



Written by Carly Bates
Photographed by Braydon Russell

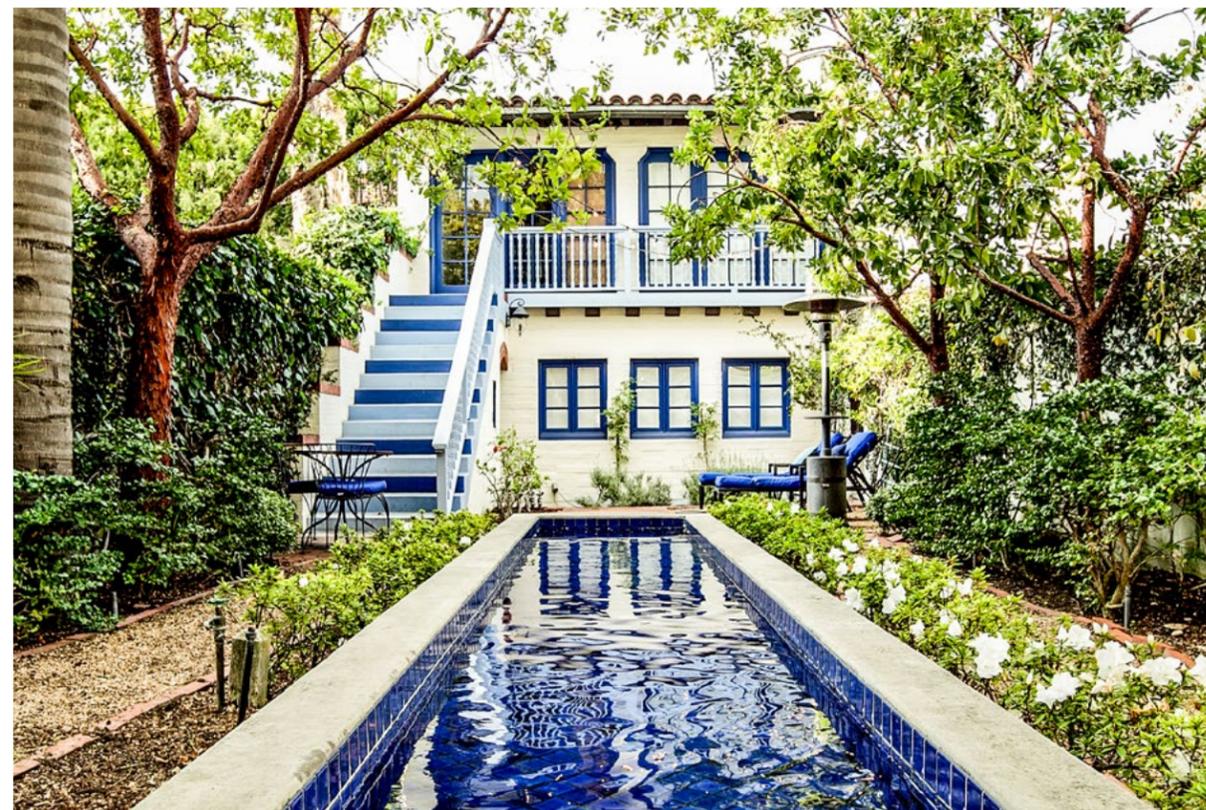
CALM & COOL

Amid the hustle and bustle of downtown Santa Barbara lies a serene haven known as Float Luxury Spa. I walk up to the white washed adobe building trimmed with varying shades of turquoise and navy and immediately feel the onset of cool tranquility. Upon pulling open the heavy wrought iron door, a rush of breezy fragrance whirls around my nose and I can feel my senses tingling. The impeccably dressed receptionist greets me with a peaceful smile and offers cool cucumber mint water in a small glass. Founder Natalie Rowe emerges from a separate room and gently grasps my hand in greeting.

Her baby blue earrings catch the light as we walk from the lobby down the hall, leading outside to an enclosed garden complete with a trickling fountain and designated spaces for meditation. The perfect location for a girls' spa day, trees provide shade and privacy from the world outside. Transported to a world free from real life stressors, I find it shocking that such a quiet area exists here among the busy streets.

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Once back inside, Natalie softly gestures to the changing room where my slippers and robe await. I slip into the soft Turkish robe and she leads me up blue stairs to the relaxation room. The interior is filled with all-white furniture, crystal tables, and a quietly flickering fireplace. A chandelier made of transparent glass bubbles draws my eye up and evokes a feeling of weightlessness. I decompress in the cozy room and can feel my mood brighten. My massage therapist, a friendly woman named Jasmin, introduces herself and leads me to my room. The treatment room is spacious, dimly lit, and smells incredibly soothing. A framed photograph of leafy tendrils swaying in the wind adorns the room deemed Willow, and inside a bed is set up with silky white towels and pads, ready for my deep tissue massage.







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Jasmin describes the different options to add onto my treatment, including a peppermint foot scrub, spot healing lotion, and coconut scalp massage. I eagerly jump at the scalp massage—those are my weakness. As the massage begins, I can already feel the knots in

my neck disappearing. Jasmin works on each part of my body separately, starting with my calves and working up to my collarbones. I feel so relaxed, especially with the soothing music playing, that I catch myself almost asleep and drooling twice. Jasmin’s strong fingers combined with the warm

lotion are perfection and the scalp massage sends shivers of delight down my spine.

At last, most likely around the third time I start drooling, Jasmin whispers that the massage is complete and offers me a refreshing glass of lemon water. Slightly dazed, I make my way back to the changing room and secretly wish I did not have to leave this heavenly place. The receptionist wishes me a wonderful rest of my day, and I am absolutely certain it shall be. *

Float Luxury Spa
Open Monday-Saturday 9am-7pm, Sunday
10am-6pm
18 East Canon Perdido Street
805-845-7777