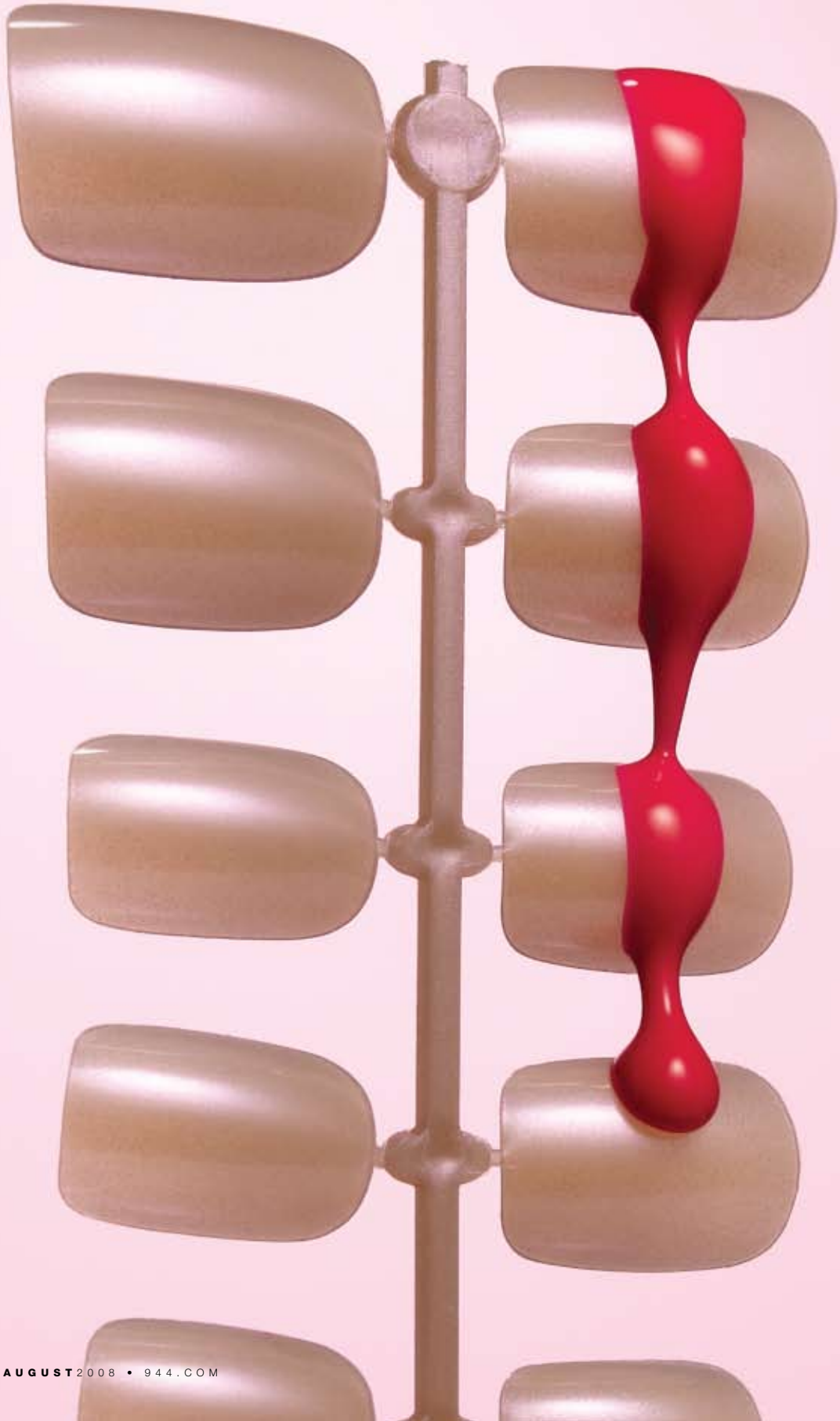


Body Conscious

It's all about getting primped, pampered and toned with this list of 944's favorite places to ...



