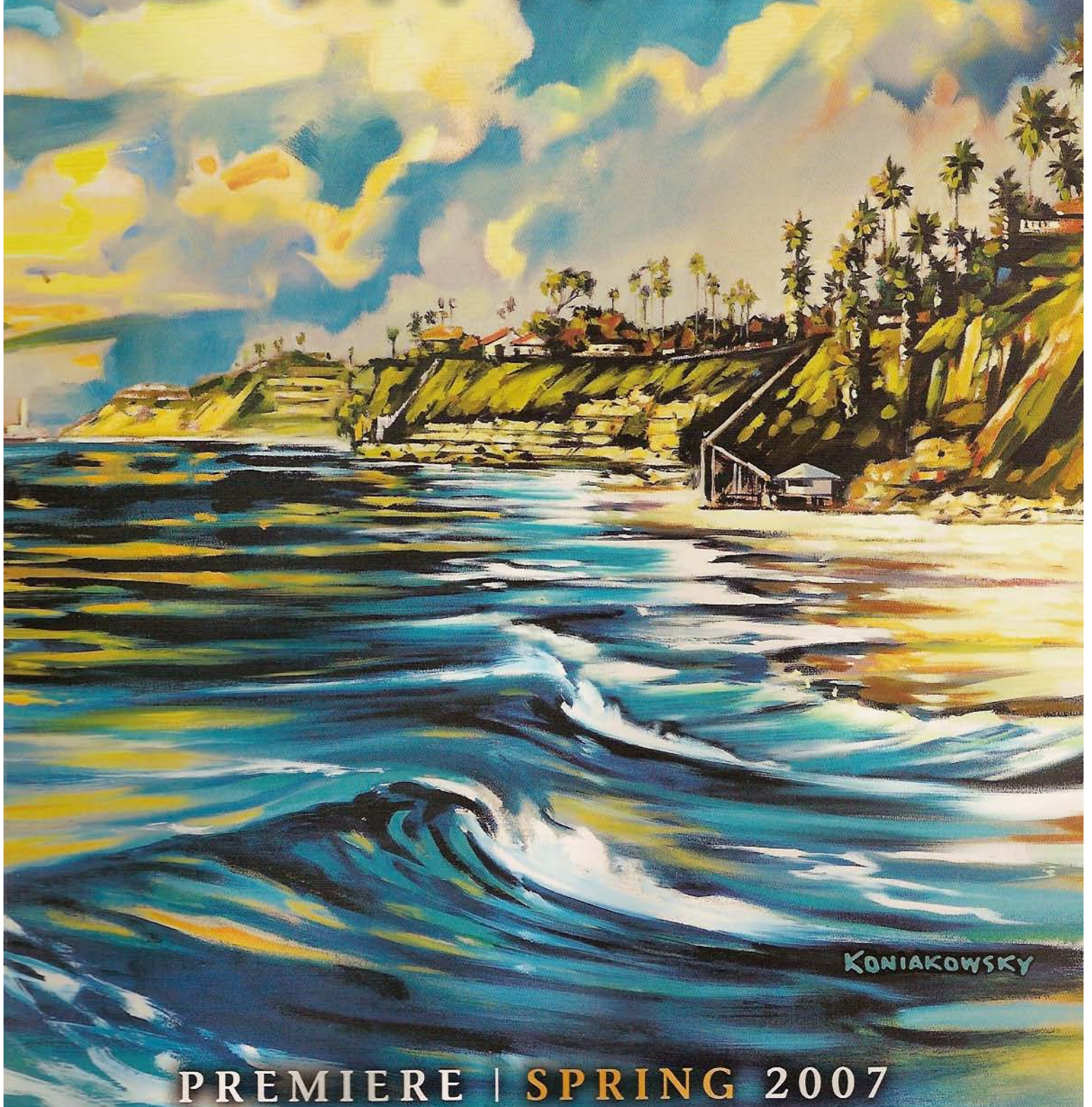


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M A G A Z I N E



KONIAKOWSKY

PREMIERE | SPRING 2007

Spa Combines New Age with Old School By Destiny Irons

There is a hidden oasis in Leucadia; a fairyland of the sensual and sublime. A few steps off Highway 101 and through the back gate bring you into a garden with a koi



The sensual Balinese pedicure

pond, an open air Fijian style gazebo and tiny, private wood bungalows.

The main building is a cozy space decorated in trendy Indonesian style tropical furniture. Inside, a woman lazes in a seagrass chair while soaking her feet in a Balinese wooden bowl filled with perfumed water and floating orchids. At the front desk women gather familiarly around, smiling, talking and laughing. They turn and greet you with earthy, open gazes.

Welcome to Bergamot Spa + Boutique, which can only be described as the classic, middle American beauty shop with a Far Eastern makeover.



Photos: Heidi Greiser

This gazebo is the spot for *plein air* massage in warmer weather.

