

ECO-TREAT

Spa and beauty emporium Treat's newest outpost at the Arlington Plaza is the **TREAT NAIL LOUNGE & BROW BAR**. With its bleached wood floors, cushioned alcoves, and stylish lighting, the bar is a chic yet ultrahygienic destination for manicures and pedicures with earth-friendly products and toluene- and formaldehyde-free nail polishes. On Sundays, experience the Mimosa Pedicure (\$45), a hydrating foot massage and polish application, augmented by a copper bowl soak with hot stones (\$10). Then hop over to the Treat flagship for the Deep Cleanse Facial (\$85), performed with organic skin-care products, or expert brow taming (\$20) by aesthetician Jamie Sprovieri.

TREAT NAIL LOUNGE & BROW BAR 1324 State St., Ste. E, Santa Barbara, 805-966-2333, treatmyself.com.

STEALTH WEAPON

Some Santa Barbarans swear by **BEAUTIFUL YOU** in Montecito as the secret to sleek, their veritable fountain of youth. The spa's Endermologie treatment (from \$95) aims to pulverize cellulite. Its Arasys Inch-Loss technique (from \$120) targets insurgent belly fat. Its signature Nano Current Lifting Facial (from \$225) uses electrical microcurrents to zap away the years. Oprah's latest haunt, the spa also offers eyelash extensions, waxing and tanning services, and other forms of female artillery.

BEAUTIFUL YOU 1270 Coast Village Cir., Ste. 2, Montecito, 805-403-6056, beautifulyoumc.com. ■

By the earliest decades of the 20th century, Santa Barbara boasted a hospital and several luxury resorts, and its fame as a place for healing quickly morphed into a reputation for abundant sensuality.

DAY SPAS

The **Hot Stone Massage** (from \$115) at **AMARA SPA BY THE SEA**, 2476 Lillie Ave., Summerland, 805-969-4874, amara-spa.com, targets muscle fatigue with strategically placed stones to ease tension and promote relaxation.

The **Tangerine Yin Yang herbal bath** (\$45) at **AVIA**, 350 Chapala St., Santa Barbara, 805-730-7303, aviaspa.com, refreshes the body with a soak in a granite tub infused with tangerine, grapefruit, and lemongrass extracts.

BELLEZZA VITA, 2410 Lillie Ave., Summerland, 805-969-7300, bellezzavita.com, offers a luxury **manicure-pedicure combo** (\$120) that includes exfoliation with ground olive pits, hand and foot massages, a Pinot Noir grape extract mask, paraffin dip, nail shaping and polish, and a glass of champagne or sparkling water.

Try the **All Natural Facial** (\$90) at **CIELO SPA BOUTIQUE**, 1725 State St., Ste. C, Santa Barbara, 805-687-8979, cielospasb.com. Pure plant extracts and other organic ingredients purify and renew skin.

CRIMSON DAY SPA, 31 Parker Way, Santa Barbara, 805-563-7546, crimsondayspa.com, has a **Sea Kelp Body Wrap** (\$95) that warms skin with thermal blankets while cleansing impurities with kelp, then moisturizes with your choice of essential oils such as the eucalyptus and rosemary blend.

A local favorite, the **Dream Facial** (\$120) at **LE REVE**, 21 W. Gutierrez St., Santa Barbara, 805-564-2977, le-reve.com, encompasses aromatherapy and a series of hydrating facials while hands and feet enjoy paraffin dips, moisturizing masks, and massage.

The **Body Samadhi** (\$295) at **QUI SI BELLA**, 3311 State St., Santa Barbara, 805-682-0003, quisibella.com, is three hours of Ayurvedic pampering that includes an herbal wrap, exfoliation, energy balancing, aromatherapy, body and scalp massages, and a hair treatment.

Utterly relaxing, the **Holistic Massage** (from \$100) from **REJUVENASIA**, 501 Chapala St., Ste. D, Santa Barbara, 805-722-0777, rejuvenasia.com, integrates acupuncture, aromatherapy, shiatsu, reflexology, and a variety of energy-balancing techniques for restorative bliss.

Designed to eliminate toxins and replenish the skin, the **Detoxifying Seaweed Facial** (from \$65) at **SEA SPA**, 1187 Coast Village Rd., Ste. 458, Montecito, 805-565-5555, seaspasantabarbara.com, appeals to those seeking a more radiant complexion.

A stress reliever fragrant with mango, lime, and chocolaty cocoa butter, the **Caribbean Body Therapy Treatment** (\$125) at **WALTER CLAUDIO**, 11 W. Figueroa St., Santa Barbara, 805-963-7579, walterclaudio.com, begins with an invigorating exfoliation followed by a wrap to lock in moisture, foot and scalp massages, and a refreshing facial. -EMILY LIVINGSTONE