

240 TOP SPAS IN THE U.S., MEXICO, THE CARIBBEAN, CANADA

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The New Age of the American Spa

The verdict is in. By combining European and Asian treatments with fitness and pampering, U.S.-style spas have no equal. This year, so many spas in the U.S., Canada, Central America, the Caribbean, and at sea achieve such high ratings that we introduce **240 winners**

Text by Beata L. Santora

Soaking it in: At the Four Seasons Resort Costa Rica at Peninsula Papagayo.

IT IS NOTHING SHORT OF A PHENOMENON. Not since Roman emperors competed to build the most sumptuous baths (winner: *Thermae Diocletiani*) has the human body been so gloriously indulged, and in such magnificent places.

The rise of the homegrown American-style spa has been both momentous and swift. Only 20 years ago, when they were mocked as “fat farms,” the United States had perhaps 50 first-rate spas. Since then, fitness, diet, and pampering programs have been joined by treatments from Italian *fango* mud packs to Thai massage and yoga. Spas are not only health-conscious, of course, they’re also a healthy \$12.8 billion global industry, and had 17.8 percent growth last year. The United States alone has more than 12,000—and quality has kept pace with quantity.

In this, our twentieth annual spa survey, 240 spas earn high ratings—almost triple the number of last year’s winners. Why such an explosion? While spas were once the province of women, new services have been added for children, teens, seniors, men, and pregnant women. One in four Americans has by now spent time wrapped in seaweed, sweating out a forced march, stretched out on a Pilates Reformer, or dining on quinoa salad—spoonfuls of medicine in sugary destinations from Hawaii to Banff and Cancún to Connecticut.

Travel has always been a tonic, if not a cure, so why not escape for a quick week of rejuvenation and relaxation? And with so many superb spas, the only question is where.

Diocletian dreamed big. But he never dreamed of what we have.



Overall Score



Treatments



Spa Staff

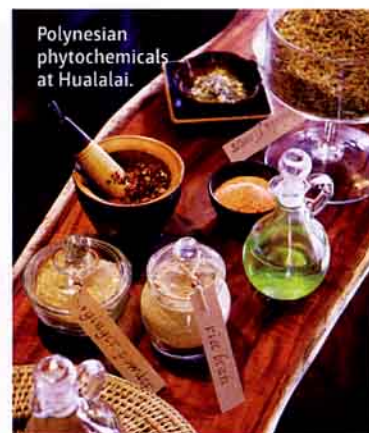


Spa Facilities



Price of Basic Massage

Hotel Spas



Personal Touch

More than ever, spas use local ingredients and custom blends to personalize services, creating a more authentic, destination-based experience. Here are a few favorites:

✦ **Spa at King Pacific Lodge** The Outer-coast Seaweed Body Wrap combines local Pacific seaweeds to exfoliate; an Alaria algae body mask to detoxify, hydrate, and tone; and a Wild Seaweed firming gel to finish (\$185).

✦ **Hualalai Spa at the Four Seasons** Completely transformed and reopened in July 2009, the spa debuted new apothecary treatments based on the healing traditions of *kupuna* (island elders). More than 20 local ingredients, from Hawaiian vanilla to crushed macadamia nuts, are custom blended into unique treatments (\$50–\$400).

✦ **Mii Amo at Enchantment Resort** The Sedona Clay Wrap uses mineral-rich local clay and soothing cocoa to detoxify and as an anti-inflammatory, finished with an herb-infused native oil (\$150–\$220).



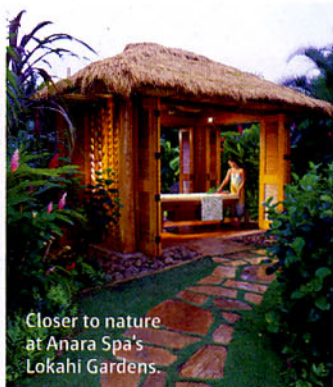
The Trifecta

For the first time ever, one spa achieves **PERFECT IOO** ratings for all three criteria—treatments, staff, and facilities: the *Old Edwards Inn and Spa in Highlands, North Carolina*. Among its unique and popular services: the hot soufflé mani-pedi and the skin-nourishing cocktail.



