

PLAN A SPA DAY
A Guide to I.E. Day Spas

GLOBAL CUISINE
Dishes From Around the World

INLAND EMPIRE

May 2022

The Magazine of Artful Living

HOT 100 RESTAURANTS



Charcuterie Boards
Page 52

**SPRING
WINES**

**WOMEN IN
MEDICINE**

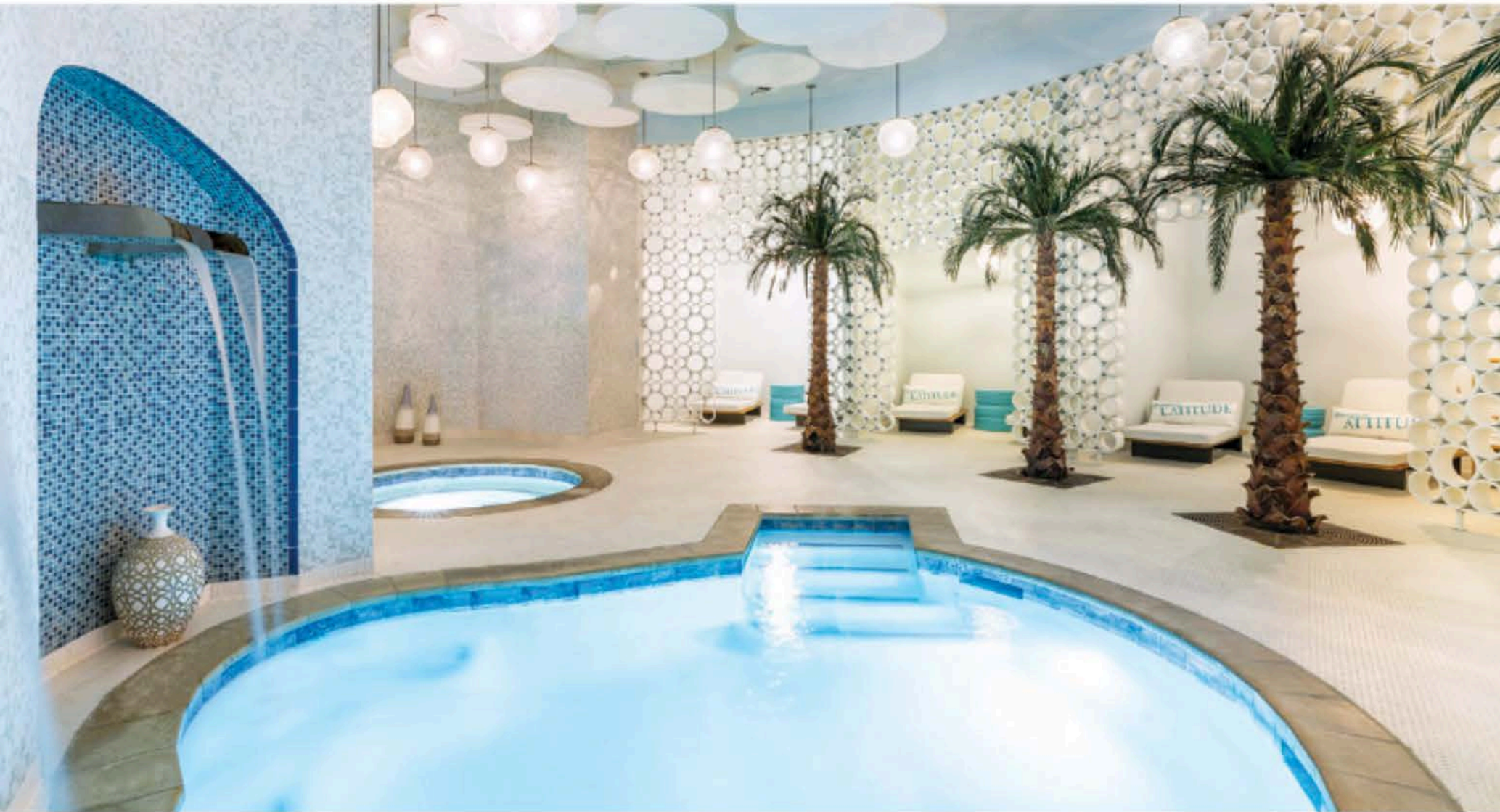
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CALMING INFLUENCES



