

MODERN **LUXURY**

BEST OF THE BEST *Relax and Renew*

5 Fall Spa Treatments

By Betty Ann Graham

L.A. is finally beginning to feel like fall—we're looking at you cooler weather and Pumpkin Spice lattes—and along with changing weather, beauty routines are getting a seasonal upgrade. Here, a look at a few of our favorite spa treatments for fall.



This autumn, deep relaxation comes with seasonally-inspired deep tissue massaging, detox wraps and facials.

1. Elemis Superfood Detox Wrap at The Beverly Wilshire, A Four Seasons Hotel

This powerful treatment acts as a superfood for your skin. The nutrient-rich wrap takes detoxifying to the next level and restores equilibrium with green tea balms rich in minerals, proteins and omegas. \$315 for 90 minutes, 9500 Wilshire Blvd., Beverly Hills, 310.275.5200, fourseasons.com/beverlywilshire/

2. Serenity Massage at Four Seasons Los Angeles at Beverly Hills

Perfectly timed for fall, this massage uses pure essential doTerra oils for a truly customizable experience. Catering to clients with seasonal sensitivities, spa-goers can choose between a variety of fruity or floral oils. Elements works together to create a calming sense of balance and a feeling of overall renewal. *\$290 for 80 minutes, 300 S. Doheny Drive, L.A., 310.273.2222, fourseasons.com/losangeles*

3. Tata Harper Organic Facial at Four Seasons Los Angeles at Beverly Hills

Glow from the inside out with a custom organic facial that focuses on hydrating, firming or purifying your skin. Harper's products are simultaneously all-natural and high performance. Expect to see noticeable luminosity and a fresh, rejuvenated complexion. *\$205 for 50 minutes, 300 S. Doheny Drive, L.A., 310.273.2222, fourseasons.com/losangeles*

4. The Big Picture at SKINxFIVE

This treatment is the ultimate four-pack refresher for everything from sun-damaged skin to coarse wrinkles. A combination of renowned dermatologist **Dr. Ava Shamban**'s just-opened spa's signature treatments—The Refresher, The Spotless, The Infuser and The Firminator—the package includes a microdermabrasion facial for dehydrated skin; laser rejuvenation to battle pigmentation; and radio frequency for a delicate lift. *\$749, 970 Monument St., Ste. 216, Pacific Palisades, 424.322.8780, skinxfive.com*

5. The Ginger Rub Massage at Bliss

As soothing to the skin as it is to the stomach, this treatment starts with a technician rubbing freshly-grated, warmed ginger root and essential oils into your skin. Following the application is a foil wrap and a full-body massage, which helps to further increase circulation and open pores. *\$225 for 105-minute full body massage + wrap, 930 Hilgard Ave., W. L.A., W. Beverly Hills. 310.443.8228, blissworld.com*

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