Rank	NORTH AMERICA	★	①	②	✦	💰
1	Old Edwards Inn and Spa, Highlands, N.C.	100	100	100	100	\$144
2	Mayflower Inn & Spa, Washington, Conn.	98.1	100	98.1	96.3	\$165
3	Mandarin Oriental, Washington, D.C.	96.7	96.7	96.8	96.8	\$195
4	The Peninsula, New York City	95.7	93.5	96.8	96.8	\$195
5	Four Seasons Hotel Westlake Village, Los Angeles	94.9	93.9	93.9	97.0	\$145
6	Four Seasons, Las Vegas	94.8	94.1	98.1	92.2	\$155
7	Langham Huntington, Pasadena	94.5	97.3	94.6	91.7	\$110
8	Four Seasons, Chicago	93.8	95.8	93.8	91.7	\$140
8	Omni Mandalay Hotel at Las Colinas, Dallas	93.8	96.2	92.6	92.6	\$110
10	The Peninsula, Chicago	92.4	93.6	92.5	91.3	\$155
11	L'Auberge de Sedona, Sedona	92.2	96.0	96.2	84.6	\$130
12	Borgata Hotel Casino & Spa, Atlantic City	91.7	92.8	90.3	92.0	\$130
13	Inn and Spa at Loretto, Santa Fe	91.6	92.6	92.9	89.3	\$110
14	Auberge du Soleil, Napa Valley	91.5	90.5	91.7	92.4	\$180
15	Mandarin Oriental, Miami	91.4	91.9	90.3	91.9	\$150
15	Ritz-Carlton New York, Central Park	91.4	96.4	92.6	84.6	\$200
17	Watermark Hotel & Spa, San Antonio	91.0	91.7	91.7	89.6	\$119
18	Post Ranch Inn, Big Sur	90.8	92.2	93.5	86.5	\$140
19	Caesars Palace, Las Vegas	90.1	89.7	89.9	90.8	\$140
20	Bellagio, Las Vegas	89.9	89.8	88.6	91.2	\$130
20	Ritz-Carlton, Chicago	89.9	90.9	90.9	87.9	\$125
20	Salish Lodge & Spa, Snoqualmie, Wash.	89.9	91.6	86.7	91.5	\$115
23	Four Seasons, New York City	89.7	92.3	89.7	87.2	\$225
24	Four Seasons, San Francisco	89.5	91.4	88.6	88.6	\$114
25	Shutters on the Beach, Santa Monica	89.2	89.2	89.2	89.2	\$150
26	Caesars, Atlantic City	89.0	87.5	91.7	88.0	\$140
27	Beverly Hills Hotel and Bungalows	88.9	94.4	91.7	80.6	\$190
28	The Peninsula, Beverly Hills	88.8	92.5	92.6	81.5	\$160
29	Four Seasons, Los Angeles at Beverly Hills	88.5	93.5	91.7	80.3	\$160
30	The Venetian, Las Vegas	87.9	89.1	86.8	87.7	\$150
31	Four Seasons, Austin	87.2	88.5	88.5	84.6	\$130
32	Four Seasons, Washington, D.C.	86.8	83.3	88.5	88.5	\$135
33	White Barn Inn & Spa, Kennebunkport, Me.	86.7	90.0	90.0	80.0	\$135
34	Ritz-Carlton, South Beach	86.4	88.2	88.2	82.7	\$135
35	Mandarin Oriental, New York City	86.3	86.3	86.3	86.3	\$215
36	Loews Santa Monica Beach Hotel	86.2	89.3	83.3	86.2	\$115
37	Beverly Wilshire, Beverly Hills	86.0	89.6	91.7	76.6	\$165
38	Waldorf Astoria Hotel & Towers, New York City	85.9	92.0	88.9	76.9	\$255
39	Charleston Place, Charleston, S.C.	85.4	89.1	80.4	86.7	\$115
40	Hotel at Mandalay Bay, Las Vegas	85.3	84.7	85.7	85.6	\$135
41	The Mirage, Las Vegas	85.0	86.5	82.9	85.5	\$130
42	Bernardus Lodge & Winery, Carmel Valley, Calif.	84.9	91.7	87.8	75.5	\$125
42	Rosewood Crescent Hotel, Dallas	84.9	87.1	87.1	80.6	\$100
44	Ventana Inn & Spa, Big Sur	84.7	84.9	84.9	84.3	\$120
45	W Chicago Lakeshore	84.6	84.6	88.5	80.8	\$150
46	Hotel del Coronado, San Diego	83.9	84.9	88.2	78.5	\$160
47	Ritz-Carlton, New Orleans	83.8	85.7	81.8	84.1	\$130
48	Fairmont, San Francisco	83.6	85.4	85.4	85.0	\$90
49	Las Vegas Hilton	83.3	87.5	85.7	77.1	\$105
49	Ritz-Carlton, San Francisco	83.3	88.2	82.4	79.4	\$155

