

Free product giveaways! PAGE 14

Your favorite spas around the world PAGE 21

3 easy ways to cut calories PAGE 54



spa

travel+beauty+living

best treatments to ease pregnancy

Have a stress-free HOLIDAY!

- > Gift ideas that anyone will love
- > Spa cuisine for easy entertaining
- > Tips to sleep better all year round

spa tested

AT-HOME BEAUTY GADGETS

SUPPLEMENTS ARE THEY WORTH IT?

DECEMBER 2009 U.S. \$4.99



+ How to create the life of your dreams

*Relaxing at SLS Hotel at Beverly Hills, PAGE 60

READERS'
spa magazine 09
SILVER
SAGE
CHOICE

spatravel

YOUR FAVORITE SPAS



PAGE 22

SPAS BY
TYPE

PAGE 28

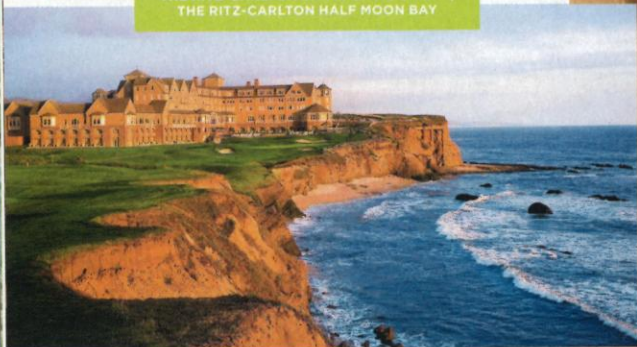
U.S. SPAS

PAGE 32

INTERNATIONAL
SPAS

With the end of another year on the horizon, we asked you to rate your favorite spas for 2009. As expected from such a savvy set of readers, your answers spanned the globe as well as the world of wellness. And while a few signature brands made multiple appearances, iconic independents and notable newcomers were well represented too. So sit back, lose yourself in this issue's special Spa Travel section, and join us in fantasizing about where to go for some well-deserved relaxation. >>

THE RITZ-CARLTON SPA HALF MOON BAY,
THE RITZ-CARLTON HALF MOON BAY



Favorite Resort/Hotel Spas Rockies & Southwest

Once a wild frontier, the region is now known as much for relaxation as for riding and roping. The following standouts (including a tie for fifth place) are on your trail to tranquility.

- 1 **The Spa at Camelback Inn**, Camelback Inn, A JW Marriott Resort & Spa (Scottsdale, Arizona)
- 2 **Arizona Biltmore Spa**, Arizona Biltmore (Phoenix)
- 3 **Sanctuary Spa**, Sanctuary on Camelback Mountain (Paradise Valley, Arizona)
- 4 **The Centre for Well-Being**, The Phoenician (Scottsdale, Arizona)
- 5 **The Ritz-Carlton Spa Dallas**, The Ritz-Carlton Dallas (Dallas)
- 5 **The Spa at The Broadmoor**, The Broadmoor (Colorado Springs, Colorado)

Favorite Resort/Hotel Spas South & Southeast

The hospitality of the South is reflected in your choice of destinations. The Grove Park Inn, a favorite of F. Scott Fitzgerald, makes your list, along with stellar spa brands Canyon Ranch, The Ritz-Carlton, and Mandarin Oriental.

- 1 **The Ritz-Carlton Spa Naples**, The Ritz-Carlton Naples (Naples, Florida)
- 2 **The Spa at The Grove Park Inn**, The Grove Park Inn Resort & Spa (Asheville, North Carolina)
- 3 **The Ritz-Carlton Spa New Orleans**, The Ritz-Carlton New Orleans (New Orleans)
- 4 **Canyon Ranch Hotel & Spa in Miami Beach** (Miami Beach, Florida)
- 5 **The Spa at Mandarin Oriental Miami**, Mandarin Oriental Miami (Miami)



THE SPA AT CAMELBACK
INN, CAMELBACK INN,
A JW MARRIOTT
RESORT & SPA

Favorite Resort/Hotel Spas Hawaii & South Pacific

Once again, spas in the world's most isolated island chain prove the most popular in the Pacific. Hawaii's volcanoes, rainforests, and pristine beaches provide the backdrop to your top five selections.

- 1 **Heavenly Spa by Westin**, The Westin Maui Resort & Spa Ka'anapali (Ka'anapali, Maui, Hawaii)
- 2 **Spa Grande**, Grand Wailea (Wailea, Maui, Hawaii)
- 3 **The Spa at Four Seasons Resort Maui**, Four Seasons Resort Maui at Wailea (Wailea, Maui, Hawaii)
- 4 **Anara Spa**, Grand Hyatt Kauai Resort & Spa (Koloa, Kauai, Hawaii)
- 5 **The Ritz-Carlton Spa Kapalua**, The Ritz-Carlton Kapalua (Kapalua, Maui, Hawaii)

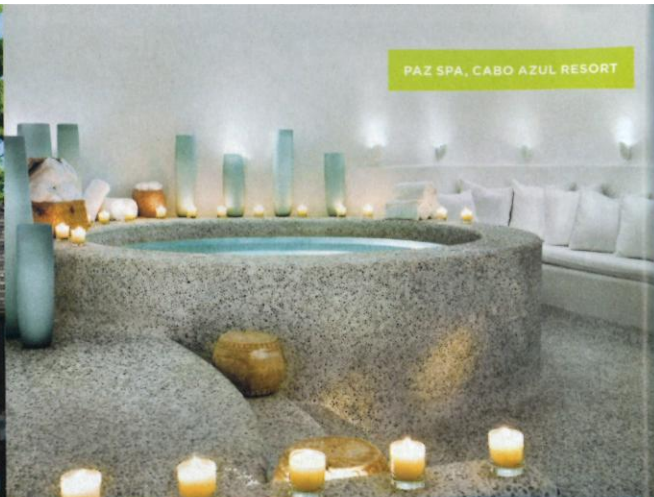
Favorite Resort/Hotel Spas Northern California & Pacific Northwest

From the Central Coast of California to Oregon and Washington, the pine-and-sea-scented air brings renewal. But it's clearly the Golden State that captured your heart. Here are the spas that draw you northwest.

