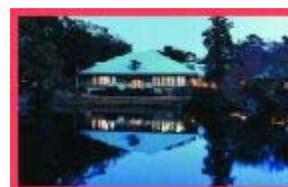


Healing

lifestyles & spas

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WishList2005

By Steven and Melissa B. Williams

Just because the holiday season has passed doesn't mean you can't keep your wish list. After you've finished writing out your New Year's resolutions, read through our Wish List 2005—our picks for the hot spas and retreats to visit this year. Although this list doesn't include all of the spas we'd like to visit, it will provide you with a good start. So pack your bags and head to the hills, ranch, city, or tropics for a spa experience you'll never forget!



Girlfriend Getaways

James Hotel Scottsdale, AZ

Nestled in one of the Southwest's best shopping meccas, Scottsdale, the James Hotel features ultra-modern amenities and a swanky bar, restaurant, and spa that cater to an ultra-hip clientele. The 200-room property is perfect for an all-girls getaway—spend the day lounging by the fountain pool or take in the sun at the PLAY pool. If you feel inclined, head to the Jbar for a foaming mojito, or book one of the spa's exclusive treatment cabanas. The Paint by Number treatment includes a dry brush exfoliation, mud bath in which four types of mud are slathered on your skin, as well as a full-body massage. For more information call (888) 500-8080 or visit www.jameshotels.com



Hampton Retreats Southampton, NY

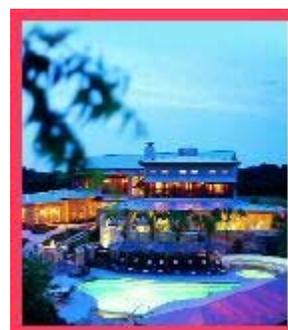
Wish you had a home on the Hamptons but can't shell out several million? Look no further than Hampton Retreats, a real estate company that offers privately owned luxury homes for short or seasonal rentals. Each unique home features five-star resort amenities set within a relaxing environment. Some are much larger than others (five-plus bedrooms), but all include a 24-hour concierge service, which can schedule everything from hard-to-get restaurant reservations to yacht excursions. Massage and spa services, a private chef, and private yoga and Pilates sessions are also available. Sounds like the ultimate retreat for those seeking star-studded relaxation. For more information call (866) 307-0999 or visit www.hamptonretreats.com



Park Hyatt Los Angeles and Kara Spa

Los Angeles, CA

Once the back lot of Twentieth Century Fox Studios, the 365-room Park Hyatt Los Angeles offers a luxurious getaway just minutes from Rodeo Drive. More than half of their guestrooms are suites that range in size from 570–3,000-square-foot and feature marble bath tubs, 300-thread count Egyptian cotton sheets, and private furnished terraces with views of Hollywood, Beverly Hills, and Santa Monica. Kara Spa's three treatment villas themselves are amazing therapy for your body and soul. Each villa features a tranquility garden and patio, a Kohler Infinity sok® tub, a relaxation lounge with flat screen T.V., personal vanity stations, and deluxe showers. The Aromasoul Mediterranean massage with its smooth, fluid, ocean-like strokes will make you believe you're lying on the beach in southern Italy. For more information call (800) 778-7477 or visit www.parkhyattlosangeles.com

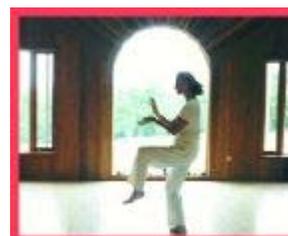


Medi-Spas

The Chopra Center at La Costa Resort and Spa

Carlsbad, CA

Deepak Chopra, a leading authority on Ayurvedic medicine and author of *The Book of Secrets* (see *Healing News* for a review), is also the founder of one of the top medical spas in the country. The Chopra Center at La Costa focuses primarily on Ayurvedic therapies and wellness programs, and guests generally stay for three to five days, although day packages are also available. Ayurvedic spa therapies like abhyanga (friction massage) and swedana (herbal steam) are provided after a consultation with an Ayurvedic specialist. Seminars such as the Journey into Healing weekend course, which introduces participants to Ayurvedic tools and principles for creating a balanced life are also offered. For more information call (888) 424-6772 or visit www.chopra.com



Hilton Head Health Institute

Hilton Head Island, SC

For the past twenty-five years, Hilton Head Health Institute has made it its mission to assist guests with permanent weight loss and in the process promote self-acceptance. Their core program includes classes entitled *Maximizing Your*

