

L.A. Marathon-worn? Spa getaways for body and mind



If you're one of the [20,000 or so](#) brave folks tackling the [Los Angeles Marathon](#) today, or even one of the million alongside the course watching, you may well be in need of some serious spa time soon. Check out the following relaxation-inducing hotel specials available in and just out of town this week:

Elan Hotel, Los Angeles

The "All About Me" package at this hotel near the Beverly Center features the following, for \$299 per night (pretax): a stay in a king room, a one-hour, full-body massage for one person at a local day spa, a tote bag with shopping coupons and a \$25 gift card.

The rate also includes continental breakfast and complimentary Wi-Fi. After taxes, the total is \$341, and I'm seeing availability online as early as tonight. This hotel is [highly rated on TripAdvisor](#), with reviewers describing it as a hidden gem.

Contact: [Elan Hotel](#), (866) 203-2212

Parker Palm Springs

Its "Spa Junkie" special has been going for some time with varying degrees of savings, and it's still looking great. The gist: Book a stay Sunday through Friday night, for rates starting at \$249 per night (pretax), and you'll receive not just your room stay but also a \$200 credit toward a spa treatment.

I found availability this week online, and a one-night stay comes to \$317 after taxes, but note that, once there, you'll have to pay a \$30 resort fee, which includes valet parking, Wi-Fi, local calls and spa access, among other things.

Contact: [Parker Palm Springs](#), (760) 770-5000

Mission Inn Hotel & Spa, Riverside

The "May Escape" package here doesn't include a specific spa component. But the room rate is a great deal, plus you get a \$25 gift card, which, if you wish, you can apply to a treatment at the on-site spa. The special, which starts at \$159 per night (including tax), includes your room stay, the gift card and complimentary valet parking. The rate is valid for stays through May 31, 2009.

Tip: For an extra relaxation boost in the Inland Empire, tack on a day trip to [Glen Ivy Hot Springs](#).

Contact: [Mission Inn Hotel & Spa](#), (951)784-0300

— Susan Derby, Special to the Los Angeles Times