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A TREATMENT ROOM AT THE SPA AT TERRANEA
PHOTO COURTESY TERRANEA

Seven Insidery L.A. Spa Treatments for the Next Time You Have a Blessed Afternoon Alone

Because if you don't practice some shred of self care, you will be sad in this life

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What's interesting about the holidays is that, despite spending ten days gorging on sugar cookies and champagne, they're exhausting. Between holiday parties and tree trimming and orchestrating the perfect Christmas/Hanukkah/Kwanzaa/New Years Eve feast between approx. 37,846 trips to the grocery store, we're all knackered. Which is why you deserve a spa day. Here are seven services that will set you right again:

The Spa at Terranea

Palos Verdes



Indulge in a massage and spend the day at this gorgeous, nature-centric resort by the sea. The 50,000-square-foot spa has some of the best amenities around, including a salon, saunas, a cafe, and a huge pool that overlooks the ocean. The last time we were there lounging on a chaise, two passing whales got close enough that we made eye contact.

TRY THIS TREATMENT: The Ocean Prelude. It includes a dry brushing, seaweed wrap, saltwater bath, and warm laminaria oil massage.

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