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## L.A.'s 10 Most Indulgent Spa Treatments

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### About **Wendy O'Dea**

Born and raised in western New York, **Wendy O'Dea** moved to Los Angeles to attend the USC School of Journalism and stayed for the innovative and creative lifestyle the city offers. Other than traffic and the drought, there's not much about California she doesn't love. A foodie with wanderlust, Wendy didn't let her daughter's diagnosis of Celiac Disease clip her wings but set out to become an expert on gluten free dining and travel. She passed the travel bug on to her daughter who, at age seven, was incensed that she hadn't yet been to Europe. They live in Santa Monica.



## Ocean Prelude Treatment at Terranea Resort

Visitors to Terranea Resort in tony Rancho Palos Verdes can chill out in the resort's VIP treatment room overlooking the Pacific as part of the Ocean Prelude treatment (\$375). After the skin is drybrushed and exfoliated, you're wrapped in nutrient-rich seaweed and soaked in a warm saltwater bath in an oversized copper tub. The treatment concludes with a rhythmic warm laminaria oil massage to the sounds of the crashing waves below. Warning: You won't want to leave. Ever.

Photo courtesy of Terranea Resort