Spare no expense getting pampered

Cal-a-Vie

29402 Spa Havens Way, Vista
760.945.2055 | www.cal-a-vie.com

La Jolla Spa MD

7630 Fay Avenue, La Jolla
858.459.6868 | www.spa-md.com

SK Sanctuary

6919 La Jolla Blvd., La Jolla
858.459.2400
www.sk-sanctuary.com

Spend the day getting pampered from head-to-toe in North County

Bella D'ora Spa

2386 Faraday Avenue,
Carlsbad | 760.438.7404
www.belladoraspa.com

Pukalani Day Spa & Salon

2710 Via de la Valle,
Del Mar | 858.523.0707
www.pukalanidayspa.com

Skinsational Day Spa

300 Carlsbad Village Drive, Carlsbad
760.434.8118
www.skinsationalspa.com

spaViolet

2025 San Elijo Avenue, Cardiff
760.633.1200 | www.spaviolet.com

Spend the day getting pampered from head-to-toe downtown

Artesia Day Spa & Salon

240 Fifth Avenue,
Gaslamp Quarter | 619.338.8111
www.artesiadayspa.com

Spa Velfa

401 W. A Street, Downtown
San Diego | 619.235.0000
www.spavelia.com

Well-Heeled Aveda Salon Spa

350 10th Avenue, Downtown
San Diego | 619.338.8385
www.wellheeledsalonspa.com

Enjoy a therapeutic massage

Chiropractique

2301 El Cajon Blvd.,
Hillcrest | 619.269.9909
www.chiropractiquesd.com

Massage Envy

1091 K Street,
East Village | 619.238.4206
www.massageenvy.com

The Knot Stop

1080 University Avenue,
Hillcrest | 619.296.5668
www.theknotstop.com

Get a killer facial

Armonia Skin Care

5636 La Jolla Blvd.,
La Jolla | 858.459.9011
www.armoniaskincare.com

Oxygen Medical Spa

107 S. Cedros Avenue,
Solana Beach | 858.792.7111
www.oxygenmedicalspa.com

Sara Elizabeth Skincare & Nail Boutique

4026 Hawk Street,
Mission Hills | 619.977.7546
www.saraelizabethskincare.com

Sun Lounge Tanning Centers

1040 University Avenue,
Hillcrest | 619.683.2066
www.sunlounge.com

Tame those caterpillars above our eyes

Browtique

6105 Paseo Delicias,
Rancho Santa Fe | 858.756.1334
www.browtiquespa.com

Anastasia Beverly Hills, La Jolla Studio

933 Silverado Street,
La Jolla | 858.459.9800
www.anastasiastudio.com

Recommend as the hottest new fitness center in town

Fit Athletic Club

350 10th Avenue,
East Village | 619.764.5348
www.fitathletic.com

Hit up when we wanna mix up our workouts

City Boxing

1059 14th Street, Downtown
San Diego | 619.233.5444
www.cityboxing.com

Brave a waxing job so our skin is as smooth as silk

Beehive Waxing Salon

2564 State Street,
Carlsbad | 760.729.5200
www.beehivewaxingsalon.com

The Undercarriage

1951 Fourth Avenue,
Bankers Hill | 619.525.9929
www.theundercarriage.com

Ziki's Brazilian Wax

Arroyo Grande Road,
Carmel Valley | 858.780.9929
www.zikiswax.com

Get our nails did

Lulu's by Travis Parker

2348 30th Street,
South Park | 619.521.2026
www.lulusbytravisparker.com

Get our fake tan on iTAN

7492 La Jolla Blvd.,
La Jolla | 858.454.3873
www.itansandiego.com

The Pilates Room

1752 Kettner Blvd., Little Italy
619.817.6236
www.thepilatesroomonline.com

Iron Core

2950 Garnet Avenue,
Pacific Beach | 858.551.2673
www.ironcorekettlebells.com

Practice our Downward Dog pose

Ginseng Yoga

2985 Beech Street, South Park
619.338.9642
www.ginsengyoga.com

Yoga One

1150 Seventh Avenue, Downtown
San Diego | 619.294.7461
www.yogaonesandiego.com

Tout as a top hair salon overall in San Diego

A Robert Cromeans Salon

200 Harbor Drive, Downtown
San Diego | 619.595.1120
www.robertcromeans.com

Body Conscious

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dk hair

3785 Sixth Avenue, Hillcrest
619.546.4550 | www.dkhair.com

dearinger

307 Market Street, Downtown
San Diego | 619.239.5400
www.dearinger.com

Hyde-Edwards Salon & Spa

2308 Kettner Blvd., Little Italy
619.232.0108
www.hyde-edwards.com

Jet Rhys

3846 Fifth Avenue, Hillcrest
619.291.7511 | www.jetrhys.com

Ryan Thomas Hair Studio

1031 S. Coast Highway 101,
Encinitas | 760.436.4247
www.ryanthomashairstudio.com



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FRESH - an urban hair salon

1725 Monroe Avenue,
University Heights | 619.692.0097
www.freshurbanhair.com

Gila Rut Aveda Salon

1010 University Avenue, Hillcrest
619.299.5750 | www.gilarut.com

Magnolia Salon

1975 Fifth Avenue,
Bankers Hill | 619.795.7799
www.magnoliasalonsandiego.com

Suede Salon

1425 University Avenue,
Hillcrest | 619.574.4893
www.suedesalonsd.com

Be transformed with a sick new 'do in North County

Detour Salon

594 S. Coast Highway 101, Encinitas
760.634.1999
www.detoursalon.com

ManeTain Beauty Boutique

2148 Jimmy Durante Blvd.,
Del Mar | 858.794.7870



Salon Radius

512 Via de la Valle,
Solana Beach | 858.755.4947
www.salonradius.com

**Have the best hair experience
La Jolla has to offer**

Model Call Salon & Spa

7553 Girard Avenue,
La Jolla | 858.454.3812
www.modelcallsalon.com

Travis Parker Salon

7843 Girard Avenue,
La Jolla | 858.456.0092
www.travisparker.com

**Enjoy the killer décor with our
equally stylish haircut**

Diesel Salon

4222 Adams Avenue,
Kensington | 619.280.9611
www.diesel-salon.com

Disconnected Salon

3830 30th Street,
North Park | 619.298.3830
www.disconnectedsalon.com

Salon Tonic

1534 India Street,
Little Italy | 619.234.9432
www.salontonic.com

Say Lula Salon

955 S. 16th Street,
Barrio Logan | 619.702.6592
www.saylula.com

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815 F Street, Downtown
San Diego | 619.237.4413
www.astyleconcierge.com