

MYDOMAINE

Bookmark This: These Are the 4 Best Spas in San Francisco

by ELIZA KRPOYAN

One of our favorite Instagram accounts to follow for mindfulness tips, [Folk Rebellion](#), posed a poignant question worth passing along: “What if we recharged ourselves as often as we did our phones?” This [online community’s job](#) is to encourage living in the moment and disconnecting from technology, something that can be difficult to do when juggling busy schedules. Though we certainly don’t need permission to take time for ourselves, sometimes we need that extra push to [prioritize relaxation and rest](#).

And if you need an even *bigger* push to get you to carve out some “me” time, we’re here to help you cancel out that white noise to enjoy a day of guilt-free pampering. Trust us, a break from social media feels detoxifying in and of itself, so just imagine what a cell phone-free spa day can do. **We’ve compiled a list of the four best spas in [San Francisco](#), so keep scrolling if you need a place to recharge.**

SPA VITALE



Nestled on the penthouse level at [Hotel Vitale](#), a Joie de Vivre Hotel, is this three-treatment room spa with a private outdoor bamboo garden and soaking tub. Try a therapeutic massage, and add a 25-minute signature Bathing Ritual, which includes a soak, herbal tea, and cucumber eye treatment.

8 Mission St., San Francisco