If you're feeling stressed, you're not alone. Recent studies have shown that people worldwide say their stress and anxiety levels are at an all-time high. But there are ways to take a break from the things that keep you up at night. Psychologists say that self-care is an important part of mental and physical well-being, and in this issue, we offer a couple of options.

First, try escaping into one of the Inland Empire's pampering day spas. In this issue, we introduce you to several, including the St. Somewhere Spa at the Margaritaville Resort in Palm Springs, above. It offers a full range of rejuvenating beauty treatments, skin therapies, massages and more. Spas offer an alternative reality that can boost your ability to handle what waits outside their doors.

In addition to spas, many people find that a good meal in the company of good friends not only fuels their bodies, but lifts their spirits, too. This month, we bring you the Hot 100 restaurants in the Inland Empire that are as diverse as the people who own them and those who frequent them. Some, like Mario's Place in Riverside, are iconic stalwarts in the region, while others are new arrivals that have become fast favorites. Check them out and see which ones you'd like to visit soon.

Those are just a couple of things we offer this month- there's more on the following pages. Relax and enjoy!

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GUIDE TO DAY SPAS

THE WIZARDS OF AAHS

Visit the IE's spas, hot springs and mineral waters for a truly relaxing experience.

BY JEANNE BOYER

Legend has it Marilyn Monroe liked to visit Desert Hot Springs, and Elvis asked that Palm Springs' Spa Hotel stay open a bit later so he could have a private soak.

The region has a long tradition of healing hot springs and mineral waters, which were well-known to native tribes and later became a popular tourist destination in Palm Springs, Desert Hot Springs, Murrieta Hot Springs, Glen Ivy Hot Springs and other locations.

Today residents have their choice of dozens of top-notch spas throughout the Inland Empire. Services include body wraps, facials and massages. Visitors can spend some blissful quiet time, book couples' treatments together, or perhaps reserve an entire spa if they have a large group for a special event. Spas encourage visitors to arrive early and begin relaxing with a warm shower or mineral pool soak.

When it comes to choosing a treatment, spa staffers can suggest the best approach depending on whether you are seeking relaxation, relief from muscle aches, or skin smoothing. You could consider Spa Pechanga's Spicy & Icy Facial; a Neroli Aromatherapeutic Massage from Margaritaville Resort Palm Springs' St. Somewhere Spa; or a Moroccan Mint Sugar Scrub at Desert Hot Springs' El Morocco. At Yaamava's Serrano Spa in Highland, a Nirvana Stress Relief Wrap with lavender blossom oil could be just what you need.

But exactly what does a spa visit entail, and how should you behave? We asked several spa directors for advice.

"Getting professional treatments such as a massage or facial for the first time can feel intimidating," says Hunter Matela, director of spa at Glen Ivy Hot Springs near Corona. "Know that the therapists are there for you and to meet your expectations. If you are too cold, ask your therapist to turn the table warmer on or turn



Above: St. Somewhere Spa at Margaritaville Resort in Palm Springs. margaritavilleresorts.com