★ Overall Score ① Treatments ② Staff ✦ Facilities 💰 Basic Massage



Closer to nature at Anara Spa's Lokahi Gardens.

Half a Massage Is Better than None

Whether it becomes a growing trend remains to be seen, but shorter (and less expensive) services are beginning to appear on spa menus. The **Hashani Spa** at the JW Marriott Starr Pass in Tucson has half-hour refresher facials (\$65) and massages (\$59). The **Anara Spa** at the Grand Hyatt Kauai has 25-minute massages (\$105) and add-on options (\$85). In Santa Fe, **Ten Thousand Waves** has a menu of 25-minute treatments (\$55–\$85).



California, Here We Come

Missions have always been big in California, so no wonder aesthetic missions now outnumber the traditional ascetic ones: Of our top 150 North American spas, 32 are north of San Diego and south of Sonoma. Top-rated among them is the **Well Spa** at Miramonte Resort in Indian Wells. Specialties include the **Bagno Vino**, or Wine Bath, and the **Bagno Minerale** (both 15 minutes, \$45). Couples can book packages such as the **Putt and Pamper**, which includes golf and one spa treatment (from \$379), and **Spa for Two**, with two treatments per room per night (doubles, from \$384).

Resort Spas

Rank	UNITED STATES	★	📍	👤	⚙️	💰
1	Miramonte Resort & Spa, Indian Wells, Calif.	96.1	96.1	98.7	93.4	\$110
2	Calistoga Ranch, Napa Valley	95.9	96.9	95.4	95.4	\$150
3	Ritz-Carlton Orlando, Grande Lakes, Fla.	95.6	96.7	96.7	93.3	\$130
4	Ritz-Carlton Lodge, Reynolds Plantation, Greensboro, Ga.	95.4	95.8	94.5	95.8	\$155
5	American Club, Kohler, Wisc.	95.2	96.4	94.0	95.2	\$140
6	Peaks Resort & Golden Door Spa, Telluride, Colo.	95.1	96.3	92.6	96.3	\$130
7	Lodge at Sonoma	94.8	96.2	92.3	96.0	\$125
8	Inn at Palmetto Bluff, Bluffton, S.C.	94.7	98.0	92.0	94.0	\$145
9	Four Seasons Resort The Biltmore, Santa Barbara	94.6	95.2	93.5	95.2	\$155
10	Enchantment Resort, Sedona	94.5	93.2	94.3	95.9	\$150
11	Hyatt Regency Tamaya Resort & Spa, Santa Ana Pueblo, N.M.	94.4	95.1	95.2	92.7	\$130
12	Sanctuary at Kiawah Island Golf Resort, S.C.	94.3	92.6	94.3	95.9	\$155
13	The Greenbrier, White Sulphur Springs, W.Va.	94.2	95.3	94.2	92.9	\$140
14	Barnsley Gardens Resort, Adairsville, Ga.	93.6	94.2	96.2	90.4	\$95
14	Sundara Inn & Spa, Wisconsin Dells	93.6	92.9	90.5	97.6	\$135
16	Lake Austin Spa Resort, Austin	93.4	96.5	94.2	89.5	\$140
