

MODERN LUXURY

MAY 2020

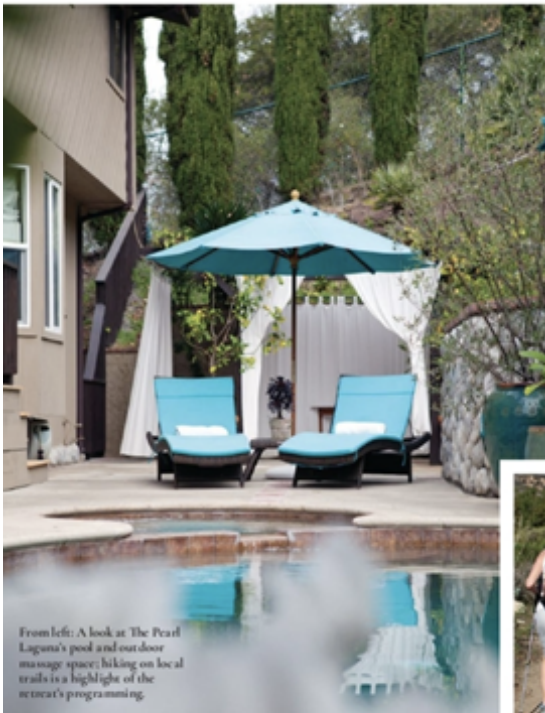
RETREAT

SPA-INSPIRED

As self-care becomes a top priority for navigating the coronavirus, Laguna Beach spas await to help us recharge, with some even offering treatments you can enjoy from the comfort of your home sweet home.

BY ALLISON MITCHELL

THE PEARL LAGUNA



From left: A look at The Pearl Laguna's pool and outdoor massage space; hiking on local trails is a highlight of the retreat's programming.

Celebrating its 10th anniversary, **The Pearl Laguna** is an award-winning, all-inclusive yoga, hiking and cleansing retreat that invites 10 to 12 guests at a time to immerse themselves in all things wellness (\$5,800 per week). Led by husband-and-wife duo Geo and Katresha Moskios, attendees detox with organic vegetarian meals, healing broths and juices; complete daily three-to four-hour hikes throughout Laguna's canyons and trails; enjoy massages, infrared sauna sessions and facials; and wrap up the day with guided meditations featuring sound baths and breathwork. Try Katresha's Divine facial mask recipe during your next at-home spa night. In a small bowl, combine six drops of Katresha Divine face oil, one drop of lavender essential oil, 1 teaspoon raw honey,

one mashed strawberry and 2 tablespoons plain yogurt, and mix. Apply to a clean, damp face and leave on for 10 to 15 minutes before removing with a warm, damp washcloth.



ThePearlLaguna.com
Katresha.com