

{ CITY GUIDE }

Looking for an urban oasis? Then stop in at one of these peaceful respites.



▼ LOS ANGELES

The recently opened **Ritz-Carlton Los Angeles** houses a decadent full-service spa, making it an ideal escape for those seeking refuge from executive overload and prying paparazzi. Sleek sophistication reigns within the 8,000-square-foot relaxation space, which features glossy white-on-white surfaces and treatments like the Champagne and Citrus Sugar Scrub (from \$135, 50 minutes), designed to buff away dry skin, leaving the



body smooth and hydrated. *900 W. Olympic Blvd., (213) 743-8800, ritzcarlton.com/losangeles; doubles from \$369, 50-minute massage from \$135.*

▲ NEW YORK

Rest may be a luxury in the city that never sleeps, but those craving quiet time can find a therapeutic retreat at **Halo Air/Salt Rooms** in Chelsea. Each hermetically sealed room is designed to recreate the healing effects of natural salt caves in Eastern Europe: the walls, ceilings, and floors are covered with rock salt to absorb impurities in the air, while a machine pumps in invisible salt particles, resulting in a calming, detoxifying environment that, over time, can help alleviate respiratory and skin conditions such as acne, asthma, and eczema. Simply lie back and breathe. *133 W. 22nd St., (646) 666-0554, haloair.com; 60-minute session from \$65*

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CHICAGO

Just a few blocks from the Magnificent Mile, **Elna Organics** offers affordable spa services inside a 1,300-square-foot vintage building overlooking the city's upscale Oak Street. Its signature treatment, the Crushed Amber Rejuvenating Facial (\$75, 60 minutes), includes succinic acid; coenzyme Q10; natural vitamins; and Baltic amber, which ancient Romans considered to be the source of eternal youth. *46 E. Oak St., (312) 274-3474, elnaorganics.com; 60-minute massage from \$90*

