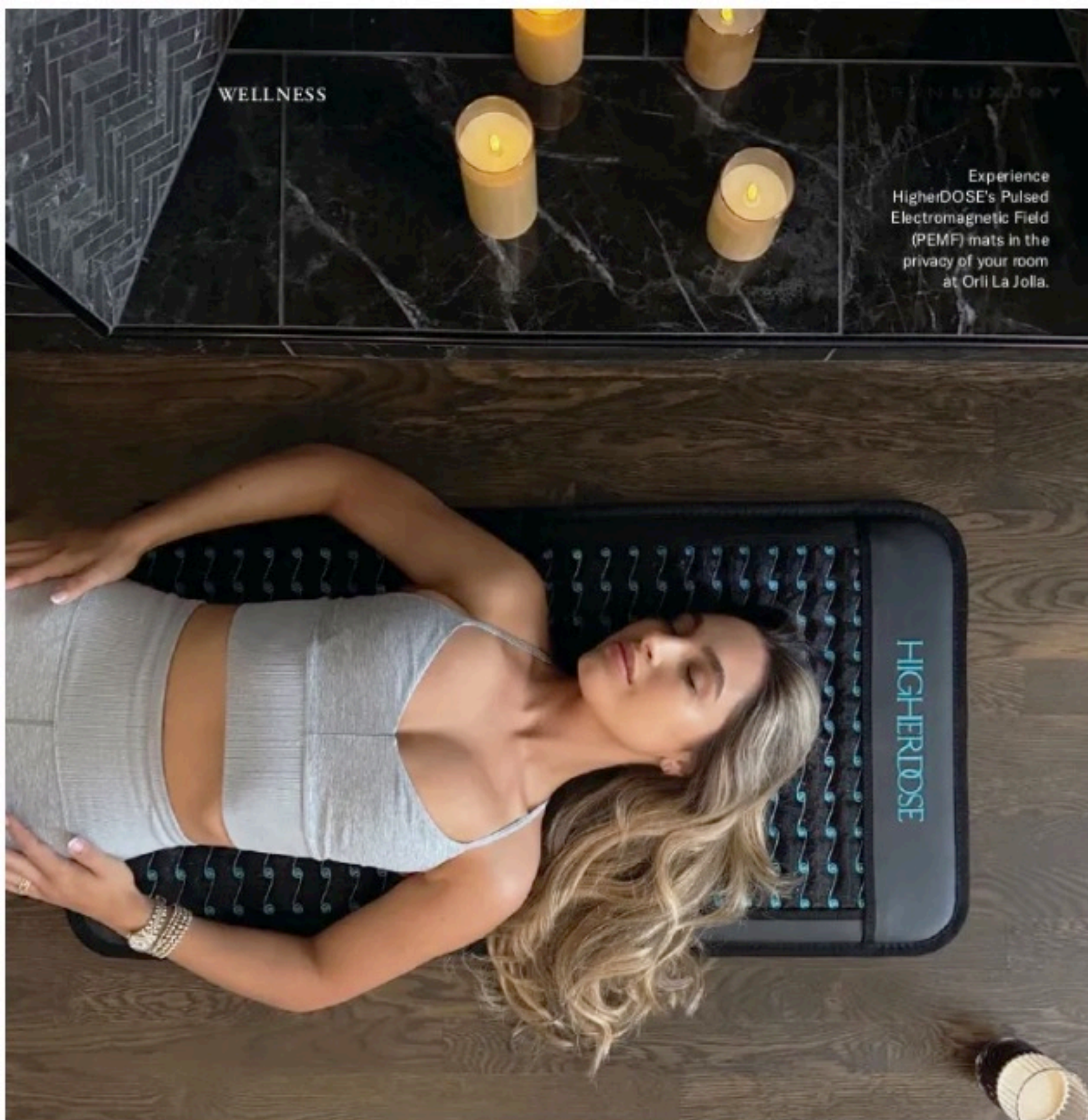
menus

AQUAVIE FITNESS + WELLNESS CLUB

Tucked within The Westgate Hotel, AquaVie Fitness + Wellness Club recently underwent a refresh, unveiling a full-scale equipment upgrade in partnership with Technogym. You can now work out on the same cardio and athletic training equipment Olympic athletes use. Expect new treadmills, bikes, rowers and resistance equipment featuring interactive digital workouts and performance tracking tailored to you. While the 40,000-square-foot facility is already home to San Diego's largest junior Olympic-sized lap pool, members and hotel guests can now enjoy sweat sessions poolside with Technogym equipment and skyline views. "This is more than just a refresh; it's a transformation of the entire fitness experience," shares Annie Fitzgerald, vice president of operations for The Westgate Hotel. "Partnering with Technogym allows us to bring best-in-class equipment, cutting-edge design and smart training features to our members and hotel guests. We're proud to offer a wellness destination that's both high-performance and high-touch—right in the heart of the city." aquaviewellness.com

WELLNESS

Experience
HigherDOSE's Pulsed
Electromagnetic Field
(PEMF) mats in the
privacy of your room
at Orli La Jolla.



