

# Sun Post News

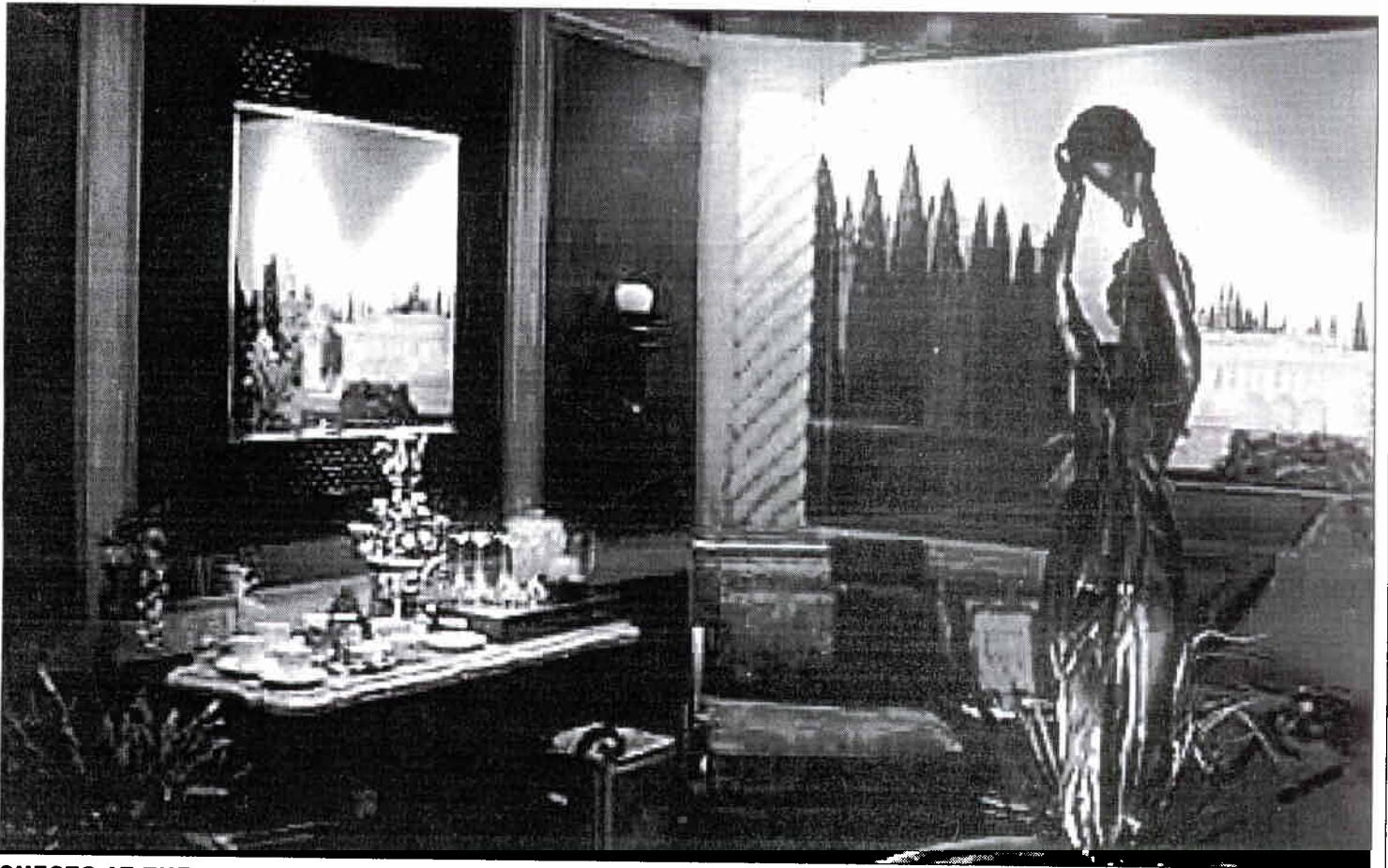
San Clemente's Hometown Newspaper

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## Spectrum

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### TALES OF TALEGA



**GUESTS AT THE TALEGA DAY Spa** can visit the relaxation room for a lunch break facial. Price is \$55.

# Touch of Tuscany

**N**eed a great holiday gift idea for that hard-to-shop-for special someone? Or are you just looking for a little relaxing getaway for yourself amidst the holiday bustle? Well, this season, you don't need to book a ticket to Tusca-



**AUTUMN MCALPIN**

ny to rejuvenate in an authentically inspired Italian "terme."

