

Sun Damage Relief at San Diego Spas

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During the hot summer months, I have only one goal on my mind: getting a dark bronze glow that will be the envy of the town. From lounging poolside at my downtown condo, to pool-party hopping across swanky hotel rooftops, relaxing afternoons on the sandy beach, I am never, ever without my SPF and tanning oil. I am blessed with an olive complexion and a natural ability to bronze with the best of them, but after months of extreme tanning, even my gifted skin needs some TLC.

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San Diego spas offer a variety of restorative treatments custom designed to revive dehydrated and sun-damaged skin. A few of my top picks include the Hawaii Citrus-A-Peel Facial at The Spa at Paradise Point Resort, Hydraquench Body Wrap at Spa Gregorie's, VibradermT at Oxygen Medical Spa, and the Tea-Tox Trio at The Spa at La Costa Resort. If you thought soaking in the vibrant sunshine was fun, just wait until you recover in style with these divine spa treatments.

Discover sun-damaged skin treatments at San Diego spas.

Sunburn Relief Wrap at The Spa at The Hotel Del Coronado

When visiting The Del, it's near impossible to stay away from their private beaches. Thankfully, The Spa offers a Sunburn Relief Restorative Body Wrap, during which cooling aloe vera gel is blended with Hawaiian Noni to reduce the heat and discomfort of too much sun, while helping to maintain a tanned glow. The Vitamin Sea facial is another great option for sun-damaged skin. This treatment includes an algae mask and is designed to protect the skin, repair cell damage and encourage new cell growth.

SPF: Skin Perfecting Facial at The Spa at L'Auberge Del Mar

After a long day at the beach, seek relief with one of L'Auberge's 50-minute custom facials that include a mineral make-up application finale. The Skin Perfecting Facial (SPF) is a powerful antioxidant treatment that helps prevent photo-aging while providing up to eight times the skin's natural protection from UV rays. Best of all, advanced skincare products prevent future damage by boosting the skin's natural ability to heal. Translation: more carefree beach days for you.

Hawaii Citrus-A-Peel Facial at The Spa Paradise Point Resort

Did you spend a few too many hours in the sun while vacationing in Hawaii this summer? Of course you did. Now, recover in style with the Hawaii Citrus-A-Peel Facial that will reenergize your skin with a boost of 100% pure Vitamin C. This antioxidant treatment relieves sun-damaged skin and helps fight premature aging. Citrus and bamboo extract exfoliation along with a reparative serum and soufflé mask improve appearance and stimulate collagen production to renew skin's firmness.

Hydraquench Body Wrap at Spa Gregorie's

After that exotic summer vacation, your incredible bronze tan has turned into something, well, a little less glamorous. Nurse your dry skin back to life with the Hydraquench Body Wrap, designed for the body in need of serious hydration. The treatment begins with a full-body exfoliation, followed by a luxurious hydrating mask to the skin. You are wrapped in a warm cocoon, and finished off with a body moisturizer, along with a scalp and neck massage. If your face needs some TLC, add on the Arcona Organic Enzyme Peel, which provides excellent cellular renewal for aged and sun damaged skin.

Oxygen Infusion Facial & VibradermT at Oxygen Medical Spa

This trusted med spa has all the tricks for getting your skin back in shape. Recover from the summer season with an Oxygen Infusion Facial, which rejuvenates your facial cells by giving them what they crave: oxygen. This facial delivers a potent combination of oxygen and hyaluronic acid serum that is readily absorbed by pores and tissues. Another great option is VibradermT, which uses sonic vibration technology to remove the top layer of dead skin cells and stimulate the collagen production in the layers below. Best of all, VibradermT can be used on your face, and your body, for the best results from head to toe.

Tea-Tox Trio at The Spa at La Costa Resort

If you vacation like I do, your skin isn't the only part of you that needs to detox. Refresh your mind, body and soul with the Tea-Tox Trio, during which organic oils of rosemary, cypress, lime and geranium tone and detoxify. A Sea Salt scrub is followed by a powerfully detoxifying clay mask, and the treatment concludes with a Sweet Lime Green Tea soak and a hydrating lotion application. Tea-Tox stimulates lymph drainage, cell metabolism and circulation, leaving you refreshed and invigorated.

Photothermal Rejuvenation Facial at Vasseur Skin Clinic & Spa

If you've spent some serious hours in the sun this summer, treat your skin to a Photothermal Rejuvenation Facial. New to the spa, this is a cutting-edge anti-aging treatment that includes a deep cleansing enzyme facial and photothermal rejuvenation – a painless laser treatment that uses thermal heat to stimulate your collagen production and firms the skin instantly. If you also need to detox, experience the spa's Infrared Sauna, which is said to assist in skin purification, stress reduction, and weight loss.

Classic Revival Facial at The Spa at The Grand Del Mar

The Spa at The Grand Del Mar offers the perfect facial for those seeking a natural, soothing recovery from a little too-much summer fun. The Classic Facial includes a nutrient-rich, all-natural exfoliation featuring a blend of green tea, wheatgrass, cypress, lemon and lactic acid. Your sun-damaged skin will love the deep hydration and smooth, radiant glow. The Spa captures the essence of the Renaissance with custom treatments designed by Anne Bramham to emphasize renewal, rebirth, and our innate connection to the earth.

Read the full San Diego spa story and more on DiscoverSD.com.