

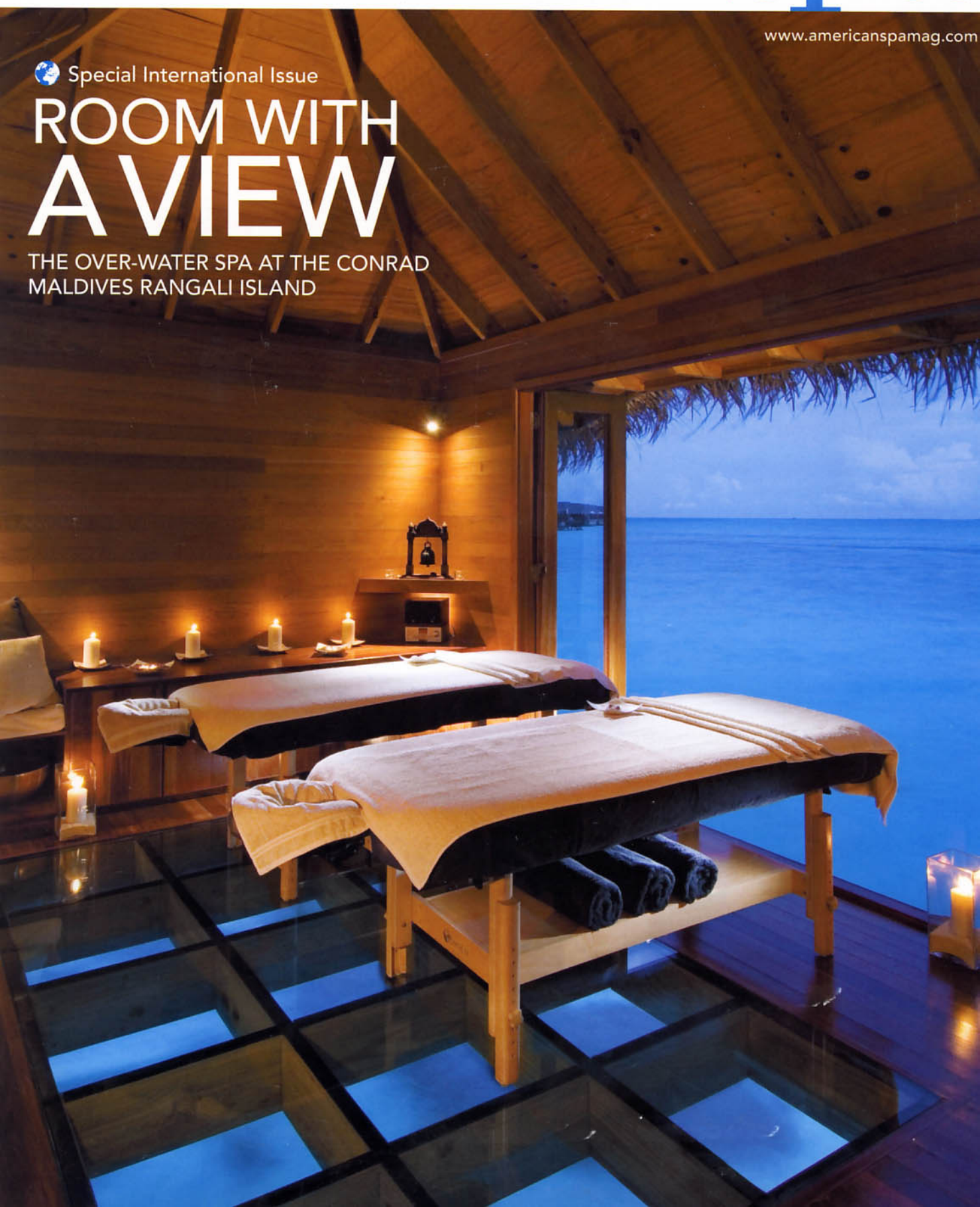
american spa

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 Special International Issue

ROOM WITH A VIEW

THE OVER-WATER SPA AT THE CONRAD
MALDIVES RANGALI ISLAND



soothing seeds

Amid Napa Valley's acres of grapevines, bright yellow mustard flowers spring from the fertile soil. Along with adding a splash of springtime color to the gorgeous landscape, mustard is also known for its detoxifying and rejuvenating properties, making it an ideal ingredient in the Couples Mustard Bath (\$275 per person, 90 minutes) at **Auberge Spa** at Auberge du Soleil (Rutherford, CA). First, skin is exfoliated with a blend of minerals and grapefruit, juniper, and lemongrass essential oils. Next, the couple takes a soak in a private outdoor tub filled with certified organic mustard seed powder and eucalyptus, rosemary, thyme, and wintergreen essential oils. The session concludes with a side-by-side massage using mustard seed oil

blended with essential oils of lavender, rosemary, sandalwood, and thyme in a sunflower and almond oil base, a warm and invigorating mixture that is ideal for eliminating toxins and impurities, toning muscles, and soothing nerves. "We are fortunate to find ourselves amid the abundance and beauty of wild mustard in the spring, and it is fitting that it has been one of our most popular seasonal treatments over the years," says spa director Amy Wilson-Moghina. "Named to spark an inquisitive spa-goer, this treatment's reality is far from the vision of sitting in a vat of yellow French's style mustard. It is highly detoxifying, uplifting, and restorative, which is a perfect match for guests after a weekend of over-indulgence in wine country."—J.K.

