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by staff writer | Riviera San Diego magazine | February 28, 2011

San Diego has always been known as the original spa-la land. Today, retreats are cropping up all over town. Relax, we've got the skinny.

Never mind that Carlsbad's Quattra Via spa is in The Forum. It offers an insta-retreat with everything from chakra balancing and sound technology massage chairs that lull you into dreamland. Instead of hot rocks, the spa uses hot seashells for its massage treatment, replete with a pre-rub foot soak. There is also a full-service Aveda salon. quattravia.com

In Del Mar, Place 360 is doling out a Zen-infused mix of services: acupuncture, weight loss, massage and facials. The space, tucked in old Del Mar, has undergone a tranquil renovation that gets you in the spa mood. 360healthspa.com

In Hillcrest, Karma Relaxation Spa has set up a 4,000-square-foot sanctuary behind Bronx Pizza. (So not spa cuisine!) Karma's eight rooms go for a jet-set theme, catapulting clients to Paris, London, New Delhi and Africa (our fave), complete with safari decor. karmamassage.com

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