Scent Therapy: Pacific Waters Spa at Hyatt Regency Huntington Beach Resort & Spa

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Tap into your vacation state-of-mind anytime thanks to the Hyatt Regency Huntington Beach.

Did you know smell is the sense most linked to memory? Makes sense. That's why freshly cut grass conjures up memories of childhood, a *certain* perfume makes you think of a *certain* someone and the ocean instantly brings bliss to mind. That sea smell is so darn relaxing you just want to bottle it. Well, that's exactly what Pacific Waters Spa at Hyatt Regency Huntington Beach Resort & Spa had in mind when they asked Kimberly Parry Organics, a sumptuous-smelling line of USDA certified organic beauty and bath products, to create their signature scent, aptly named *ocean*. Spa director Carol McIntire gave creator Kimberly Parry a clear-cut mission: "Picture yourself standing on the sand facing the ocean. Close your eyes and you smell the salt air mixed with that fresh herbal aroma." Parry went straight to her lab in San Clemente and whipped up just that: a sweet yet salty scent that sums up the sea.

Not that you need ocean reminders while at the resort. Snuggled up to the sea in Surf Town USA, the 517-room Huntington Hyatt is a water wonderland with pools, waterslides, standup paddleboarding, surf lessons and access to an 8-mile long oceanfront bike path. The 20,000-square-foot spa just furthers the ocean cause. Treatments use mud, algae, plant minerals, seaweed and purified seawater to soothe your mind and body. Try the Pacific Waters Rhythmic Massage for a muscle-soothing rub down that mimics the motion of waves or the Sea Salt Scrub which detoxifies your skin with sea salts. Both to-die-for treatments use Kimberly Parry's "Ocean" scent as its centerpiece. Unfortunately, you can't pack up a treatment to-go, but the "Ocean" line will fit into any carry-on. **www.huntingtonbeach.hyatt**.com; www.**pacificwatersspa**.com.

Pacific Waters Spa Wellness Retreat
Those summer cocktails can add up in more ways than one. Undo the damage at the Pacific Waters Spa Wellness Retreat, a personalized escape that takes you… well, back to you. Lead by Linda Shaw, a nutrition/fitness/wellness guru with, she'll help you address nutrition, fitness and relaxation goals in a supportive, stimulating way (more pat on the back than barking orders). The retreat includes deluxe guestroom, three meals a day at the Californian restaurant (their StayFit menu options makes ordering easy, plus meals can be customized), and two spa treatments or activities per day. Think yoga/Pilates, personal training or boot camp. You'll leave with a complimentary fluffy spa robe, Kimberly Parry Organics "Ocean" scented goodies, a renewed sense of wellness — and the motivation to kick-start your home program. ($775 per person/per night based on double occupancy.)