

Fall Beauty: Warm Up with Spa Treatments

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The fall season is a symbol of a fresh start, and there is no better place to cleanse the body and soul than the spa.

While we locals can soak up sunny skies through January, fall does bring a distinct morning chill that causes us to seek warm refuge indoors. Sleek coats and trendy boots more for fashion than function, absolutely. However, this season [San Diego spas](#) are offering new ways to heat up, detox, de-stress and slim down - clothing optional.

From Rancho Bernardo Inn, to Paradise Point Resort and Glen Ivy Hot Springs, we sampled fall's beauty bounty to bring you the area's best seasonal escapes. Hang up your scarf, hop into a robe and warm up in style with the Fennel & Coffee Detox, Coco Cream Body Wrap, Cinnamon Contouring Cocoon, Underground Moisturizing Masque and more. *Is it getting hot in here or is it just me?*

Warm up to the hottest fall treatments at San Diego spas.

[Fennel & Coffee Detox at The Spa at Rancho Bernardo Inn](#)

Rancho Bernardo Inn's signature spa just launched a revamped fall menu, featuring a variety of irresistible seasonal services with hints of coffee, pumpkin, dark chocolate and ginger. Before you indulge in the many flavors of fall, first treat yourself to a cleansing Fennel & Coffee Detox experience. This two-part treatment will warm your core and revitalize your skin, starting with a customized massage, followed by an organic scrub made with fennel and coffee, which are known to stimulate circulation.

[Organic Coco Cream Body Wrap at The Spa at Paradise Point Resort](#)

This resort is perched on the edge of Mission Bay, making it an epicenter for sun bathing and water sports during summer. As the weather cools down this fall, head inside The Spa to experience a different side of Paradise with the Organic Coco Cream Body Wrap. During this indulgent treatment, therapeutic dry brushing prepares the skin for a blend of warm organic coco cream and coconut oil infused with vanilla and bergamot. You will relax in a warm wrap while enjoying a massage with Tamanu Anointing Oil.

Cinnamon Contouring Cocoon at [Bella D'ora Spa](#)

Embrace the flavors of fall and shed your summer skin during the decadent Cinnamon Contouring Cocoon body treatment at Bella D'ora, one of North County's premier boutique spas. This customized contouring treatment envelops the body in a warm, spicy cocoon that promotes the loss of cellulite and tightens your body's problem areas. Warm up and slim down while you experience full body detoxification and weight loss.

Sea Salt Coconut Ritual at [Skinsational Spa](#)

This boutique day spa offers a variety of fall inspired spa treatments in an intimate setting. If you're feeling chilly on a fall morning, wake up in style with the warming Sea Salt Coconut Ritual. This exotic sea salt exfoliation is said to purify and revitalize the skin. During the treatment, warm organic coconut oil is dripped luxuriously over the body, followed by a sea salt polish and a 50-minute Swedish massage infused with organic coconut and vanilla essential oils.

Clay Body Wrap at Spa Montage

Warm up with a host of cool treatments at Spa Montage, located at the luxurious Montage resort in Laguna Beach. Ideal for a crisp fall afternoon, the Clay Wrap is a unique treatment which begins with a rosemary and eucalyptus body exfoliation, followed by a layer of warm clay that is rich in a skin-healing element called silica. The mineral wrap is said to draw out body impurities while soothing sore muscles and nourishing the skin, and an antioxidant body lotion application is the finishing touch. Learn more at [spamontage.com](#)

Underground Grotto Moisturizing Body Masque at Glen Ivy Hot Springs Spa

The historic Glen Ivy Hot Springs are located north of San Diego, at the base of the Santa Ana Mountain Range in Corona. The water's natural healing properties, when enhanced with professional spa therapies, create an unparalleled experience in health and wellness. This fall, dare to warm up down under during a moisturizing body treatment within The Grotto. You will travel underground by elevator for a multi-phase treatment that takes place throughout four cavern-like chambers. Your body will be covered with a light green moisturizing masque of aloe vera, shea butter, coconut oil, and other beneficial elements, and you will sip healing water in the Hydrating Chamber before rinsing and relaxing in the Cool Mist Chamber. Learn more at [glenivy.com](#)

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