17	Ritz-Carlton, Palm Beach	93.3	91.4	97.1	91.4	\$160
18	St. Regis Resort, Monarch Beach, Dana Point, Calif.	93.2	95.2	89.3	95.2	\$175
18	West Baden Springs Hotel, French Lick, Ind.	93.2	93.1	93.3	93.1	\$120
20	Ritz-Carlton, Bachelor Gulch, Avon, Colo.	93.1	92.6	91.8	94.8	\$135
21	Kenwood Inn & Spa, Sonoma	93.0	97.7	97.7	83.7	\$130
21	Wynn Las Vegas	93.0	92.0	92.6	94.3	\$150
23	Ponte Vedra Inn & Club, Ponte Vedra Beach, Fla.	92.9	90.9	90.9	96.9	\$115
24	JW Marriott Orlando, Grande Lakes, Fla.	92.6	90.0	90.0	97.6	\$130
25	Four Seasons Resort and Club Dallas at Las Colinas	92.5	94.4	94.3	88.6	\$125
25	Montage Laguna Beach, Calif.	92.5	93.3	91.0	93.2	\$225
25	Royal Palms Resort and Spa, Phoenix	92.5	89.8	95.8	91.8	\$135
28	Fairmont Turnberry Isle Resort & Club, Aventura, Fla.	92.4	94.3	90.6	92.3	\$129
28	Falling Rock at Nemaquin Woodlands Resort, Farmington, Pa.	92.4	95.8	89.6	91.7	\$115
28	Ritz-Carlton, Lake Las Vegas	92.4	92.5	89.7	94.9	\$145
31	Ritz-Carlton, Laguna Niguel, Dana Point, Calif.	92.2	92.9	91.9	91.9	\$195
31	Ten Thousand Waves, Santa Fe	92.2	96.1	90.9	89.6	\$99
33	Sanctuary Camelback Mountain Resort, Paradise Valley, Ariz.	92.1	92.8	89.2	94.5	\$150
34	JW Marriott Starr Pass Resort & Spa, Tucson	92.0	91.4	91.5	93.1	\$125
35	Little Nell, Aspen	91.7	95.8	91.7	87.5	\$135
35	Solage Calistoga, Napa Valley	91.7	91.7	88.9	94.4	\$120
37	The Broadmoor, Colorado Springs	91.6	90.5	91.2	93.0	\$135
38	Miraval, Tucson	91.5	93.0	90.1	91.4	\$130
39	Canyon Ranch, Tucson	91.4	91.9	90.5	91.8	\$130
39	Red Rock Casino Resort Spa, Las Vegas	91.4	88.6	88.6	97.1	\$135
41	Bacara Resort & Spa, Santa Barbara	91.3	93.8	87.5	92.5	\$150
41	Gaylord Texan Resort, Grapevine, Tex.	91.3	92.6	88.9	92.3	\$135
43	Camelback Inn, Scottsdale, Ariz.	90.9	94.2	85.8	92.5	\$120
44	Ojai Valley Inn & Spa, Calif.	90.7	88.0	89.8	94.4	\$140
45	Pinehurst Resort, Pinehurst, N.C.	90.5	88.1	86.0	97.6	\$110
45	Ritz-Carlton, Key Biscayne, Fla.	90.5	89.8	93.9	87.8	\$140
47	Coeur d'Alene Resort, Idaho	90.2	90.3	91.8	88.5	\$115
47	Harbor Beach Marriott Resort & Spa, Fort Lauderdale	90.2	90.2	85.4	95.1	\$130
49	Disney's Saratoga Springs Resort & Spa, Lake Buena Vista, Fla.	90.1	92.6	88.9	88.9	\$120
49	JW Marriott Desert Ridge Resort & Spa, Phoenix	90.1	91.2	87.8	91.4	\$125

★ Overall Score 📍 Treatments 👤 Staff ⚙️ Facilities 💰 Basic Massage