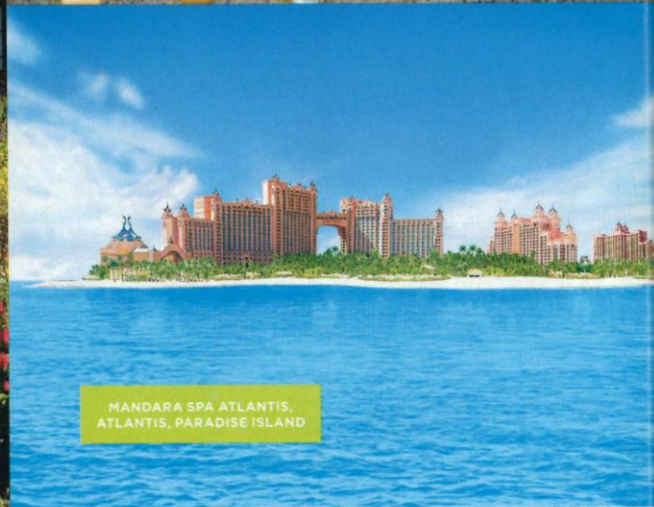
- 1 **The Ritz-Carlton Spa Half Moon Bay**, The Ritz-Carlton Half Moon Bay (Half Moon Bay, California)
- 2 **Auberge Spa**, Auberge du Soleil (Rutherford, California)
- 3 **The Spa at Pebble Beach**, The Lodge at Pebble Beach (Pebble Beach, California)
- 4 **Allegria Spa**, Ventana Inn & Spa (Big Sur, California)
- 5 **The Spa at The Fairmont Sonoma Mission Inn & Spa**, The Fairmont Sonoma Mission Inn & Spa (Sonoma, California) >>



STE. ANNE'S SPA



PAZ SPA, CABO AZUL RESORT



MANDARA SPA ATLANTIS, ATLANTIS, PARADISE ISLAND

INTERNATIONAL SPAS

Favorite Resort/Hotel Spas Canada

Host of the 2010 Winter Games, our neighbor to the north is already a gold medal spa destination: Unsurpassed natural beauty and provincial ambience pair with Old World therapies and state-of-the-art amenities throughout the country's spas. In the land of the maple leaf, these are your favorite places to go.

- 1 **Ste. Anne's Spa** (Grafton, Ontario, Canada)
- 2 **Willow Stream, the spa at The Fairmont Banff Springs**, The Fairmont Banff Springs (Banff, Alberta, Canada)
- 3 **The Spa at Four Seasons Resort Whistler**, Four Seasons Resort Whistler (Whistler, British Columbia, Canada)
- 4 **Vida Spa**, The Fairmont Chateau Whistler (Whistler, British Columbia, Canada)
- 5 **Santé Spa at Bear Mountain**, The Westin Bear Mountain Golf Resort & Spa (Victoria, British Columbia, Canada)

Favorite Resort/Hotel Spas Mexico

A resurgence of tourism and incredible travel deals have Mexico primed to pamper—a fact that hasn't gone unnoticed. According to the votes, these resort spas on both the Baja and Yucatan peninsulas hold your passport to south-of-the-border bliss.

- 1 **Paz Spa**, Cabo Azul Resort (San Jose del Cabo, Baja California Sur, Mexico)
- 2 **Armonia Spa**, Pueblo Bonito Pacifica Holistic Retreat & Spa (Cabo San Lucas, Baja California Sur, Mexico)
- 3 **JW Marriott Cancun Spa**, JW Marriott Cancun Resort & Spa (Cancun, Quintana Roo, Mexico)
- 4 **The Spa at Esperanza**, Esperanza, an Auberge Resort (Cabo San Lucas, Baja California Sur, Mexico)
- 5 **Spa Aqua**, Aqua Cancun (Cancun, Quintana Roo, Mexico)

Favorite Resort/Hotel Spas Caribbean

Cerulean seas, talcum-like beaches, and cultural diversity make the Caribbean islands a timeless playground for the senses. Fortunately, every day is recess at your favorite nurturing centers, which feature local ingredients, ethereal design, and outdoor treatments enhanced by the gentle touch of the trade winds.

- 1 **Mandara Spa Atlantis**, Atlantis, Paradise Island (Paradise Island, Bahamas)
- 2 **Silver Rain, a La Prairie spa at The Ritz-Carlton Grand Cayman**, The Ritz-Carlton Grand Cayman (Grand Cayman, Cayman Islands)
- 3 **Fern Tree, The Spa at Half Moon**, Half Moon (Montego Bay, Jamaica)
- 4 **The Self Centre**, Caneel Bay, A Rosewood Resort (St. John, U.S. Virgin Islands)
- 5 **The Caves Aveda Concept Spa**, The Caves (Negril, Jamaica) >>