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JANUARY 2022

HIDDEN HILLS

COMMUNITY REGISTER & RESOURCE GUIDE



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AZURE PALM SPRINGS RESORT



EVENTS SERVICES SHOPPING DINING HOME DECOR WELLNESS TRAVEL EDUCATION ANIMAL CARE REAL ESTATE

Azure Palm Resort & Day Spa Oasis

written by Elyse Glickman

HOPE SPRINGS ETERNAL

Desert Hot Springs may only be a short 15 minute drive from Palm Springs and two hours from Los Angeles, it's effectively its own island of serenity. While the town is humble and down to Earth, it is also the only place in Southern California where a spa purist will find some of the purest and most crystal clear hot mineral springs water.

The Azure Palm Resort & Day Spa Oasis—opened during the pandemic—taps into the city's namesake natural resource for its pools, therapeutic spa treatments, and ambiance. While its quick growth and early success with area locals and visitors is miraculous in its own right in a challenging time for resorts (spas in particular), it's also a place where health miracles great and small

happen. The mineral water powering the Azure Palms experience (which also made Desert Hot Springs the most decorated city in the world for its municipal tap water) soars from the ground at 174°F and is packed with beneficial, restorative minerals including calcium, magnesium, phosphorous, potassium and lithium.



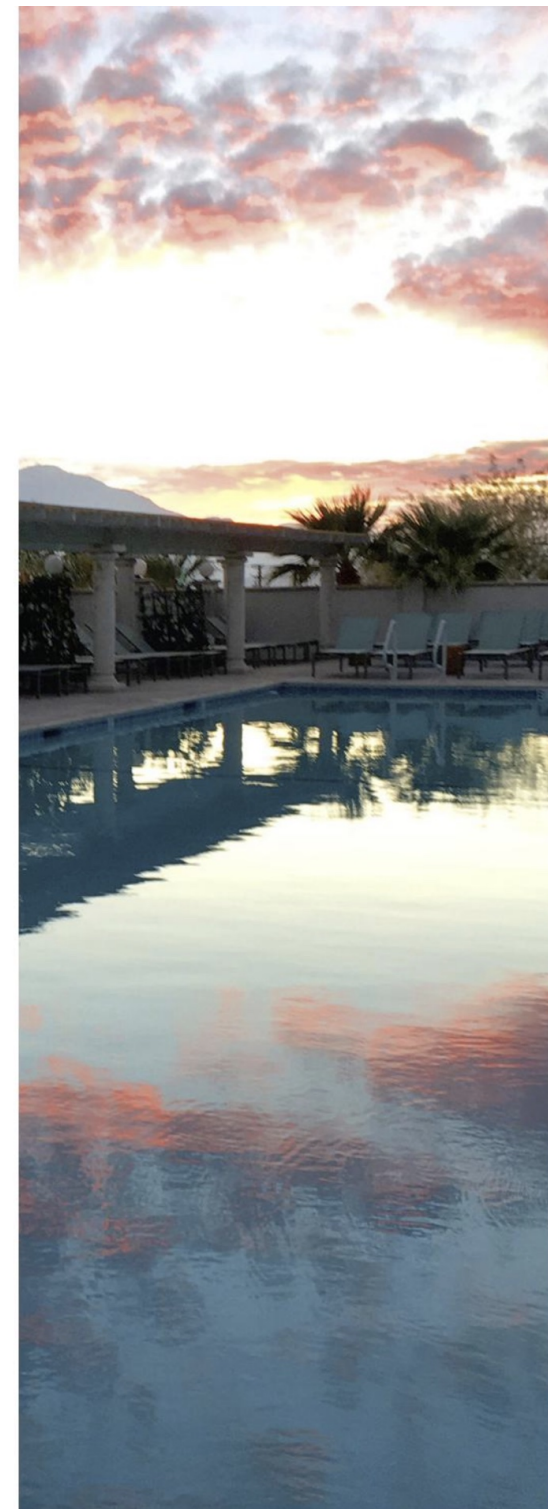


This day spa/overnight resort further sets itself apart with a Modernist aesthetic re-imagined with refined “global” textiles and furnishings that complement the western views of Mount San Geronio and Mount San Jacinto. Its breakfast/lunch cafe follows suit with some of the best healthy offerings anywhere, including a magical flourless chocolate cake that gets its rich flavor from beets and black beans (!) as well as refreshing, filling juices enjoyed on their own or taken in as part of Azure Palms’ cleanse program. And speaking of original menus, Azure Palm offers 30 specially curated spa therapies and packages and 22 spacious Spa Suites with private in-room mineral spring tubs.

