

# PELICAN HILL

ON THE COAST *of* NEWPORT BEACH



MAKE A SPLASH

A CONVERSATION *with* PETER V. UEBERROTH

FESTA IS COMING



## RHYTHM *of* SUMMER

*by Debbie Lavdas*

ARRIVING STRAIGHT FROM a hectic morning of heavy strength training and an accelerated mile run, I walked into the Spa flush in the face and outfitted in my workout clothes and running shoes. Although my feet were still, my mind was racing with my never-ending to-do list.

As I changed into a cozy Spa robe and was led to a treatment room, I thought to myself: “This is a very good idea.” Finally, I began to settle and subside.

My therapist presented a bamboo tray of rosemary, dried orange slices and a saucer of oils, and asked me to sample them. I took in a deep breath and instantly felt transformed by the awakening scent of grapefruit, lavender and spearmint oils.

As I melted into the warmed massage bed, my arms gently tucked into the sheets, I started to envision myself flying high above sprawling citrus groves from California’s early days.

My mind was free, my muscles were grateful, and my senses were intoxicated by this energizing aroma—similar to a summer’s orange Dreamsicle.

“The new Zest Massage treatment is the perfect pick-me-up—and the epitome of the season,” said Robin Dunivin, spa director at The Resort at Pelican Hill.®

“We created this zestful combination to help keep our guests in sync with their circadian rhythms. It’s a refreshingly wonderful way to help regulate the mind and body as a morning treatment, particularly around 10 a.m. or 11 a.m.”

The medium-pressure Swedish massage that followed, along with the bouquet of botanicals, was uniquely uplifting. The treatment paired an invigorating dry brushing of the skin to stimulate circulation and help the essential oils absorb deeply.

As I turned over onto my back, my adroit therapist began working the knotted areas of my neck and shoulders, and the aroma of the oils grew deliciously stronger.

“For guests visiting us in the afternoon, we also offer a Rest Massage, the counterpart to our Zest treatment,” explained Dunivin. “Ideal around 4 p.m., Rest soothes with sage and sandalwood oils, a gentle scalp massage and a similar medium-pressure body massage. Clients love to unwind with this treatment, hit the beach and make use of it staying lighter out later.”

Both the new Rest and Zest massages effortlessly diffused the rushed pace of my day—and are perfect for the active pace of summer.

“Everyone’s circadian rhythms are off this time of year, due to lots of travel, extended daylight hours and just different schedules with the kids out of school. The treatments are intuitively rewarding,” Dunivin said.

With my senses awakened, I stopped in the steam room after my massage. My pores opened, my body detoxified, I left with new clarity and welcomed wellness. Yes, this was a very good idea. 🌿

*For Spa appointments, please call 877.624.6035.*

