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Beyond Hot Stone Massages: 6 Hot Spa Trends

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Mind Massage

Can't seem to quit smoking or shed those stubborn pounds? Searching for your true calling in life? Many spas now have psychics, astrologers, and hypnotists on staff to guide guests through physical and mental blocks.

No longer considered fringe therapies, New Age treatments are picking up where traditional treatments leave off. The Phoenician's "Perfect Balance," a combined tarot card reading and personalized meditation targeting the "emotional body," is one of the spa's most popular offerings.

More offbeat therapies are also making it onto spa schedules. Guests at the The Spa at Camelback, for example, start the day with crack-of-dawn "healing drum circles," a Native American tradition designed to induce inner peace. Miraval spa-goers can find their life's mission through an unusual form of color therapy -- picking bottles of brightly hued waters that hold personal messages.

Guests of Scottsdale's CopperWynd Resort swear by its resident "toe reader," who can divine the future from bumps, warts, and disfigurements on your little piggies. And a staff psychic diagnoses imbalances in the body by reading auras (energy fields), chakras (energy points), and even belly buttons!

Continued: New Twist on Fitness >>

Source: LHJ.com - Ladies' Home Journal online

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