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COACHELLA FASHION

5 SPAS TO GET YOU THROUGH
MUSIC FEST SEASON

Raged too hard at Coachella and Stagecoach? Don't worry, we've got you covered with five detoxing spots in Tinseltown that'll have you singing, "Because I'm happy" again.



Exhale Spa's Zen RoomCOURTESY OF EXHALE SPA

APRIL 29, 2014 | by LESLEY MCKENZIE

You "Hey Ya'd" with Outkast and got "Happy" with **Pharrell**. Now, with Coachella weekends one and two, as well as Stagecoach, firmly in your rearview mirror, it's time to retire your floral crown and detox your mind and body in style. Here, our favorite beauty headliners around town.

PHOTOS: [Coachella: The Most Stylish Onstage Moments](#)

Recuperate from those late-night polo-ground dancing sessions at holistic-based Arcona Studio in Santa Monica. Our recommendation? The signature combination massage, which pampers guests with a customized approach, drawn from techniques including lymphatic drainage, deep tissue and myofascial release – a deep stretch of connective tissue to relieve tightness and promote increased relaxation. **Natalie Portman**, **Emmy Rossum** and **Sarah Michelle Gellar** have been spotted at this luxe spa during past award seasons. [Arcona Studio](#); 425 Broadway, Santa Monica; 310-458-3800



Dehydrated skin will rejoice over Ole Henriksen's Calmative Complexion treatment, which soothes and nourishes skin with a range of approaches, including a calming organic African red tea compress and stimulating soundwave therapy. [Ole Henriksen](#); 8622A W. Sunset Blvd., L.A.; 310-845-7700

At beachfront Shutters on the Beach, One the Spa director **Kathy Zia** recommends the Gold Resurfacing Facial for sandblasted skin. Hungarian Moor mud deep-cleans pores and a copper lactic-acid peel promotes collagen growth to help you regain your pre-desert glow in no time. [One the Spa](#); 1 Pico Blvd., Santa Monica; 310-458-0030

PHOTOS: [Coachella 2014: Hollywood Hits the Parties](#)

Hit the music fest beer tents one too many times? Exhale Spa has the cure for that. The potent Acu-organ Detox combines a hot-oil abdominal massage with an acupuncture session pinpointed at the digestive system – perfect for restoring energy levels as you settle back into your desk job, with visions of Muse and Nas dancing in your head. [Exhale Spa](#); Fairmont Miramar, 101 Wilshire Blvd., Santa Monica; 310-319-3193



The Spa at Beverly Hills' Plastic Surgery, Inc.'s Hangover Facial speaks for itself. A rejuvenating antidote for three days of partying in the desert (or back-to-back weekends for Coachella super-fans), the nine-step treatment rehydrates skin with a series of approaches, including a collagen-stimulating LED light treatment, an anti-inflammatory freezing Cryotherapy session, an RN-administered B12 shot and a take-home herbal detox kit to tackle your liver, kidneys and lymphatic system. [The Spa at Beverly Hills' Plastic Surgery](#); 9454 Wilshire Blvd., Beverly Hills; 310-888-8087


COACHELLA FASHION

Coachella: Jason Bentley's Road Trip Mix

Head to the fest's second weekend (or anywhere else, for that matter) with Arcade Fire, Chromeo and Outkast jams procured by KCRW's music director extraordinaire. You won't regret it.


COACHELLA FASHION

Anatomy of a Costume: Kate Nash's Custom Coachella Confection

Missed the British singer's head-to-toe pink getup at Coachella last weekend? Have no fear – round two is here.