

10 Best Spas in San Diego

This city specializes in R&R.

ARCHANA RAM

Being on vacation in a sunny beach city like San Diego is already a form of R&R—but to really make those OOO days count, you book a spa treatment. Whether you need a soothing facial to counter those harmful UV rays, a massage that kneads every knot, or a body scrub that calls for an outdoor soak under palm trees, hitting the spa is the ultimate treat-yourself indulgence—and you want a place that knows how to do it. From sprawling resort spas to efficient local operations, these are the 10 best spas in the city; so prepare to relax.



SpaTerre at Kona Kai Resort & Spa

This spa belongs to **Kona Kai**, the marina-front, bayside hotel on Shelter Island (more like Shelter Peninsula). The subterranean spot isn't super over-the-top, but it's serene and warm, and it gets the job done. quality in treatments and aptly named "Zen Den" deliver on a high level. Try an Ayurvedic oil massage or a Javanese massage with a cooling yogurt rub.