Underneath the new age 'do,' the down-home heart remains the same. Bergamot revives an age old American tradition; the community of the local beauty shop. The 'spa' as we now call it no longer bestows the strung out perms and peroxide helmet heads of ages past. At Bergamot you can get an Island Style manicure with a cane sugar scrub and a butter massage. There is The Stone Massage, where heated stones are applied to the body. The Crystalline Facial is a treatment using

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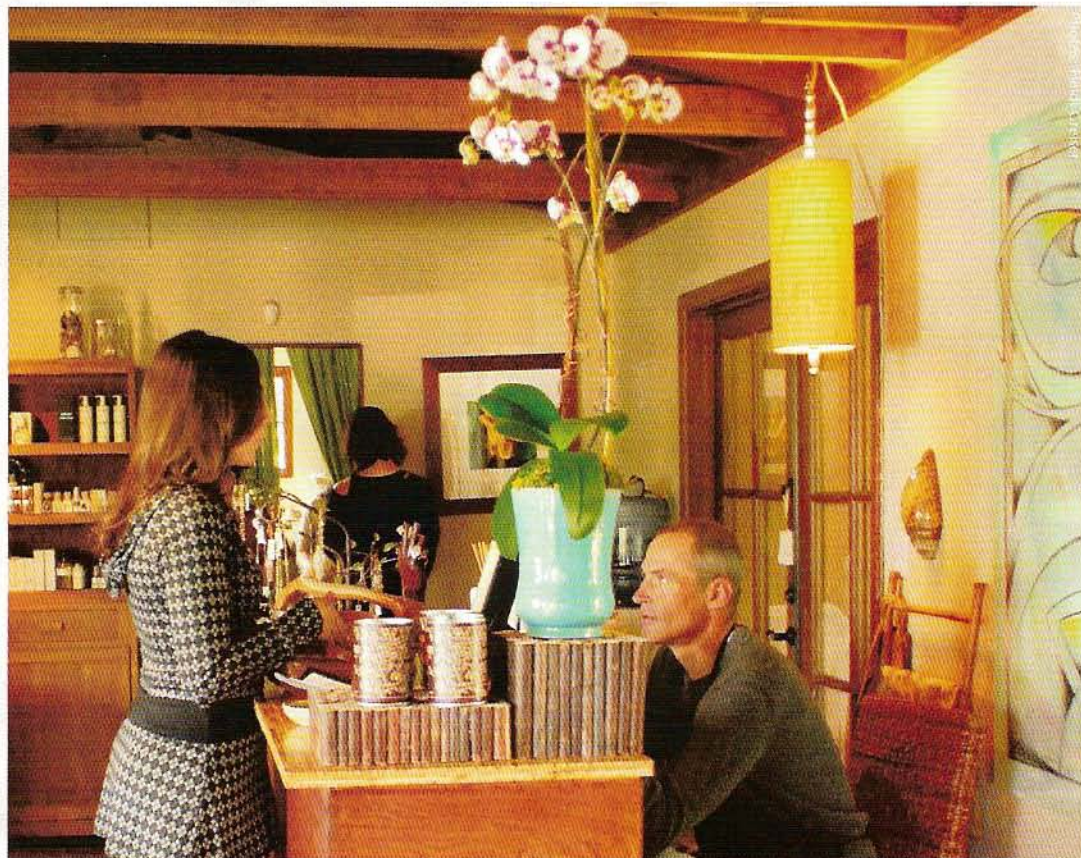
A charming treatment hut which also serves as a private yoga studio.

gemstones and clay. Here is what hasn't changed: The prices won't put you into bankruptcy. The owner, Courtney Koepsell, will make you feel like you should tell her your life story. Chances are, you will. Danielle Dailey, one of the estheticians, will call you 'sweetie,' 'pumpkin' and 'lovebug,' in such a charming way that you will melt in her capable hands. Someone will make you a cup of tea.

Koepsell wants it this way. Her passion for all-natural products and desire to connect the community culminated in Bergamot Spa + Boutique.

The regulars have certainly caught on to Koepsell's objectives. Monique Marvez of the 100.7 Jack FM show "Monique and the Man," often goes to Bergamot for private yoga classes, manicures, pedicures and massage. She enthuses over the sense of community that Koepsell cultivates. When asked why she frequents the spa, Marvez answers, "Courtney! I think that what makes a beautiful spa is atmosphere, not just how it looks, but it's a mind-set. Courtney is the embodiment of 'beauty is as beauty does.' She creates an atmosphere of generosity and beauty that spills over into everything she does." Dan Gil, a television producer from Leucadia, says the private treatment bungalows and beautiful garden setting are the reason he goes to the spa for massage once a week. "It feels like you are away from everybody....The garden type gazebos are awesome! In the summer we use the outdoor gazebo with the koi pond running under it [for massage] and it feels like I'm in another country."

The name of the spa is unusual. It makes one think



Buzzing with activity, Bergamot has a bevy of regulars with a passion for all-natural products.



Owner Courtney Koepsell

of Earl Grey tea. Does 'bergamot' refer to the orange or the herb? Koepsell answers, "It's named after the fruit; the essential oil from the fruit. It's cultivated in southern Italy. Its properties are a natural mood elevator." The herb was

used by the Oswego Indians to make Oswego tea, but is used for little else today. The essential oil from the orange is becoming a common ingredient in cosmetics and perfumes, and of course, is used in Earl Grey tea. Koepsell's main reason for the name is thus, "Primarily what caught me was that I loved how clean the word was. I love the word. I love saying it and I love that the essential oil has healing properties."

As for the future, Koepsell's dreams encompass her own all-natural product line, expansion of the spa, and "One day down the line

also having another space somewhere else, maybe here [in the States] and then a small boutique hotel and spa somewhere in Nicaragua or Mexico. My dream-dream is to have the space be completely self-sustainable, like solar powered, creating [our own] products from...organic herbs that were grown here."

When Koepsell so effortlessly uses buzz words like 'natural,' 'self-sufficient' and 'healing,' it's easy to see why Bergamot Spa + Boutique has been embraced by the environmentally conscious, artistic Leucadia locals. ☺

Bergamot Spa + Boutique at 466 N. Coast Highway 101, suite 11, Encinitas, CA 92024. Or call (760) 436-5140. Find out more and make online reservations at www.bergamot-spa.com, or send them an email to: info@bergamotspa.com.