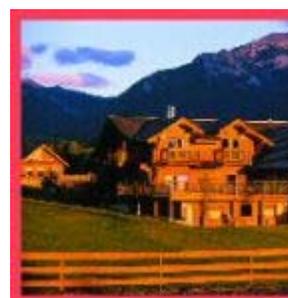


Metabolism, Preventing Heart Disease and Stroke as well as water classes, strength training, yoga, Pilates, and macrobiotics. Specialty weeks focus on specific issues including how to overcome emotional and stress eating as well as occasional Healthy Table cooking courses. While learning how to balance your eating habits and patterns, enjoy their wide array of spa treatments, including craniosacral therapy, pineapple and papaya body scrubs, and reflexology. For more information call (800) 292-2440 or visit www.hhhealth.com



Canyon Ranch Tucson, AZ

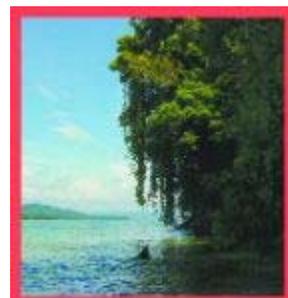
Most people don't consider Canyon Ranch a medical spa, but with a staff that includes physicians, acupuncturists, chiropractors, exercise physiologists, nurses, and nutritionists, its hard to not classify the ranch as a medical resort and spa. Typical programs include lectures on food and nutrition, stress, and sexual health, while specialty programs focus on such diverse topics as Journey through Midlife—a Women's Retreat, Healthy Heart (see page 46 for feature in this issue), and Optimal Aging. Between the yoga, healthy food (all menus provide nutritional information), more than forty daily fitness classes, and interesting lectures, a stay at Canyon Ranch is sure to kickstart your journey to health. For more information call (800) 742-9000 or visit www.canyonranch.com



City Spa

Mandarin Oriental, New York New York, NY

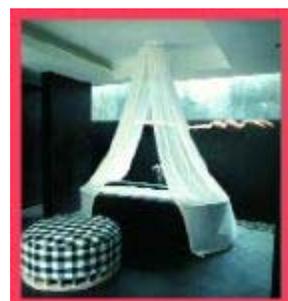
The Mandarin Oriental New York, one of the premier luxury hotels in Manhattan, offers some of the most breathtaking views of Central Park. The 14,500-square-foot spa, nestled on the 35th floor, offers a unique selection of wellness-oriented treatments as well as an amethyst crystal steam room and a VIP suite. For a lavish afternoon, book the three-hour Purva Karma Influence, which includes a full body salt and oil scrub, Purva Karma four-handed synchronized massage, and an intensive facial and eye lift treatment. Afterward, if you're up to it, head to MObar for Mo Politans and people watching. For more information call (866) 801-8880 or visit www.mandarinoriental.com



One Spa at Shutters on the Beach

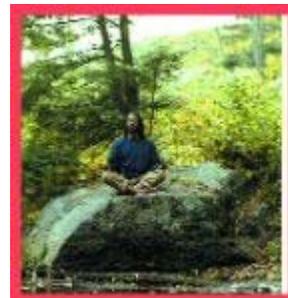
Santa Monica, CA

Located on One Pico Boulevard in the beachy resort town of Santa Monica, Shutters on the Beach offers panoramic views of the Pacific Ocean and coastline. With the opening of One Spa, the facialist to the stars, Ole Henriksen, is now offering his exclusive services in a spa setting. His unique skincare treatments and regimens include an 8-Step Customized Facial and Retexturizing Mineral Body Scrub as well as facials for the back and for men. Although the spa is the place to be, you're more likely to spot celebrities from a table at Pedals Café, the casual dining venue located right on the bike path. For more information call (310) 458-0030 or visit www.shuttersonthebeach.com



Avalon Hotel & Spa Portland, OR

Seeking city flavor without sacrificing clean, mountain air? Look no further than Portland, Oregon, with its amazing outdoor activities and even more enchanting views of Mt. Hood and the Cascade mountains. At Avalon Hotel & Spa, you'll be further enchanted in their spa, which offers treatments using Hungarian, Ayurvedic, and Western healing techniques. Try the Hungarian Thermal Mineral Kur, featuring an organic Moor mud body wrap, a bath with Hungarian thermal mineral crystal-infused waters, and an application of soothing mineral crème. Dine on Modern American and French Bistro cuisine at the Rivers restaurant while taking in views of both the Willamette River and the Cascade Mountains. For more information call (888) 556-4402 or visit www.avalonhotellandspa.com