Instead, just head up Pico to a Talega treasure, the Talega

Day Spa, located at 1161 Puerta del Sol in San Clemente.

Due to the Roman Empire's ancient belief in volcanic springs and olive oil as sources of healing properties, beautifully built bathhouses, or "termes" were born, and still remain an important part of Italian culture today.

Inspired by this primitive pampering, Talega Day Spa, (aka, "Terme di Talega") has captured the essence of this concept through its architecture, design, and art, as well as the treatments and body products they offer.

Owner Sue Hardy-Ferrier, along with her husband Jeff Ferrier, used her experience as the owner and operator of the Dana Point Bodycentre for the past 10 years, to bring a holistic haven to the residents of San Clemente. They settled on the business park of Talega as an ideal place to build a "small, comfortable, homey atmosphere," in which locals and their out-of-town guests can escape for a touch of Tuscany.

With their mission to promote a holistic approach to

body wellness and skin care, tailored to the needs of both men and women, the Ferriers are dedicated "to rejuvenate, replenish, refresh, restore, and recharge your mind, body, and spirit" through the various treatments the spa offers.

Opened in July of 2004 and staffed with personable, licensed massage therapists, aestheticians, and nail technicians, the Talega Day Spa offers various massage, skin care, body treatments and therapies, as well as manicure/pedicure services. Also, guests can benefit from the techniques of visiting acupuncturist Dr. Hyeng Seok Won, and the aesthetic rejuvenation skills, including botox, fraxel laser technology, and laser hair removal, from Dr. Bradley Mudge, who directs the Talega Med Spa component of the Day Spa.

Popular spa treatments include the Lunch Break facial, which includes a visit to the relaxation room for a bite to eat (\$55), the "Mommy-to-Be Massage" (one hour- \$90), and the "A Quattro Mani" tandem massage experience (one hour-\$170). For \$250, patrons can enjoy a "Tuscan Escape" 3 1/2 hour package, which includes a Tuscan Signature Massage, Tuscany's Touch Facial, and Italian Bliss Scrub and Mud Wrap. Also popular is the Couple's Package "Bacio Lovere," which includes an hour massage in the couple's room, a private sauna, and a Mini Sole Survivor Foot Treatment for \$250.

Guests of Talega Day Spa have use of the spa amenities including the dressing rooms, robes and sandals, as well as time in the Swiss showers, steam rooms, infra-red sauna, relaxation room, and outdoor lounge.



**TALEGA DAY SPA** offers a holistic haven to residents.

A visit to the spa also includes a chance to browse through the boutique for Girzi and Epicuren body creams and lotions, as well as Venturelli-Denk food products and "Tealega" teas supplied by Lavender Lounge. The boutique also carries plush robes, "Spa-Diva" shirts, candles, jewelry and other gift items.

While the Talega Day Spa offers a more intimate setting than spas like Burke Williams, its beautiful, clean atmosphere, qualified staff and competitive pricing make it well worth the visit. So this

year, stuff your loved one's stocking with a gift certificate to the Talega Day Spa, and enjoy a touch of Tuscany...in Talega.

To book your spa treatment or find out more information, contact the Talega Day Spa at (949) 429-5757. Hours of operation are Monday-Friday, 9 a.m. to 9 p.m., Saturday-Sunday, 10 a.m. to 6 p.m.

To contact Autumn McAlpin regarding interesting people, places or events in the Talega area, e-mail her at [autumn@mcAlpin-usa.com](mailto:autumn@mcAlpin-usa.com)