

Spa allure

THE BEAUTY EXPERT
2008

RELAX,
DE-STRESS,
LOSE WEIGHT
THE ULTIMATE INSIDERS'
GUIDE TO SPAS

Spa Diet
Secrets

Breathing
Room

By *Eat, Pray, Love's*
Elizabeth Gilbert

Do I Have to
Get Naked?
21 Answers to Etiquette Questions

Julia Stegner
The Model Gets Masked,
Buffed, Scrubbed, and Rubbed

THE BEST SPAS IN
NEW YORK, MEXICO, THE
CARIBBEAN & MORE

Destination SPAS DIRECTORY

no talking all the way to the summit, where you do tai chi with the group.

Resort Capacity: 42 **Phone:** 800-424-0777 **Price:** \$7,995 and up per week (including spa treatments)

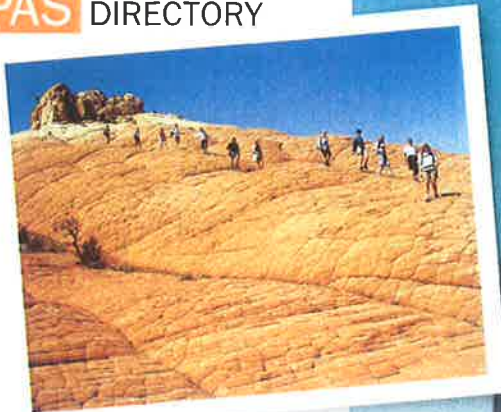
Spa at the Carneros Inn Napa, California

Overall Flavor: Set on 27 pastoral acres, this spa is unremarkable from the outside, but inside it's airy and offers appealingly sybaritic spa treatments. The food is mostly organic, and alcohol is served.

Best Room: The vineyard-view cottages, which each feature a fireplace and a wall of glass doors that open onto a private terrace and the spectacular countryside.

Things You Must Do: Soak in one of the outdoor hydrotherapy tubs overlooking the hills; take private yoga sessions—they're performed outdoors and are followed by a massage and alfresco shower (every cottage has one).

Resort Capacity: 125 **Phone:** 888-400-9000 **Price:** \$4,200 and up per week (including spa treatments)



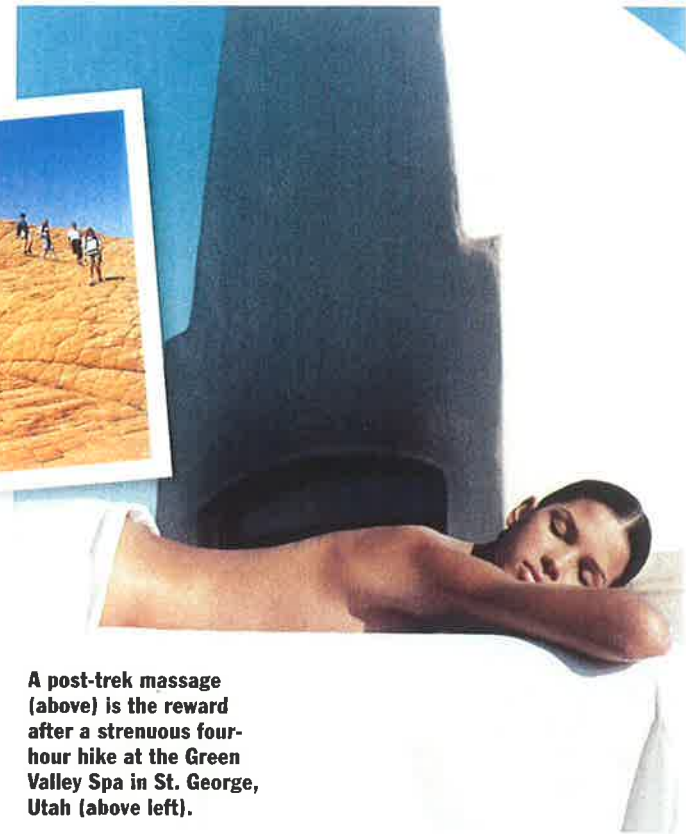
The Ojai Valley Inn & Spa Ojai, California

Overall Flavor: This sprawling Spanish Colonial resort offers one-on-one fitness instruction, Native American-inspired spa treatments, and an impressive art studio. They serve alcohol and a wide variety of foods.

Best Room: Number 733 has two fireplaces, a living room, and a patio with a fire pit.

Things You Must Do: Visit the Artist's Cottage and Apothecary, for drawing or painting classes, or to blend your own scents; get an Ojai Lavender Sugar Scrub, which uses the spa's indigenous lavender.

Resort Capacity: 800 (plus) **Phone:** 800-422-6524 **Price:** \$3,700 and up per week (including spa treatments)



A post-trek massage (above) is the reward after a strenuous four-hour hike at the Green Valley Spa in St. George, Utah (above left).

Utah Green Valley Spa St. George, Utah

Overall Flavor: At this western spa, you can climb up or rappel down the Red Rock Mountains, zip-line across a canyon, or ride a horse through Zion National Park. The menu is low-fat; wine and beer are served.

Best Room: The Residence, a two-bedroom house with a

gym, sauna, Jacuzzi, and grill, as well as a fireplace and a plasma TV in every bedroom.

Things You Must Do: Go rock climbing—there are 1,500 routes (the pros recommend Hell's Backbone for its amazing views); go mountain biking through the hills—they have treks for riders of every level.

Resort Capacity: 100 **Phone:** 800-237-1068 **Price:** \$4,285 and up per week (including spa treatments)