Spas for Romance

Round Hill Montego Bay, Jamaica

For a romantic hideaway, book a room at the Plantation Lodge at Round Hill—an intimate and casual hotel overlooking Round Hill Bay. After an afternoon of yoga or one of their many water activities, visit their spa for a Pineapple Body Buff, which features freshly harvested local pineapple followed by an application of Pineapple Butter. Several nights a week the property hosts special events. Be sure to make it to the Friday night Jamaica party where you'll graze on Jamaican specialties, listen to local bands, and watch a folklore performance after dinner. Inward Bound also offers yoga retreats at Round Hill throughout the year. For more information call (800) 972-2159 or visit www.roundhilljamaica.com. To contact Inward Bound visit www.inwardboundadventures.com

Carneros Inn Napa, CA

During the fall, there aren't many other places that match the beauty of Napa and Sonoma. Yet, the allure of the wine country exists throughout the year, especially for romantics. Carneros Inn is the perfect romantic interlude between your wine tasting and touring excursions. The modern cottages feature an almost sinful bathroom with a soaking tub and an indoor/outdoor shower. Book a couples massage in the comfort of your cottage or head to the spa for grape-infused treatments like the Grapeseed and Guava Body Scrub. Finish your day stargazing from the hot tub, which also boasts some of the best views of the Napa Valley. For more information call (707) 299-4900 or visit www.carnerosinn.com

Peter Island Resort British Virgin Islands

If you're looking for a place to spend your honeymoon, renew your vows, or celebrate your anniversary, Peter Island Resort offers the ultimate secluded and romantic getaway. The property boasts five private beaches, one aptly named the Honeymoon Beach. Island tradition dictates that couples pay tribute to Honeymoon Beach at least once during their stay! Book one of the spa's unique signature treatments like the

West Indian Honey and Sesame Seed Glow. For fifteen dollars, the spa also offers Thalasso Mud Bowls Alfresco—bowls of mineral-rich mud that you and your partner can take with you to the beach for a private mud bake and scrub. For more information call (770) 476-9988 or visit www.peterisland.com

Luxury

Parker Palm Springs Palm Springs, CA

The Parker Palm Springs plays homage to the spirit and style of yesteryear. Each of the glamorous guest rooms and private villas is stocked with luxury bathroom amenities like Erno Lazlo and Peter Thomas Roth skincare products. The Palm Springs Yacht Club (a.k.a. the spa) features unique services including the Ultimate Parker Experience, a trio of gold-infused treatments—a moisturizing body scrub, a golden body masque gel, and a golden milk bath, followed by an application of bronzed dry oil. The property also boasts an 18-hole executive golf course, croquet lawns, and Norma's, a five-star diner where one can devour a \$1,000 omelet. Yes, it is extravagant, but what else would you expect in Palm Springs? For more information call (760) 770-5000 or visit www.theparkerpalmsprings.com

The Sanctuary at Kiawah Island

Kiawah Island, SC

Located just thirty minutes from downtown Charleston, the Sanctuary at Kiawah Island is the ultimate Southern retreat. Each of the 255 rooms and suites features Italian linens and deep soaking tubs, and almost all of the rooms offer ocean views. The island itself boasts five master golf courses, three pools, and two fine dining venues. The Spa at the Sanctuary offers unique Southern favorites like the Low Country Verbena Body Polish as well as a variety of gentlemen's spa options. From the dining to the spa, the Sanctuary at Kiawah Island is a true Southern gem. For more information call (877) 683-1234 or visit www.thesanctuary.com

Four Seasons Whistler Whistler, British Columbia, Canada

Whistler is reknowned for unparalleled skiing, claiming the longest lift-served vertical on the continent as well as the alpine and Nordic events for the 2010 Winter Olympic Games. Consequently, it came as no surprise when the Four Seasons Whistler opened last summer at the base of Blackcomb Mountain. Throughout the property you'll see local British Columbian ingredients highlighted from the fare at Fifty Two 80 Bistro (named for the number of feet Blackcomb towers above the village) to the spa. In the spa, book the Marine Body Polish, which features local British Columbian salts.

