



Beauty

SHARE:



Bucket List Spa Day Trips



The Now *Silver Lake*

By way of a serene neutral interior—complete with cactus plants and lots of driftwood—this massage spa aims to recreate a little piece of Tulum in the center of Los Angeles. They're also open until 10pm, catering to a crowd that can't always break away during the day for some spa time. The best part, however, is the pricing: \$35 gets you a 25-minute massage (\$95 for 85 minutes). They recently launched a monthly membership service which is pretty great too, for those who want pampering more regularly. While you can book an appointment through their site or app, they also allow walk-ins. Silver Lake is their newest location, (the original is in West Hollywood) with two others in Santa Monica and Studio City.

Photo: Tessa Neustadt



Shape House *Santa Monica*

Also known as the sweat lodge, this spot, which boasts a pretty major Hollywood following, is exactly that. Equipped with small, cozy rooms where you get into an infrared bed, the idea is that you sweat it out for 60 minutes at a time, while you watch TV, read, or listen to music. Bring a friend—you won't get to chat during the session, but you can talk all about it after. People tend to sign up for memberships and come several times a month (or week) and complement the sessions with lymphatic drainage, which is meant to boost the detox process.