

# OC FAMILY

[THE YOU ISSUE]

LIFE. | FEBRUARY 2012 | OCFAMILY.COM

## MIND BODY SPIRIT

**Make yourself  
a priority.**

Your family will  
love you for it.

**'Om'**

Relax and  
focus on  
**you**

How to raise a  
**vegetarian**

**Upgrade  
your skills**  
for today's  
job market

**Prepare**  
for special  
needs

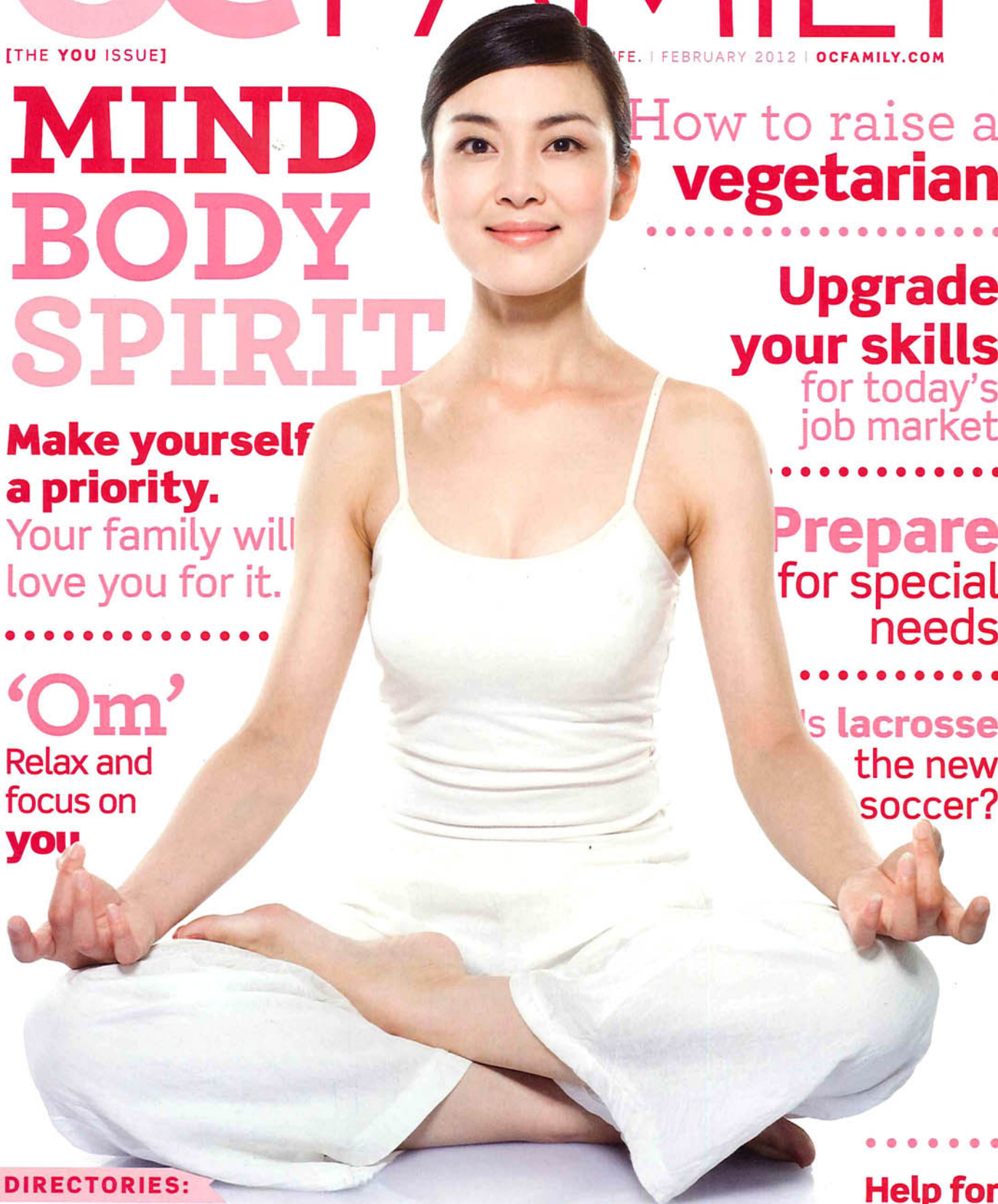
**Is lacrosse  
the new  
soccer?**

**DIRECTORIES:**

WELLNESS & PAMPERING

EDUCATION | ENRICHMENT & SPORTS

**Help for  
bedwetters**  
(and their parents)





## Kelly's Spa at the Mission Inn

For anyone looking for the perfect romantic escape, try a day of Tuscan-inspired luxury.

Every February, men of all ages scratch their heads and ask the same question: "What in the world do I get her on Valentine's Day?" After all, Valentine's Day is about making that special lady in their life feel like she's queen for the day, and that can be a wife, fiancée, girlfriend and, hey, even Mom. But what to get her? Flowers? Candy? A fancy dinner out?

Kelly's Spa at the Mission Inn in Riverside has the answer. I recently had the opportunity to experience its Fountain of Youth Signature Body Treatment. This is the *perfect* gift to give. This decadent treatment can be summed up in two words: absolutely divine.

Having grown up in the Inland Empire, I always knew of the beautiful and historic Mission Inn, yet I'd never been to Kelly's Spa. The spa delivers on its promise to provide you with a refuge from everyday life and instantly transports you to Old World Tuscany with its breathtaking



décor. The hallways and architecture in the spa conjure up images of a luxurious world of peace and tranquility.

As I arrived, I was warmly welcomed by staff and was given a quick tour of the spa's main facilities. I was soon greeted by Ligia, who gave me my treatment. She was fantastic, guiding me through the spa once again as we made our way to the private villa, adjacent to the hotel's outdoor pool area, where my treatment would take place. The villa was heavenly, a breathtaking room complete with a fireplace and massage table, a private bathroom with a full-sized shower, and a hot tub filled with bubbles, the perimeter of which was lined with rose petals, truffles and a delectable fruit assortment.

After being left to indulge in an Antioxidant Hydrotherapy Grape bubble bath, I rinsed off in the shower and went to the massage table for my Chardonnay



Grape Seed full-body polish. After a second rinse in the shower, I returned again to the massage table to relish in a 50-minute Swedish massage, in which Ligia used essential oils that sent me into a state of bliss. Finally, the treatment was capped off with a 20-minute Temple Tension Release and Paraffin treatment for my hands and feet. I later relaxed in a lounge while reading magazines, eating truffles and drinking delicious champagne; soon after, I changed and reluctantly went home.

My visit to Kelly's Spa was phenomenal, a memorable experience that I won't forget. I was pampered and rejuvenated, and I felt taken to another world while there.

If you're looking for the ultimate Valentine's Day gift for that special person in your life, look no further than the Fountain of Youth Signature Body Treatment at Kelly's Spa at the Mission Inn. It's worth every penny, and she'll feel like nothing short of royalty for the day. [kellysspa.com](http://www.kellysspa.com)