When your not spa-ing, hit the slopes; the ski concierge can arrange everything from lift tickets to private lessons. For more information call (604) 935-3400 or visit www.fourseasons.com/whistler

The Palms Turks and Caicos

When the Palms opens its doors this January, the \$85 million property promises to expand the definition of luxury. Just a two-hour flight from Miami, the twelve-acre property lies on the famed Grace Bay Beach. En-suite check-in, 450-thread count Egyptian linens, hydromassage bathtubs, and the use of an iPod Mini are among the Palms' distinguishing amenities. The spa features eight hand-cut coral stone treatment rooms that are surrounded by water and boast their own forty-foot palm. Treatments, which are inspired by both the local land and waters, include the Mother of Pearl, an exfoliation, which uses ground conch shells, aloe, and lemongrass oil, and the Zaréba, a customized steam and massage that features indigenous herbs. For more information call (866) 877-7256 or visit www.thepalmstc.com

Destination Spa

Green Valley Spa St. George, UT

Since its 1985 opening, Green Valley Spa has been catering to individuals seeking a lifestyle change. Your visit will include outdoor excursions like hiking, rock climbing, mountain biking, and tennis as well as such optional adventure classes as repelling and zip-lining. Soothe your tired muscles in the spa with the Pearl Skin Polish (powdered pearls and sand provide a gentle exfoliation) or Rapunzel's Secret Hot Oil treatment for your tired tresses. Their life enhancement programs include life coaching and medical assessments by Dr. Gordon Reynolds. And their cuisine is diet-friendly—they cater to both low calorie and low-carb South Beach dieters. For more information call (800) 237-1068 or visit www.greenvalleyspa.com

Lake Austin Spa Resort Austin, TX

Lake Austin has long been recognized as a premier destination spa resort, but with the unveiling of their new LakeHouse spa they've become a haven for spa-devotees worldwide. Fitness options include kayaking, hiking, biking, water yoga, NIA, and tai-chi as well as African dance, yoga, Pilates, and meditation. Their discovery programs focus on lifestyle change and include courses on aromatherapy, cooking, and creating a home-spa. In the spa, sample the Olive Our Love, an olive stone exfoliation, olive oil wrap, and scalp and full-body massage that takes advantage of the natural moisturizers found in olives. For more information call (800) 847-5637 or visit www.lakeaustin.com

Rancho la Puerta Tecate, Mexico

Rancho la Puerta, one of the most well-known health resorts in the world, offers vacationers and health-seekers alike a chance to reconnect or re-establish their fitness goals. Both singles and couples will feel comfortable here as dining is communal and varied accommodations allow for mingling or hiding out. Each day dozens of fitness classes are offered ranging from two to seven-mile hikes, yoga, Pilates, NIA, African dance, and meditation. Nightly lectures vary from sexuality to spirituality, while the spa caters to those tied-in-a-knot muscles. A boot camp for adults, Rancho la Puerta is the perfect place to find your healthy, and sometimes hidden, self. For more information call (800) 443-7565 or visit www.rancholapuerta.com

Boutique Spas

Calistoga Ranch Napa, CA

As you walk into your cedar guest lodge, you'll be swept away with the Napa Valley views, intoxicating scents, and resort service at this 47-lodge hideaway. Less than a year old, Calistoga Ranch has quickly become the place to be when you want to escape to nature without having to forgo any of the luxuries of designer living. Each lodge features indoor and outdoor living spaces, fireplaces, and a unique bath garden with an outdoor shower. In the afternoon, visit the Bathhouse for a dip in their hot pool and a Calistoga Ranch Mud Wrap, which uses the rich Calistoga mud in combination with eucalyptus for a relaxing and restorative spa experience. Before dinner, work up your appetite at the complimentary wine tasting offered by such wineries as Joseph Phelps. For more information call (707) 254-2820 or visit www.calistogaranh.com

Copperwynd Fountain Hills, AZ

Although Copperwynd is well-known for its extensive tennis program, the spa at this 40-room property has been making waves with their unique healing treatments. Try Perscentology, one of their signature treatments, which includes personality profiling, Scen Tao (an experience that combines Shiatsu techniques, hot stone, and toe reading), and reflexology to help you find direction in your life. Or try the Cloud Nine two-hour treatment that incorporates nine steps of massage and herbal applications for a deliciously decadent spa treatment. Equally decadent is the cuisine at Alchemy, Copperwynd's fine dining venue that offers unsurpassed views of the Sonoran desert. For more information call (480) 333-1900 or visit www.copperwynd.com

Mirbeau Inn and Spa Skaneateles, NY

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