



Destination Spas

What's better than spending the day at a spa? How about a complete spa getaway in **Los Cabos**, **Tuscany** or **Santa Fe**? Read on to discover these one-of-a-kind escapes that make vacationing good for the mind and body.

Las Ventanas al Paraíso in Los Cabos, Mexico

By RITA COOK

THE SPA AT LAS VENTANAS AL PARAÍSO is a five-star property that boasts celebrities on the guest list most weeks and will make you feel like royalty, too. Hitting all the right prerequisites, Las Ventanas' spa offers an eco-friendly design both in the treatments and the treatment rooms, using a list of green products that create the perfect tone of well-being.

The folks at Las Ventanas call the spa experience a "total lifestyle" methodology, and it's the kind of place you will want to spend the day. An indoor-outdoor experience, the spa's lobby boasts a rock fountain and seating area under a large palapa. After being checked in, guests can spend time in the circular solarium with a chance to meditate to the sounds of harmonic tones of crystal bowls.

Also upon arrival you are asked to choose from both a music and aroma menu for your upcoming spa treatment. For music the choices are as diverse as Sounds of Mother Earth, Gregorian Chants, Celtic or Ancestral music. Combined with aromas to balance the mind body and spirit from air, earth, fire or water



The facilities (Top);
Treatment room (Above);
and the Solarium (left).



options, you'll experience a full-blown sensory encounter even before entering the treatment room.

The Spa at Las Ventanas also offers treatments you won't find anywhere else. The Holistic Twilight Ceremony incorporates candles in the spa solarium while crystal bowls resonate with harmonic tones to clear the energy. Known as "Limpia" by the local Mayans, their classic energy cleansing ceremonies are performed with sage smoke and shaman prayers.

The Grounding Equilibrium Shirodhara utilizes an ancient therapy to restore inner calm to the mind and balance emotions. The treatment begins with an herbal exfoliation and foot massage followed by a gentle stream of warm oil poured over the 'third eye' then massaged into the hair and scalp.

A spa cuisine is also part of the Las Ventanas plan. While a variety of healthy choices to send you on your way certainly exists, one highlight is the Nopal Detox Smoothie, a delicious way to get your daily dose of vitamin C and amino acids while also diminishing cellulite and fluid retention the earth-friendly way.

For more information, go to RosewoodHotels.com/en/lasventanas or call 888-Rosewood.



Via Clodia Spa Package in Rome and Tuscany

By MIMI GREENWOOD KNIGHT

WHAT COULD BE MORE ROMANTIC than a Tuscan Spa getaway or a romantic Roman holiday? How about the ultimate pairing of the two? If you're looking for the definitive Italian experience, consider this combination Roman/Tuscan vacation which offers two nights each at Hotel Majestic in historic Via Veneto, Rome, and Terme di Saturnia Spa and Gold Resort in beautiful Tuscany.

The genesis of this Via Clodia Spa Package can be found in the Etruscan tradition of celebrating the riches and culture of Italy's "Eternal City" Rome followed by a Northern jaunt to embrace peace and solitude in the green hills



TRAVELERS WILL ENJOY



▲ In Rome:

- deluxe accommodations
- guided tours with knowledgeable guides
- close proximity to historic sites, art galleries and shopping districts
- gym access
- daily buffet breakfast
- private transport from airport to hotel
- gourmet dining



▲ In Tuscany:

- private transport from Rome to Tuscany
- thermal pools
- Roman bath with sauna and steam room
- natural hydromassage waterfalls
- sunbed in hot pools park
- tennis courts and golf driving range
- daily buffet breakfast
- gourmet dining



of Tuscany. The combination offers just that—the history of Rome and the tranquility of Tuscany, all wrapped up in this four-night package.

The Hotel Majestic, circa 1889, was the first hotel built on the Via Veneto and has remained the Grand Dame of Roman hotels. World renowned for its neoclassic grandeur, it also offers many modern conveniences you look for in a hotel. Spacious

guestrooms feature fine antiques and Filippo La Mantia Restaurant offers some the area's finest gourmet cooking.

After the hustle and bustle of Rome, you'll escape to Tuscan tranquility in the world-class Terme di Saturnia Spa where ancient healing thermal spring waters flow at a constant 98 degrees. After a day of pampering and rejuvenation in the therapeutic thermal pools, you can enjoy authentic Tuscan dining at the resort's All'Acquacotta Restaurant.

In both places you'll enjoy the milder temperatures, smaller crowds and more affordable fares during the off season.

To discover more or to book your Via Clodia Spa Package Vacation, visit TermediSaturnia.com.



The Four Seasons Santa Fe's Spa at Rancho Encantado

By PAMELA HAMMONDS

THE FOUR SEASONS BRAND IS SYNONYMOUS with first-class service and elegant amenities. So it should come as no surprise that their Resort Rancho Encantado Santa Fe in Santa Fe, New Mexico, boasts a spa worthy of its famous trademark.

Recognized as one of the best spas in the world by Tatler magazine, the Spa at Rancho Encantado is uniquely designed to replicate the sacred kiva rooms of the indigenous Pueblo Indians. Comfortable, simple and serene, the spa's unassuming Southwest style sets the tone for regionally-inspired treatments, massages and bodywork—all complemented by the best rituals from the Far East.

The Spa at Four Seasons Resort Santa Fe pays homage to the surrounding region through an appreciation of its distinctive natural amenities. Its treatment style integrates the highest standards of service with the best ingredients available using dedicated treatments to address the needs of bodies exposed to the high desert of Santa Fe. Guests can indulge in a variety of therapies to purify, tone and exfoliate the body.



^ BEST AMENITY:
Luxury suites that open to the fresh desert air, featuring a private bathing courtyard.



Curious about what Eastern medicine might offer for your skin and body? Rooted in the meticulous observation of nature, the cosmos and the human body, these ancient techniques believe that human beings have an intimate relationship with the environment on all levels. The intention of these treatments is to align and balance the energy fields within the body through acupuncture, Shiatsu massage, Thai massage or Thai herbal compresses. The result? A relaxed body, refreshed mind and renewed energy.

The spa's Ayurvedic treatments are based on healing techniques that originated in India more than 5,000 years ago and are best received in silence for total relaxation. Considered by many scholars to be the oldest recorded healing science, Ayurveda is derived from a Sanskrit word meaning "the science of life."

Whether you plan on a couples' getaway or a retreat with close friends, Scottsdale's picturesque sunsets provide the perfect backdrop for a serene spa escape Four Seasons-style. 

Book spa appointments with one click online at [FourSeasons.com/SanteFe/Spa](https://www.fourseasons.com/SanteFe/Spa) or call 505-946-5700.

