

## Bacara Santa Barbara, California

**Why it's hot** The 78-acre oceanfront resort is super-secluded – a draw for celebs like **Jennifer Aniston** and **Debra Messing** (who held her 2000 wedding reception here). “You won’t find it if you’re not looking,” says a rep. Plus, it’s all natural! Ingredients for some spa treatments, such as the Citrus Avocado Body Polish (\$130 for 50 minutes), are grown on the resort’s own 1,000-acre ranch.

**Star treatment** **Britney Spears** got the \$210 Bacara Body Melt, which includes exfoliation and a detoxifying hot-oil cocoon. (bacararesort.com)

During her four-day visit in December, Spears and hubby Kevin Federline stayed in the \$7,500-a-night Presidential Residence – with outdoor and indoor fireplaces, four TVs and an elevator!



## Instant Fixes

Some spa secrets to help make you look as good as you feel – in a flash:

- **Beat the bloat** To drop a dress size quickly (and temporarily), stars get lymphatic drainage massages that decrease water retention.
- **Firm your face** NYC facialist Tracie Martyn’s \$387 resculpting facials use mild electrical currents to firm facial muscles – **Madonna** is a fan.
- **Banish the bags** **Drew Barrymore** and **Britney Spears** have gotten Sonya Dakar’s Oxygen Eye Treatment (\$100), which makes puffiness vanish.

## Bathhouse Las Vegas

**Why it's hot** When the hectic pace of Sin City gets to be too much, stars like **Paul Newman**, **LeAnn Rimes** and **Paula Abdul** escape to the ultra-zen Bathhouse day spa, open since March 2004 on the second floor of THEhotel at Mandalay Bay. With its textured slate walls, eucalyptus steam rooms and redwood saunas, “it’s sedate – a place to decompress,” says a rep.

**Star treatment** Too much partying? Recover with a Bindi Detox, which includes a dry brush massage and hot towel body wrap. (\$190 for 80 minutes, 877-632-9636)



Whoa!  
The \$25 million Bathhouse is posh enough to attract seen-it-all guests like Keanu Reeves.