

TRAVEL + LEISURE

OCTOBER 2002

The
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Spas

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STYLE ISSUE

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PLUS Diane and Tatiana von Furstenberg: Insider's Guide to L.A.

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Relaxing in an Orange Blossom Soak at the Golden Door.

DESTINATION SPAS

- MIRAVAL, LIFE IN BALANCE, Catalina, Arizona 90.91**
Signature treatment: Hot Stone Massage (50 MIN., \$95)
Over-the-top treatment: Ultimate Ayurvedic Treatment (massage, Shirodhara, wrap; 100 MIN., \$195)
- GOLDEN DOOR, Escondido, California 90.00**
Signature treatment: Warm Honey Wrap and Orange Blossom Soak (50 MIN., ALL-INCLUSIVE)
Over-the-top treatment: Pineapple Scrub, followed by massage with pineapple gel, oil, and moisturizer (50 MIN., ALL-INCLUSIVE)
- CANYON RANCH IN THE BERKSHIRES HEALTH RESORT, Lenox, Massachusetts 89.81**
Signature treatment: Euphoria (scalp massage, body wrap, soak, massage; 100 MIN., \$220)
Over-the-top treatment: Canyon Ranch Mango Sugar Glo scrub (50 MIN., \$120)
- CANYON RANCH HEALTH RESORT, Tucson 89.66**
Signature treatment: Euphoria (scalp massage, body wrap, soak, massage; 100 MIN., \$220)
Over-the-top treatment: Wassertanzen watsu massage (50 MIN., \$115)
- LES THERMES MARINS DE MONTE-CARLO, Monaco 88.89**
Signature treatment: Thalassotherapy massage (25 MIN., \$118)
Over-the-top treatment: 24-treatment well-being and beauty package (\$1,793)

The Best Spas for Treatments

HOTEL SPAS

United States and Canada

- FOUR SEASONS RESORT HUALALAI, Hawaii 92.79**
Signature treatment: Hualalai Hot Rock Massage (50 MIN., \$135)
Over-the-top treatment: Ayurvedic Foot Treatment (50 MIN., \$140)
- MANDARIN ORIENTAL, Miami 92.50**
Signature treatment: Time Ritual (customized treatments in a spa suite; \$180 PER HOUR, TWO-HOUR MINIMUM)
Over-the-top treatment: Balinese Synchronized Massage (110 MIN., \$380)
- GRAND WAILEA RESORT HOTEL & SPA, Maui 91.29**
Signature treatment: Lokelani Facial with rose-oil massage (80 MIN., \$205)
Over-the-top treatment: Coconut Euphoria Hawaiian Bath Treatment (with scalp massage; 50 MIN., \$140)
- BOULDERS RESORT & GOLDEN DOOR SPA, Carefree, Arizona 90.00**
Signature treatment: LaStone Therapy (hot-stone massage; 80 MIN., \$175)
Over-the-top treatment: Turquoise Wrap (turquoise-infused bath and turquoise-and-honey wrap; 50 MIN., \$130)
- FOUR SEASONS RESORT MAUI AT WAILEA 89.68**
Signature treatment: Island Romantic Indulgence (in-room massage by two therapists; orchid bath; 80 MIN., \$335)
Over-the-top treatment: Hawaiian Temple Lomilomi (110 MIN., \$445)

- THE GREENBRIER, White Sulphur Springs, West Virginia 89.46**
Signature treatment: Greenbrier Treatment (soak in sulfur water, steam or sauna, Swiss shower, 25-minute massage; 50 MIN., \$97)
Over-the-top treatment: Kate's Black Walnut Scrub with Vichy shower (50 MIN., \$92)
- THE PENINSULA, Beverly Hills 89.41**
Signature treatment: Ultimate Facial with microdermabrasion, silver ion mask, oxygen therapy (90 MIN., \$240)
Over-the-top treatment: Dhanwantari (foot bath and massage, wrap, face and scalp massage, Shirodhara; 2 HR., \$375)
- POST RANCH INN, Big Sur, California 89.31**
Signature treatment: Big Sur Jade Stone Therapy (with aromatherapy, massage, reflexology; 2 HR., \$230)
Over-the-top treatment: Crystal and Gemstone Therapy with facial (2 HR., \$230)
- WILLOW STREAM AT FAIRMONT BANFF SPRINGS, Alberta 89.09**
Signature treatment: Ultimate Ascent (foot bath, dry brush exfoliation, massage, body wrap; 2 HR., \$174)
Over-the-top treatment: Thalasso KUR with body wrap and massage (90 MIN., \$179)
- FOUR SEASONS, New York 88.85**
Signature treatment: Executive Recharger (facial, massage, manicure, pedicure; 3 1/2 HR., \$335)
Over-the-top treatment: Japanese Lifting Facial (90 MIN., \$235)

Rest of the World

- THE ORIENTAL, Bangkok 96.13**
Signature treatment: Oriental Massage (90 MIN., \$80)
Over-the-top treatment: Oriental Herbal Wrap with milk and herbs (1 HR., \$55)
- BRENNER'S PARK-HOTEL & SPA, Baden-Baden, Germany 94.74**
Signature treatment: "Body Tortures," massages targeting specific areas (1 HR., \$90)
Over-the-top treatment: Medical Thai Massage (90 MIN., \$145)
- LANNA SPA AT THE REGENT CHIANG MAI RESORT & SPA, Thailand 94.44**
Signature treatment: Lanna Spa Sampler (steam, massage, facial; 3 HR., \$135)
Over-the-top treatment: Herbal Blend (steam, body polish, herb wrap, massage, herbal elixir; 4 HR., \$180)
- THE PENINSULA, Hong Kong 93.04**
Signature treatment: Reflexology (1 HR., \$63)
Over-the-top treatment: Spa Indulgence Package (breakfast, body treatment, facial, champagne; ALL DAY, \$468)
- FOUR SEASONS RESORT BALI AT JIMBARAN BAY 92.00**
Signature treatment: Balinese massage (90 MIN., \$85)
Over-the-top treatment: Lulur Jimbaran (yogurt-and-turmeric scrub and wrap; 2 HR., \$110)