The almost viscous, silky textured water is rich with silica which softens and moisturizes the skin and enhances treatments running the gap from classic massages to custom facials, scrubs, lymphatic and other indulgences on the spa menu. While numerous main

and trace minerals are absorbed through the skin during a dip into the hotel’s jacuzzi and pool, relaxing muscles and mind, it also doesn’t hurt that the spa is surrounded by the Coachella Valley’s fabled desert landscape as well as beautiful on-property landscaping.

“I wanted the resort to be supremely comfortable and chic in one breath,” affirms owner Maria Lease, managing partner and visionary, who takes pride in the fact that guests will not find a television or anything too gadgety in sight during their stay. “The guest should be surrounded by the beauty of the desert while enjoying the mineral water deep beneath it. While our miracle spring water maintains a high sulfur content, it is completely odorless, soft and silky. Our new “Oasis” builds on how we’ve tapped into this healing water with streams, winding paths, lounging areas, a unique reflexology walk and 5 flow-through mineral tubs, all in a restful, desert oasis.”



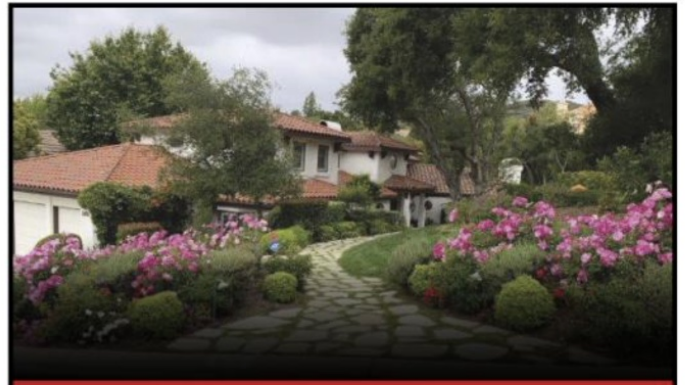
To create a look that distinguishes Azure Palm from the other high-end spas in the area, Lease teamed up with decorator Dominique Cady to create an ambiance that riffs on the area's "Mid Century Modern" aesthetic in a divinely different way that takes both day visitors and longer-term guests on a life-changing fitness retreat/ juice cleanse down to Earth and into paradise at the same time.

"We wanted to bring in rich, naturally dyed fabric, and the hand dyed indigo fabric and mud cloths of Africa were a perfect addition, imparting vibrant, yet soothing, natural colors," continues Lease. "Dominique had been sourcing these fabrics directly from Mali in West Africa, so

this was a perfect addition. While it was very challenging to source the right furniture for our look during the pandemic, a market did open up in Las Vegas in August of 2020 and we were able to make a number of great connections there, and the final look is gradually coming together."

Another thing that sets Azure Palm apart from the other wellness retreats is its food-- not because it is high-concept, stylishly austere or created by a celebrity chef, but because it is simple, accessible, inspirational, and aspirational at once.

"One of the cafe's goals has always been to provide a variety of healthier options to both guests of Azure



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Palm Hot Springs as well as members of the community,” explains Alysa Valdez, the retreat’s cafe manager on the kitchen’s common sense approach. “A part of our mission is making affordable, delicious and nutritious meals accessible to anyone interested in taking control of their diet and health. We took great care to avoid the stripped down ‘health food’ diets often encountered at wellness properties that are difficult to sustain when you leave, and instead focused on familiar and delicious dishes made from simple, fresh ingredients.”

To see this vision come to fruition, Maria and Valdez teamed up with restaurant consulting firm Uncommon Fruit LLC, which drew inspiration from native California ingredients like dates, almonds and citrus. As the Coachella Valley is the ancestral home of the Aguas Calientes band of Cahuilla Indians, and to honor their stewardship of the land), they figured in traditional and historic foodstuffs of the tribe such as mesquite pods, cactus and agave to the cafe’s menu development.

Guests who come for a longer, more transformative visit, will get their nourishment from Yesenia’s Vida Cleanse, a comprehensive, yoga and juice fasting program bolstered with the healing benefits of the mineral springs. While juices on the regular menu at the cafe do have some natural and residual sugars from the fruit, juices served during the fast designed not only to be healthy but delicious even without sugar. The green juice used for the fast includes a hint of ginger and lemon for taste and wellness, while the watermelon blend and our rejuvenating mineral broth are packed with potassium and vitamins.

“We have two simple rules,” affirms Valdez. “One is building our flavors with a balance of salt, sweet and acid such as vinegar and lemons before bringing in locally sourced herbs and spices. The other is showing guests it is possible to create an overall lifestyle change when you rely less on processed foods and take a little extra effort to use what’s fresh.”

