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A retreat for body and soul

Terranea Resort's Spa Bungalow getaway is an investment in you.

BY KIMBERLY A. PORRAZZO

YOU KNOW THAT "AHH" FEELING you have as the mascot's final feathery stroker signal that your massage is finished? How about the satisfaction that comes with watching the clock tick off the last seconds of a challenging session on the treadmill? And then there's the pure bliss of an exotic facial treatment.

Now, imagine multiplying those experiences seven-fold. That is what awaits you at Terranea Resort in Palos Verdes when you book a Spa Bungalow package. It's so much more than a spa day; it's a weeklong retreat for body and soul. And it's a mere 90-minute stress-free drive (no airports, layovers or shuttles) from Orange County.

After you arrive at the oceanfront

resort, located at the site of former Marineland ocean park breathtakingly beautiful Palos Verdes Peninsula, you'll be escorted to an enclave of one- and two-bed bungalows (there are just 20) that overlook the expansive spa center. The bungalows are a short distance from the hotel's spa, restaurants and banquet facilities, offering the tranquil setting you're seeking.

In addition to the features you expect — indoor and outdoor washers and dryers, fully equipped kitchens and luxurious baths — the "spa bungalow" is outfitted with mats, fitness bands, dumbbells, more. Open the French door



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1. STUNNING VIEWS: From this oceanfront property that runs along the Malibu and ocean park, you'll catch Catalina Island and see the 45 just a stone's throw away.

2. LUXE AND LEISURE: Terranea's magnificent 9-hole golf course is actually a collection of nine championship par-3 tracks. **3. ROOMS TO DREAM:** The spacious bungalows feature all the comforts of home - and a lot more - with separate living areas, fully equipped kitchens, fireplaces, pergolas and fitness equipment.



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a warrior pose while inhaling the fresh ocean air and watching dolphins breach - all right from your private balcony.

Included in your stay is access to one of the most well-equipped spas in the region. The large fitness center offers personalized training, a variety of group classes, oceanfront hikes, stand-up paddleboarding and even a mental workout from your own lifestyle and fitness coach. Your entire stay is self-guided, says Blake Ferney, the spa's director.

"What do you want to do?" That's the first question you're asked, Ferney says during your initial evaluation. "This is the jumping-off point for fitness and wellness opportunities."

Your spa consultant will help you determine your goals. Do you just want to relax? Are you looking for sports-specific training? You'll be pointed to classes, workouts and spa treatments that will achieve what you're seeking. A sports massage can be scheduled after an intensive training session in the fitness center. A Swedish massage could follow a yoga class.

"What I like is that it keeps things simple and customizable," Ferney says. "And a lot of times, people have breakthrough or an 'ah-ha moment' after a session... Is one service or in one

weekend, we can change people's lives."

Each day you'll enjoy one fitness option and one spa treatment as part of the Spa Bungalow package. And in between, you'll have full access to the scenic pool, the fire pits and lounge areas, the spa's sauna and whirlpools, and indoor/outdoor relaxation areas - all overlooking the shimmering Pacific Ocean. Included in your package is all-day dining in the Spa Café, excluding alcohol. Three-day packages start at \$3,300.

"It's really like a cruise ship experience," Ferney says. "You pack. And you're done."

Team building: Check with the Spa Bungalows at Terranea Resort for corporate packages and events to keep your team fit, relaxed and ready to take on the world.