



bath by bettijo®

TREATMENT

immune-boosting massages, wraps, more

... plenty of rest . . . and go to a spa. These restorative treatments are genuinely effective—way to recover from a winter cold or flu.



Desert Hot Springs, CA The Spring

PHONE: 760-251-6700

WHAT: Immune Boosting Buff, 90 minutes, \$145. After a head-to-toe dry-brush exfoliation, there's a lymphatic massage and a glaze of rosemary oil.

VIBE: Mineral pools, mountains, and palm trees.

Saratoga, CA

Pavia Day Spa

PHONE: 408-741-1555

WHAT: Eucalyptus Immunity Boost, 60 minutes, \$105. First, you're massaged with antiviral/antibacterial oils like eucalyptus, tea tree, lemon, and peppermint, and then you get a

feel better at home



NATUROPATCH ESSENTIAL OIL PATCHES IN EUCALYPTUS Slap one of these Band-Aid-like swatches on your chest; the ultra-concentrated scent of eucalyptus plus camphor is instantly decongesting. \$15, NATUROPATCH.COM



CALIFORNIA BABY RESISTANCE BUILDER ESSENTIAL OIL BLEND This is fantastic right at that point when you feel yourself starting to get sick—with tea tree oil and lavender, it's healing and calming, all at once. \$13, CALIFORNIABABY.COM



BATH BY BETTIJO RELAXING EUCALYPTUS, SPEARMINT TUB TEA A refreshingly minty soak with balsam fir, rosemary, and juniper berries—plus it comes with a tea infuser, so your bathtub stays pristine. \$24, BATHBYBETTIJO.COM

SWEET GRASS FARM SPRING CHICKEN MUSCLE RUB Gets a little going down inflammation and soothes achy muscles. And we love the charming Farmers' Almanac-esque packaging. \$7, SWEETGRASSONLINE.COM