

by Michelle Guerin and Ryan Eisenacher

We San Diegans cannot live without happy hour at posh lounges across the County. Yet with the spring season comes a need for increased beauty maintenance, creating a concerning conflict in our party planning schedules.

If you're like us you've recently removed your winter boots to realize it's definitely time for a pedicure spring cleaning. However, with only the petite slots of spare time available to us busy locals, we often have to choose between a trip to the spa and an evening of intoxicating indulgence ... until now.

The best luxury spas in San Diego are simplifying your entertainment schedule by blending together the best of both worlds. From cocktail and treatment combos to complimentary flowing champagne and extra discounted services sans elixirs, clear your evening and prepare to fall in love with the latest beauty trend: Spa Happy Hour.

Discover the top ten happy hour specials at San Diego spas.

Sé Spa at Sé San Diego Hotel

Undoubtedly the best new addition to the San Diego spa scene, this spacious and ultra chic spa offers one of the best happy hour specials in town. Meet your friends in the lobby to soak in the decadent Sé surroundings; sip your Spatini upon entry – a sweet and tart martini with pomegranate juice, agave nectar, organic cucumber infused vodka and a splash of lime juice – and relax in your private spa enclosed by a soft curtain. 60 minutes, \$85.

Ocean Pearl Spa at Carlsbad Sheraton Resort & Spa

This North County happy hour spot features mini treatments at ultra affordable rates. Head to Ocean Pearl Spa every Thursday from 5-8PM for tastes of such treats as the Peppermint Foot Treatment, White Chocolate Hand Treatment, Aromatherapy Scalp Massage and Quick Fix Massage. As you relax during your sample of mini spa treatments, sip down Cosmos and nibble on Artisan cheeses with close friends and get ready for the night. 10 minute treatments, \$25.

Spa at the Del in Coronado

Visit the crown jewel of San Diego spas for Mimosa Mondays. From 10am to 1pm every Monday guests receive 20% off any service as well as complimentary mimosas. On Tuesdays, the Del features "Heaven after Eleven" from 11am until 6pm, where guests receive 20% off any treatment of choice that is 50 minutes or longer. \$99.

Hyde Edwards in Little Italy

If you're strapped for time, Hyde Edwards offers patrons a Mini Spa Retreat which includes an Express Facial, 30 minute massage and an express manicure and pedicure. For those looking to have a relaxing day out with the girls or a bachelorette party, book an appointment for the Hyde Edwards Spa Party which includes up to 12 one hour spa services as well as use of the sauna, private use of the spa, sublime pastries in the morning and or artisan cheeses.

La Jolla Spa MD in La Jolla

The always inviting Spa MD offers great packages for an indulgent day getaway or a special day for yourself. Try out the Seascapes which includes a 30 minute MD mini facial, 30 minute mini massage and a scalp massage treatment for \$199, or the Signature which includes a 50 minute signature facial, a 50 minute signature massage and a lime and ginger salt glow for \$299.

Sara Elizabeth Skin Care in Mission Hills

This quaint spa in Mission Hills offers guests a great way to get pampered while saving time and money. Any day of the week, Sara Elizabeth offers the "Bubbles and Beauty" treatment which includes sparkling wine, champagne or a drink from the Elixir Bar which features delicious fruit and herb beverages. With drinks in hand, guests can join in for manicures and pedicures or one of the five 20 minute exclusive mini facials.

Well-Heeled Salon and Spa in East Village

Check out this sleek Porsche-designed spa and salon for their slick weekly specials. All day Tuesday through Saturday, the salon offers men's hair cuts for \$30 and women's cuts for \$45. With your new 'do, head over to the spa to indulge in a full body 50 minute massage for \$80 rather than the usual \$95.

SK Sanctuary in La Jolla

Take a happy hour break and indulge in "Thai Tuesdays" at this La Jolla day spa to receive 40% off the sensual Thai massage. On Wednesdays and Fridays from 4pm until close, guests are invited to join in for 30% off on the classic European massage as well as 30% off on all facials.

The Glow Bungalow in Solana Beach

Tucked away in Solana Beach, this quaint spa on Cedros offers a great escape for relaxation and rejuvenation. The Glow Bungalow offers treatments ranging from facials and chemical peels to massages and airbrush tanning.

Spa Samudra in Carlsbad

Come into Spa Samudra anytime from Tuesday through Thursday to indulge in one of their express treatments and a glass of wine. Choose from the 30 minute beach break facial and/or massage for \$50 and \$45.



Insider Tip: Discover what other trends and activities made the Editor's list: Top Ten Must Haves for Spring in San Diego.