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## USA Travel Magazine, California



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## Relaxing in the Glen Ivy Hot Springs Spa in Corona, California,

By Szilvia Gogh

Imagine a place that has nineteen mineral water pools, mud bath, underground grottos, massage rooms, other beauty facilities, saunas, lounges and bars. It is the adults' playground. Nobody ever wants to leave this place, or at least, not for long.



I visited Glen Ivy on a Tuesday afternoon, thinking that five hours will be plenty enough for a massage and to sulk my body in the pools. How wrong I was...

Jack, my husband and I were greeted at the Bath House Reception Desk with great smiles and an envelope containing our passes. The Glen Ivy gets so busy that same-day

appointments for spa treatments are quite unlikely, we had ours reserved a week ahead.

Following the crew's instructions, we first dipped into the mineral baths to begin our relaxing experience. When we stepped into the pool, immediately noted the hot temperature. As our body absorbed the heat, our skin's pores opened, allowing the minerals access. Fluoride promotes stability in the bones, sodium helps to relieve arthritis, sulfate sustains joints and vertebral discs while calcium encourages the development and maintenance of healthy bones.



After the mineral bath, we headed to Club Mud, California's only therapeutic red clay mud bath. Fine red clay exfoliates the skin, draws from the pores, absorbs impurities and release waste from the skin. The pool was about waist deep. It had a stone emerging in the middle with mushy clay on top. This pool seemed equally popular amongst man and women, old and young. As we covered our arms, legs and each-others back with clay, we engaged in a conversation with the lady next to us. Jamie Taylor, a local school teacher visits the facility at least five times a year. "I only come here during the fall and winter, because the summer months are too crowded for me. This is a very popular place, but I rather come here when it is more peaceful. I am very grateful. The Glen Ivy offers discounts to teachers, encouraging me to visit more frequently. This gesture is greatly appreciated amongst us, teachers."



Next, we tried the Glen Ivy's signature body moisturizing treatment in the Grotto. We descended into an underground facility where Jack and I received a body paint from the attendants. They brushed aloe and sea kelp onto our whole torso, leaving only our face clean. We proceeded into the next chamber to relax until the moisturizer worked its magic. This treatment was amazing. Our normally dry skin felt so soft and hydrated even days after our visit.



Finally, we received a couples' massage. Jack was looking forward this massage almost as much as I did. Upon arrival, guests may choose from seven scents to experience the aromatherapy massage. We opted for the jasmine ginger and enjoyed a great Swedish-style massage in a private room. I especially liked that my massage table was heated.



Anytime we needed assistance, we just flagged down an employee of the Glen Ivy and we were pointed into the right direction. One of my most memorable moments was when Jim Root, the president of the facility approached us when seeing a camera in my hands and asked me if I have seen the nesting colibries. He pointed out a nearby tree, where the beautiful birds were guarding their nests, providing a great photo opportunity.

*I left with a conclusion; an afternoon is just not enough to truly indulge in the relaxation that the Glen Ivy has to offer.*