Left: Glen Ivy Hot Springs in the Temescal Valley near Corona. glenivy.com

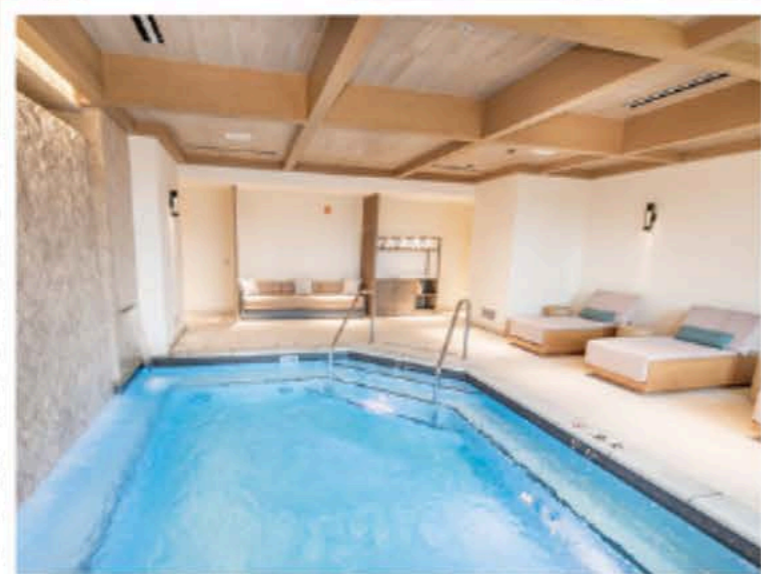
PHOTOS COURTESY OF THE RESORTS

Style

it on higher. If their pressure is too light or heavy, never hesitate to ask for more or less pressure." She adds that relaxation is "at the heart of all our services. All of our facials include a warm stone hand and arm massage, a facial massage and even a neck and shoulder massage."

Natsuda Dumrongpanich, spa manager at Morongo Sage Spa in Cabazon, suggests that first-time spa goers might want to book a treatment that's "somewhat light in its intensity, like a Swedish massage rather than a deep tissue treatment." Sage Spa also offers a massage treatment from Thailand that incorporates heated bamboo rods to massage muscles. Sage Spa has various skin-improving options as well, including the City Life Anti-Pollution Facial, and a Platinum Hydrafacial with LED light therapy to minimize wrinkles.

At Agua Caliente's Sunstone Spa in Rancho Mirage, spa director Daniel Spencer recommends the Sunstone Signature massage therapy. This ritual "uses Sunstone Spa's signature therapy beds, which are tables lined with crushed gemstones that emit therapeutic infrared heat, negative ions, chromatic light and are EMF grounding to enhance the service. The tables are equipped with a vibration system to calm the nervous system, and a weighted heat pack is gently placed on the back to loosen tension. Heated sunstones are used to scrub the feet with our signature gemstone



