



make sure you spend some time meditating in their custom built salt cave. Cave sessions are 45 minutes long and designed for maximum relaxation and rejuvenation while meditating in zero gravity chairs. With dim lights and just the glow of the pink salts you fade away from the stress of the day and let the healing begin. Soothing music will help you reach your Zen moment while your body receives the healing it deserves! Don't forget to check out the shop before you leave as they have tons of amazing products all using Pink Himalayan salt that is over 250 million years old. Whether it is a salt lamp, cooking slab, cookbooks or beauty products there is something for everyone to bring home with them.

Replenish Post Relaxation

Once you have worked up an appetite opt for a classic meal at Wine Cask. Located downtown in the historic El Paseo complex, this restaurant features California cuisine at its finest. The perfect blend of passion, creativity and



impeccable service are what you will find here. If you are a true foodie you will be more than pleased as all the elements for the ideal meal are met here. Award-winning wine list (arguably the best in Santa Barbara), handpicked local ingredients and creative chefs designing meals make for an experience worth

A Wellness Escape to *Santa Barbara*

Santa Barbara has been long known as a quiet beach community that has attracted a plethora of A list celebrities who call this treasure their home from Steven Spielberg to Tom Cruise and even Oprah. It is for good reason that Santa Barbara has been given the nickname "The American Riviera". The quintessential location that sits adjacent to the Pacific Ocean, two hours north of Los Angeles is truly the ideal weekend retreat for Angelenos. Surrounded by beauty on both sides you truly have the best of both worlds here; on one side you have the beautiful ocean and the other side the Santa Ynez Mountains which feature some of the most stunning foliage you have ever seen! Long known for its proximity to world class wineries most travelers come here for California Coastal Chardonnays, Syrahs and Sauvignon Blancs. As of recent Santa Barbara has become more than just a place to wine taste, it has now become known for its downtown area filled with restaurants, spas, wine bars and unlimited entertainment.

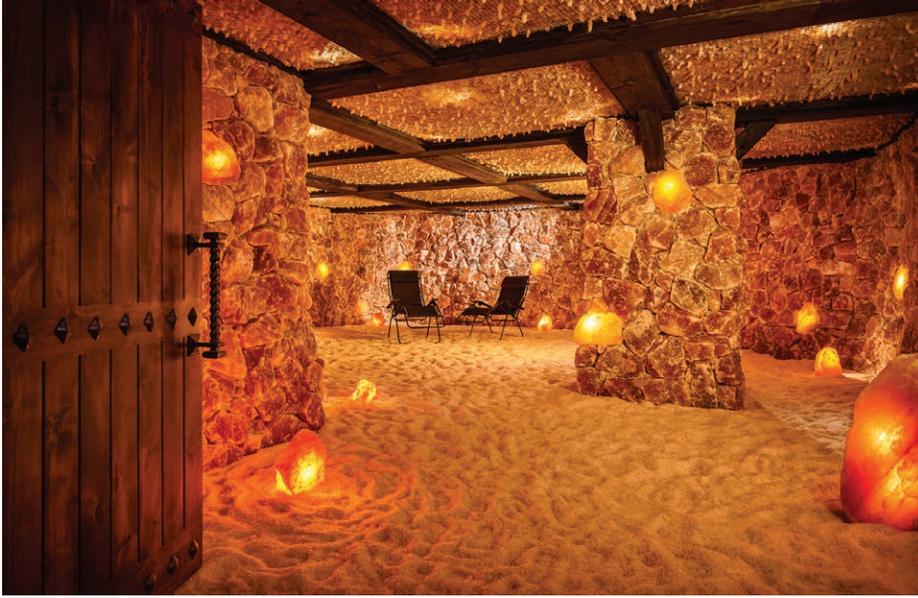
Float Your Cares Away

After a weekend adventure filled with wine tasting, restaurant hopping, horseback riding and ocean sports there is no better way to unwind than pampering yourself at a luxurious spa! Located steps from State Street, Float Luxury Spa offers everything from reflexology, to stone

treatments to couple's massages! Paired with Epicuren products (our favorite beauty line) you can't go wrong with any of the treatments here! If you are not sure which treatment is right for you, the friendly staff are more than happy to walk you through their menu of massages, facials, body scrubs and much more to give you the ultimate spa experience. From the Float Signature, a 50 minute therapeutic custom massage guaranteed to melt away the stress to The Works Facial each treatment will surely leave you feeling refreshed and ready to take on the next winery.

