

Spa

Healthy Living,
Travel & Renewal

18 ULTIMATE ESCAPES

TO UNWIND, DE-STRESS,
AND HAVE FUN

- JAMAICA
- MALDIVES
- MEXICO
- BAHAMAS
- THAILAND
- ST. LUCIA
- AND MORE...



**FIND BALANCE:
5 EASY STEPS**

**Instant
Wrinkle Relief**
(page 50)

**SNACKS FOR
HEALTHY SKIN**

**Why Mineral
Makeup Is Better**
(page 45)

**+
TOP ECO-SPAS**
(you can enjoy guilt-free)

JUNE 2008 U.S. \$4.99



BACK TO NATURE

Treatments come alive with the vitality of freshly harvested ingredients grown just beyond the spa's doors.

Outdoor experiences and treatments featuring local bounty connect you with the gifts of the natural world.



bio-swiss organic facial

vitals: \$140, 55 minutes; The Spa at The Carlton Club at The Ritz-Carlton Chicago
the experience: Oxygen, alpine-grown botanicals, and glacial water bring the beauty of the outdoors into this luxurious, collagen-boosting facial experience.
extra green: Made with certified organic extracts in small batches, Luzern Laboratories' Bio-Swiss products are also formaldehyde- and paraben-free.

the ritual of magical aromas

vitals: \$140, 60 minutes; Aroma Spa at Esencia, Playa del Carmen, Mexico
the experience: Set your intention toward love, inspiration, harmony, or health for this massage, then witness the blending of natural ingredients — such as lime, honey, and mango — to make dreams come true.
extra green: Instead of toxic paint, walls are covered in a paste derived from a renewable tree bark.

pacific sea detox

vitals: \$235, 90 minutes; Indigo Eco-Spa at Stevenswood Spa Resort, Little River, California
the experience: Both soothing and invigorating, this gentle detox is stimulated by an essential oil-laced ocean-clay body masque and reviving massage.
extra green: Locally produced redwood essential oil lends the treatment an air as majestic as the trees that line the stunning Northern California coastline.

lemon verbena, sage, and thyme body polish

vitals: \$110, 60 minutes; Farm House Spa at Hampton Island Preserve, Hampton Island, Georgia
the experience: More than a refreshing exfoliation, this herbal treatment comes alive with the vitality of freshly harvested ingredients grown just beyond the spa doors in a six-acre organic garden.
extra green: The spa is part of a private reserve that includes tidal saltwater marshes and pristine maritime forests.

banana bliss

vitals: \$60, 90 minutes; The Healing Centre of Radiant Awakening at The Harmony Hotel, Nosara, Costa Rica
the experience: Like a smoothie for the skin, a nourishing fresh-fruit masque is applied before the body is enveloped in banana leaves. Thus wrapped, a head