



The Pampered Life

San Francisco Spas

KABUKI SPRINGS AND SPA

Located in exotic Japantown, the Kabuki not only delivers a wide array of spa services, it also endeavors to banish stress from both the body and the mind. In the custom of Japanese public baths the communal baths are designed to encourage harmony and relaxation. The baths include a dry sauna, steam room, a cold pool and hot pool. The Spa also includes a full range of massages, facials, and body treatments such as seaweed wraps, Ayurvedic Rebalancing and Javanese Lular treatments. Kabuki is at 1750 Geary, at the corner of Geary and Fillmore streets. Hours are 10 a.m. to 9:45 p.m. (415) 922-6000. • kabukisprings.com

Marin Spas

F. JOSEPH SMITH'S MASSAGE THERAPY CENTER

Mill Valley's oldest massage studio offers private and public hot tubs, a dry or moist sauna, acupuncture, chiropractic, massage, bodywork and reiki. The styles of massages available include Esalen, Swedish, Shiatsu, Cranio-Sacral and Smithing. The facility also includes an outdoor meditation garden. 158 Almonte Ave (415) 383-8260. • josephsmithmassage.com

TEA GARDEN SPRINGS

Tea Garden Springs calls itself a Zen spa, a place for nurturing body, mind and soul. While one can receive a splendid massage here, their services go well beyond the simple rub. There are Chakra and Aura readings, aromatherapy baths, elixir facials, herbal consultation, acupuncture, and holistic health evaluations. They offer seven different styles of massage from deep muscle massage, to integrated Eastern, from Shiatsu and Tui Na to traditional Thai. There are also several different types of packages available that combine western and eastern healing methods, as well as, bath and massage. 38 Miller Ave. in downtown Mill Valley Hours are Mon-Sat 9:30 am to 7:30 pm and Sunday 10:30 am to 7:30 pm (415) 389-7123. • teagardensprings.com

REMEDE

Located just outside downtown Sausalito, Remede is both a spa and salon, and is a good place if you are looking for a day of pampering. Besides a variety of massages, this spa also offers aromatherapy baths, seaweed soaks and mud baths. There is a tanning treatment available, as well as an herbal wrap. The spa also includes a menu of five different facials and five different combinations of massage, baths, facials, saunas and mud baths and includes a package for couples. The salon can handle everything from a simple haircut to adding color and manicure and pedicures are available. A credit card is required for all reservations and a no-show fee will be charged for all reservations not canceled with 24 hours notice. 1621 Bridgeway, Sausalito (415) 332-6912.

Notes

Let us know your off-the-beaten path recommendations so we may share them with other Joie de Vivre Hotels guests! Please return your suggestions to the front desk staff.