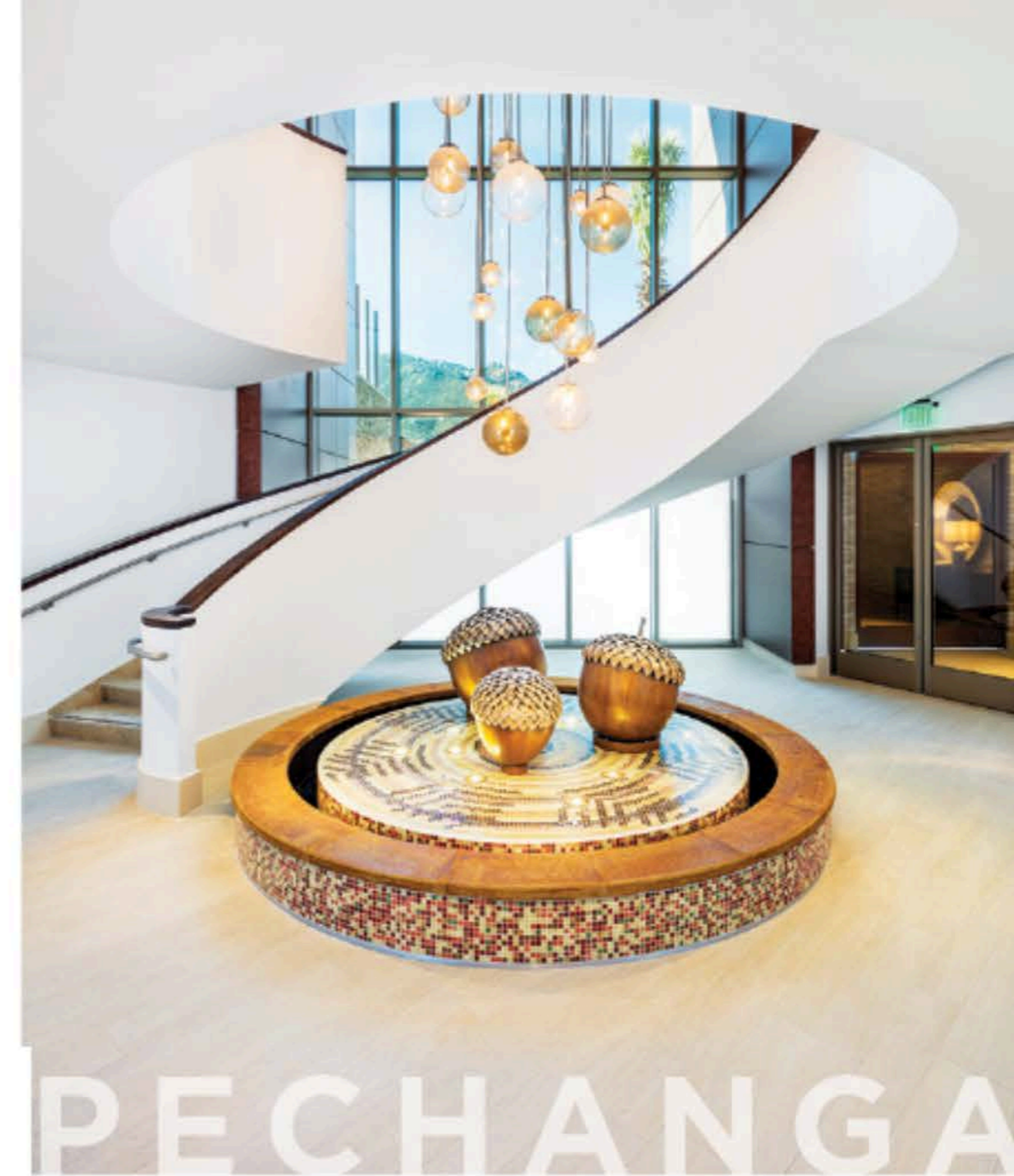
YAMA MAVA

Serrano Spa
at Yaamava
Resort & Casino
at San Manuel
in Highland.
yaamava.com

MORONGO



Sage - The Spa at Morongo
at Morongo
Casino, Resort & Spa
in Cabazon.
morongocasinosort.com



MARGARITAVILLE

scrub infused with quartz. The session continues with heated sunstones and a luxurious and healing hair and scalp service."

Shane Upson, director of spa operations at Yaamava's Serrano Spa, groups face and body treatments into gemstone-themed "Journeys" that emphasize specific goals and employ ingredients like Sicilian Bergamot lotion and Blue Eucalyptus essential oil. He's developing signature scents and menus for the luxury spa.

SPA REFRESHMENTS

Spas usually offer healthy beverages such as fruit-infused waters and herbal teas as part of their service, and may also have cafés where you can order light meals and assorted beverages.

At Glen Ivy, executive chef Craig Orrell's menu for Ivy Kitchen includes organic, locally sourced ingredients, with some grown on the property. Salmon burgers, buffalo cauliflower flatbread, and sesame-crusted ahi lettuce wraps are a few of the choices, along with vegan option potato & roasted mushroom tacos.

At Margaritaville Resort Palm Springs' St. Somewhere Spa, "We currently offer a glass of prosecco, fruit-infused water, a selection of hot teas along with honey and fresh green apples," says spa director Jason Chandler.

Top: **Spa Pechanga** at Pechanga Resort Casino in Temecula. pechanga.com

Bottom: **St. Somewhere Spa** at Margaritaville Resort in Palm Springs. margaritavilleresorts.com