Salt Cures Everything

A truly unique experience awaits you at Salt Cave. The salt inspired wellness center offers something rarely seen in most spas; the use of Pink Himalayan Salts in all of their treatments which as we learned are incredibly good for your overall health and well-being. Due to its composition of 84 minerals and elements, Pink Himalayan Salt has been known to increase hydration, balance pH, improve circulation, and help with electrolyte balance among many other things. Salt Cave offers treatments using the salt from facials to body scrubs and even massages. Post treatment;



three saline infinity pools, a full service salon and endless onsite activities make this a Santa Barbara premier resort for any occurrence. Set right on the beach of the beautiful blue Pacific, Bacara offers a plethora of family fun with onsite water sport rentals and lessons from stand up paddle boarding, kayaking, surfing and more. Take a stroll along the beautiful rugged coastline or mountain bike through the many nature trails and hikes on property. Book a yoga or Pilates class or even get in a game of ping pong poolside. You can never get enough pampering so don't miss out on experiencing their award winning spa. Set above the calming blue waters of the Pacific, The Spa at Bacara is one of the great luxury spas in the area. Where cares vanish into ocean breezes, your well-being is elevated and celebrated and every experience is infused with the gift of a genuinely better way to live.

writing home about! Wine Director, David Fainberg and Executive Chef, David Rosner work hand in hand pairing world class wines with incredibly designed menu items from Seared Sea Scallops to Gnocchi Parisienne and Truffled Pecorino. Whether you decide to snuggle up next to the fireplace for an intimate evening with a loved one or sit in the patio lounge sharing small plates with friends, Wine Cask Santa Barbara is always a first class dining experience.

the restaurant happens literally minutes after you are seated. A very unique touch which we've never seen before, takes place as each table is served a gorgeous platter filled with Santa Barbara's best seafood showcasing items including Dungeness Crab Louie, Ahi Poke, Scallop Ceviche, a Lobster Roll, Smoked Salmon and more! This genius idea keeps their customers coming back time and again, not to mention the rest of the brunch menu is filled with tasty concoctions as well as a dessert section that can't be missed. Pair that with live music and the most beautiful view in the area and you have one heck of a meal!

Recognized as one of the finest spas in the world, The Spa at Bacara is spectacular in every way, from its beautiful architecture and incredible array of services to its expert staff. With treatments, guests enjoy a wealth of amenities, including an adults-only pool, Jacuzzi, redwood sauna, eucalyptus steam room, fireside lounge areas, wellness classes and a rooftop terrace.

If you are looking for a restaurant with flair, look no further than Loquita. Showcasing traditional flavors and cooking methods directly derived from Spain, this establishment is the perfect choice for tapas and cocktails. A lively indoor dining room and cozy fireplace seating sets the tone for a romantic evening paired with spice and bold flavors. The wine list is gleaned with Spanish wines and of course the restaurant also offers a full cocktail program complete with sangria and Spanish coffees. Led by Executive Chef, Peter Lee the menu serves up traditional items including three differing types of Paella, Bocadillos and a variety of Tapas.

Rest Your Weary Head & Then Relax Some More

One of the most classic resorts in all of Southern California, Bacara Resort & Spa truly is a perfect seaside getaway. Frequenting by many A-listers there is no surprise many call this property their go to for the ultimate blissful retreat. Stunning ocean views, a 42,000 square foot spa and wellness center,

After a day of fun filled indulgence the resort has plenty of dining options available whichever mood you are in. Whether you just want casual or a more upscale meal the resort has you covered. With such a wide variety of things to do paired with impeccable dining options all wrapped in pure Santa Barbara beauty, Bacara is easily one of the top choices for your next spa getaway!

Toast to Feeling Renewed

One of the best brunches you will find in Santa Barbara hands down can be found at Belmond El Encanto. Whether you decide to enjoy this amazing atmosphere inside the dining room or out on the terrace you are in for an absolute treat. On a beautiful sunny day in Santa Barbara (let's be honest is there ever a day where the sun doesn't shine here?) we have to strongly suggest taking in the stunning views outdoors on the terrace to fully experience the property at its best. One of the most stellar ways to be introduced to