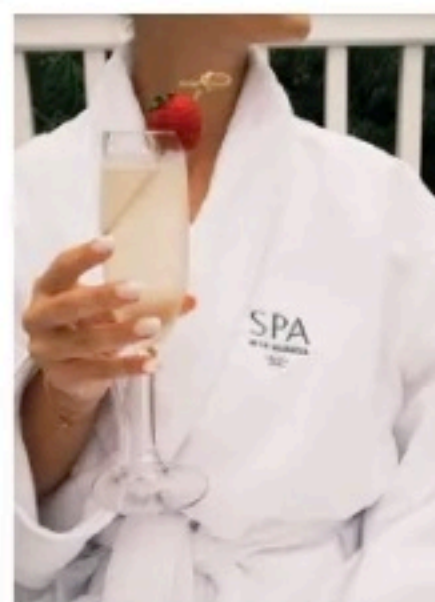
ORLI LA JOLLA

Orli La Jolla, a design-forward boutique hotel on Draper Avenue, has partnered with cult wellness brand HigherDOSE to upgrade its in-room wellness offerings. Overnight guests can now enjoy infrared sauna blankets, red light face masks and PEMF mats—a product that combines Pulsed Electromagnetic Field (PEMF) with infrared heat to maximize recovery and relaxation—without leaving their room. Tailored bundles—the Total Body Reset and Glow & Go—are also available for guests who want to utilize myriad HigherDOSE products for a complete wellness experience. “At Orli, our mission is to make each guest room feel like a sanctuary—a space that adapts to how you want to rest, recharge or reconnect,” says Orli La Jolla co-founder Maxwell Waitt. “Our partnership with HigherDOSE adds a new layer to that experience. It reflects our belief that wellness should be intuitive, beautifully designed and built around the rhythms of each guest.” stayorli.com

GUESTHOUSE,
HOTEL AT LA VALLE

Rancho Santa Fe's La Valle Coastal Club, a 200-acre property located just three miles from Del Mar's pristine beaches, has opened the doors to a new 77-room boutique hotel. Known as Guesthouse, Hotel at La Valle, the \$15-million renovated property gets its good looks from San Diego's Hannah Gabriel Wells, playing off its coastal location with light wood tones, organic textures and coastal-inspired accents. “This property was designed to reflect the relaxed luxury and natural beauty of Rancho Santa Fe, while offering an experience that feels both elevated and effortless,” says general manager Fernando Fry. “Whether you're here for a weekend getaway, business trip or wellness retreat, we look forward to creating unforgettable stays rooted in comfort, connection and community.” When not relaxing in your beautiful guest room, enjoy the great outdoors with eight tennis courts, eight pickleball courts, two private Padel courts and a 27-hole championship golf course. Expect new gym, spa and pool upgrades in the months ahead. guesthousehotel.com; lavallecoastalclub.com

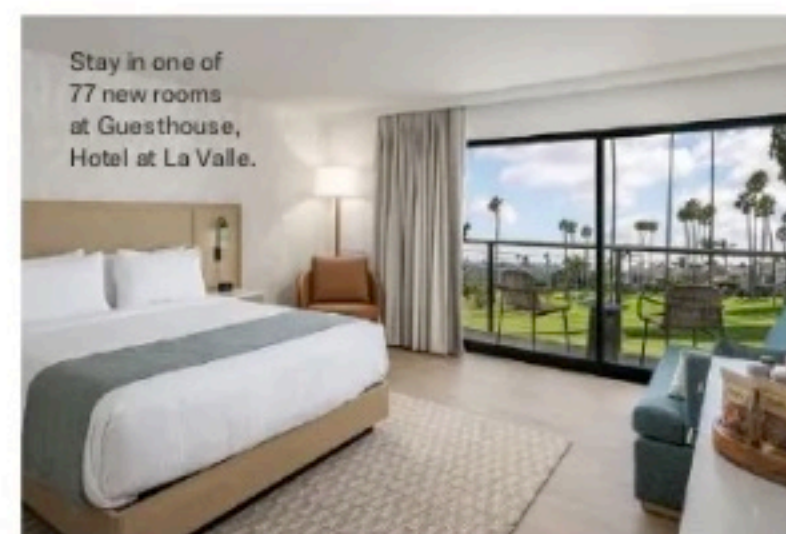
From customized
massages to sweet sips,
the Spa at La Valencia
ensures top-notch
pampering from
start to finish.



SPA AT LA VALENCIA

Building upon its nearly 100-year history, La Valencia Hotel in La Jolla, affectionately known as The Pink Lady, has revealed a brand-new spa. Tucked within an ocean-view, three-story cottage dating back to the early 1900s, the Spa at La Valencia sits adjacent to the main hotel and includes six tranquil treatment rooms. Enjoy facials, massages and body treatments, plus sound healing, meditation and reiki. Leading the charge is spa director Lisa Price, an

alum of The Inn at Rancho Santa Fe and Estancia La Jolla Hotel & Spa. “I am honored to join the world-class team at La Valencia Hotel, where history, luxury and wellness beautifully intersect,” shares Price. “At the spa, my intention is to create an exceptional retreat with therapies that blend timeless luxury with transformative wellness—where every guest leaves with a sense of having experienced something truly extraordinary.” spaatlavalencia.com; lavalencia.com



Stay in one of
77 new rooms
at Guesthouse,
Hotel at La Valle.