

DESTINATION SPAS



Ananda Spa, Himalayas, India

I can't think of a better location than the foothills of the Himalayas for a spa that specializes in inner and outer transformation. A team of nutritionists, spa therapists, and Western and Ayurvedic physicians prepare customized plans for healing, detox, relaxation, and revitalization. The spa's 80 treatments include ancient Ayurvedic healing therapies, Reiki, crystal healing, yoga, meditation, and aromatherapy.



Rainforest Spa, Sugar Beach, A Viceroy Resort, St. Lucia

The Rainforest Spa at Sugar Beach also has a spectacular setting between St. Lucia's dramatic Piton mountains and the gorgeous white sand beach. I particularly love the seven individual tree-house treatment rooms that are perched on stilts and set in the rainforest! Heaven is having a signature bamboo massage while listening to the river flowing below, the birds chirping away, and the wind rustling through the trees.



Six Senses Spa, Alpina Gstaad, Switzerland

After the exertion of skiing and the brisk conditions on the slopes, I find a massage and facial does wonders. This Six Senses Spa is perfectly placed in Alpina Gstaad and offers traditional Tibetan, Thai, or shiatsu massage, as well as collagen and oxygen facials. Try floatation and Hammam treatments or revel in the indoor/outdoor pool—it's all here.



Miraval Life in Balance Spa with Clarins, Tucson, Arizona

I love the ethos of self-discovery at Miraval Life. This new-age retreat at the foot of the Santa Catalina Mountains has focused on transformational experiences since 1996. Guests can take outdoor ropes courses, go rock climbing, and enjoy the serene experience of horse riding in the Sonoran Desert. The new spa, in partnership with Clarins, provides the right balance of botanical-based beauty treatments and healing therapies. Try the Chi Nei Tsang, an abdominal massage that promises to release emotional and physical blockages, or keep it simple with an organic facial.



The Bamford Haybarn Spa, The Berkeley, London, England

The next time I'm in London I plan on visiting The Berkeley's new rooftop spa overlooking Hyde Park. It incorporates all of Lady Bamford's organic British products. The Bamford Body Signature treatment has it all—a fusion of shiatsu, meridian, and Swedish massage along with reflexology. A pressure point massage to the face, neck, shoulders and head promises to detoxify organs. The experience culminates with yogic breathing to revitalize the body.

