

Spa Gregorie's launches search for the most stressed out person in San Diego

Are your appointments, bills and job responsibilities putting your stress level through the roof? Studies show that long-term stress can lead to disease and illness, and rewire the brain, making you more susceptible to anxiety and depression. The good news is that the award-winning Spa Gregorie's is here to help de-frazzle your life. Del Mar's luxury day spa and full service salon has just announced a city-wide search to find the most stressed out person in San Diego to provide healing and balancing therapies!



Angela Cortright announcing contest

Spa Gregorie's will offer one winner a 30-day de-stress program, consisting of three vital phases: "New Beginning/Commitment to Distress," "Alignment and Refocus," and "Calmed and Changed." Some of the services include nutritional counseling, Detox therapies, Guided Imagery, Healing Rhythms, Swedish massage and facial—as well as a full makeover complete with

professional makeup and hair expertise.

All you need to do is send an email to confessyourstress@spagregories.com and explain why you or your potential nominee is the most stressed out person in the city. Spa Gregorie's will narrow the search down to three finalists and would like to encourage San Diegans to get in on the action by casting a vote for their favorite nominee. Anyone who logs into spagregories.com to vote during the course of the campaign will also be entered in a chance to win the Spa Gregorie's Great Escape Package, a value of \$500!

Spa Gregorie's is more than just your average day spa. The upscale facility has developed a series of programs to cater to the complete wellness experience. With services such as chiropractic, nutrition, acupuncture and therapeutic massage, the venue offers a variety of benefits designed to relax your mind, to enrich beauty and health, and to detoxify and de-stress.

Spa Gregorie's has celebrated over a decade of success with two existing locations in Newport Beach and Rancho Santa Margarita, and was named "Best Day Spa" by DaySpa Magazine. Spa Gregorie's newest location in Del Mar is located in the Flower Hill Promenade. Please visit www.Spagregories.com or call 858-481-6672 for more information.

Geppetto's Toy Store opens new location at Flower Hill Promenade

Children of all ages are invited to explore, discover and play at Geppetto's new eighth store location in Flower Hill Promenade. Open just in time for the holidays, the location will offer the same toy-tastic selection of classic and traditional toy options from each of its seven other locations.

"We started in 1992 with one location and are very humbled by our slow and steady growth," said Brian Miller, president of Geppetto's. "As a parent I know how hectic the holiday season can be. I'm very pleased that we will be able to offer our customers another location." "We're thrilled to have Geppetto's join our family at Flower Hill," said Jeffery Essakow, president of Protea Holdings. "We look forward to a long lasting relationship with Brian and Danielle Miller and all the staff of Geppetto's." Geppetto's offers eight convenient locations sprinkled throughout San Diego County from Carlsbad to Otay Mesa. Each store is staffed with knowledgeable toy experts prepared to offer age-appropriate and fun recommendations.

The new Geppetto's is located at 2670 Via de la Valle in Del Mar at Flower Hill Promenade. Store hours are Monday – Saturday from 9 a.m. to 8 p.m. and Sunday's from 10 a.m. to 6 p.m. To accommodate holiday shoppers, Geppetto's has postponed the signature remodel of the new 3,900 square foot store, the largest of all its locations, until after the holiday season. For more information on the new store please visit www.geppetto.com or call (858) 755-2100.

To Be Part of *What's New? At Great Prices*

Call 858.756.1403



Three Dog Bakery
The Del Mar Plaza
1555 Camino Del Mar, Suite
114b
Del mar, CA 92014
858.353.6652
www.threedog.com

Free ID Tag with purchase of leash or collar

valid Only at Del Mar Store



A Halloween Treat
Buy one, get one free!
Buy any regular or mini cupcake & get one of equal value free. Limit one per customer.
Offer expires 10/28/09

It's a Happy Halloween at Cupcake Love

We have perfectly decorated, baked-from-scratch cupcakes that will surely make your sweet goblins howl with delight. Choose from 12 flavors in two sizes, regular and Love Bite mini's.

858.755-5506 • cupcake-love.com
437 S. Highway 101 Suite 106 • Solana Beach, CA 92075
Look for us on Highway 101 just north of Via de la Valle (Beachwalk Shopping Cntr)



1 Hour Complimentary Design Consultation with Site/Cost Analysis (\$125 Value) with this ad. Limited time offer.

Call Today 760.752.6588

Diane Harris

CA License #701471

Add Value To Your Home

- Renovation/new Construction
- Drought tolerant planting
- Retrofitting current irrigation for greater efficiency

Design • Installation
• Since 1988

All work personally directed by Diane Harris, Certified, Trained Landscape Designer/Contractor

PAMPER YOURSELF

While making a difference.

an ECO-FRIENDLY + SOCIALLY CONSCIOUS salon

- Hair Cutting & Styling • Hair Coloring
- Balayage Highlights • Scalp Care
- Thermal Hair Straightening
- Hair Growth • Nail Care



109 south acacia avenue
solana beach, ca 92075
phone: 858.792.5959
fax: 858.792.5950
info@ubuntuhairstudio.com
ubuntuhairstudio.com

* Make sure to check out our website for monthly "Ubuntu Happenings"