

# A BLAST FROM THE PAST *meets* A THRIVING FUTURE

With the celebration of its recent 50th anniversary, OMNI LA COSTA RESORT & SPA opens up a look into its past and how the resort experience of the 1960's has grown and developed into the ideal getaway of today. BY LESLIE K. HUGHES



**T**HE RESORT experience of 50 years ago is something that travelers of today would likely scoff at. The unbelievable transformations resorts have undergone and the impressively shiny new additions they boast melt away memories of the past. As lifestyles and tastes have changed, thus have the resorts. Omni La Costa Resort & Spa in Carlsbad, Calif., is no stranger to designing a resort experience that evolves with the times and still continues to wow visitors from all over 50 years later; in fact, Omni La Costa is a master in this sense.

Celebrating its 50th anniversary as one of the original homes to a state-of-the-art spa experience, Omni La Costa has maintained its highly regarded spa status via its incredibly strategic refashioning. Through years of redesign after redesign to keep up with the times, Omni La Costa works endlessly to retain its sense of innovation and hold tight to its spot as today's ultimate escape from reality.

Rewinding back to the opening of Omni La Costa in 1965, visitors flocked to the resort to find respite from the stress of daily life the same way many do today—with a visit to the spa. However, 50 years ago, the prime population reserving hours at the Omni spa were men and athletes who saw the spa as the ideal physical healing center for physical strain.

Today, spas serve as both physical and mental healing centers, but certainly not just for those overworking their bodies—and definitely not just for males. While men still frequent spas, women are by far the predominant sex indulging in massages and one of the numerous other spa treatments. From an ocean dew detox session to anti-aging light therapy, with a multitude of other treatments in between, it is obvious why women find themselves spending hours within the incredibly gorgeous private grounds of Omni La Costa's spa. Outside the spa's colossal doors sits a cafe with incredibly fresh eats that allow for the indulgence of poolside Champagne and dessert. Donning a plush oversized robe and sandals, an entire day could easily fly by within the walls of the spa grounds.

The resort's famed reflexology path is a feature that 50 years ago would have been completely misunderstood and likely sat untouched. Today, with noted research in the benefits of this style of foot massage, Omni's reflexology path has become one of the many renowned attractions that draws visitors to experience it firsthand. With a map to guide guests down the path, visitors walk their way through remedying a variety of ailments while taking in the beautiful sight and smell of the stunningly vibrant bougainvillea blooming all around.

Taking its vision of the ultimate destination for

wellness to the next level, Omni La Costa partnered with Deepak Chopra to create the Chopra Center, which opened its doors in 2002. With a focus on holistic approaches to health, the center offers workshops, meditation and yoga classes, among other events to achieve complete self-renewal.

Fifty years ago, wellness to Omni La Costa guests meant partnering with a local hospital for health examinations and exercises. Those health examinations have transformed into professionally led meditation classes and ayurvedic spa treatments that focus on providing restorative healing to all forms of physical and mental strain. Changing the concept of wellness to accommodate every individual need and preference, Omni La Costa has become a haven for rejuvenation. Rather than one universal treatment, exercise or experience, Omni La Costa is proficient in providing each individual with a different resort experience that allows for the greatest takeaway.

The monumentally lush grounds of the more-than-400-acre Omni La Costa have always been a point of pride, from 1965 to today. The seemingly implausible variety of plant life thriving at the resort is breathtaking, particularly the Champions golf course that is home to numerous arboreal species as well as 37 past PGA events.

From the golf course and into one of the resort's eight pools, the swimming experience at Omni La Costa has certainly evolved from the resort's inception. As a wonderfully kid-friendly resort, today Omni La Costa offers two 100-foot waterslides and water play areas where little ones can splash around to their hearts' delight. For a more intimate and quiet recess from children, the Edge Adult terrace is the perfect place. Available only to guests over the age of 21, the Edge Adult terrace has flawlessly embraced the advancement of pool design with their infinity Jacuzzis. An evening cocktail paired with a view of the golf courses and vast valley beyond makes the Edge Adult terrace a resort hot spot.

A new resort favorite made its debut at Omni La Costa in June: Bob's Steak & Chop House. Known widely across the country as one of the best places to fulfill your wildest steak dreams, Bob's has brought incredible new flavor to the Carlsbad area. Paying homage to Omni La Costa's younger years, Bob's décor exhibits photos and memorabilia from the monumental celebrities, politicians and athletes that are guests of Omni's past. The restaurant will continue adding to its iconic photo collection with present and future honorable Omni La Costa guests.

While staying true to its ideals and holding on to just the right amount of its original spirit, Omni La Costa has, over the past 50 years, remained at the forefront of the industry by being a trailblazer. Omni is continuously reshaping the resort and spa experience to always achieve the quintessential vacation for each and every guest. With the ideal location and property to die for, it is thrilling to imagine the changes Omni La Costa will see in the next 50 years. One thing is for certain—those alterations and adjustments won't be made without perfectly planned creativity and the promise that the resort experience at Omni La Costa will remain among the best. ✱



## TO LEARN MORE

Omni La Costa Resort & Spa

[omnihotels.com/hotels/san-diego-la-costa](http://omnihotels.com/hotels/san-diego-la-costa).