

The Road to Renewal

Destination spas are one of today's hottest travel trends. by janet o'grady

Need a recharge for your over-partied liver after the holidays? Or a break from the winter cold? Spas are the antidote. Aspen is filled with global nomads who travel to the

best spas, even when they're a long haul away. Hot-stone massage or Mother Yoga? Ayurvedic or Western pampering? Here are some must-visit destination spas.



The environment at Six Senses focuses on peaceful relaxation.



Trip hosts at Pure Kauai keep visitors active.



The accommodations, as well as the spa, at Maroma are the height of luxury.

THAILAND

Six Senses Destination Spa

This temple for body, mind, and spirit in Phuket offers everything you could want in an authentic Eastern wellness experience: Chinese medicine, including acupuncture, Shiatsu, and Chi Nei Tsang; Indian Ayurvedic, incorporating Himalayan hot-stone massages and chakra balancing; traditional Thai, focusing on massage that uses restorative yoga-like moves; and Indonesian, using modalities such as crystal healing, wraps, and a Watsu pool. Power walks on the beach keep you fit, and the no-meat, no-dairy, no-caffeine cookery is as locatarian as it gets. There's a stringent detox diet, too, but relax: It's optional. Wines—organic of course—are available, but only in the evenings.

+66-0-2631-9777,
www.sixsenses.com

HAWAII

Pure Kauai

Here is a totally bespoke vacation in your own private Hawaii. It combines action, adventure, and pampering in your own villa on the gorgeous north shore of Kauai. You are even assigned your own trip host to keep you on schedule as you're pushed and pampered. Expect your customized sport-and-spa experience to put you in contact with the island's best healers, yoga gurus, therapists, trainers, and guides. A private chef will cook healthy organic meals using the best of local ingredients. In between massages, enjoy any of a dozen different sports, from surfing in Hanalei Bay to hiking the Na Pali Coast.

866-457-7873,
www.purekauai.com

MEXICO

Maroma

Here is the height of luxury: eco-chic combined with New Age treatments. This is a spa for spiritual soul searchers as well as those looking for a beautiful beach retreat. Located on the Mayan Riviera, Maroma's Kinan Spa menu draws from the area's ancient Mayan past. Treatment rooms are even aligned to the stars, and there's a Mayan version of the Native American sweat lodge called a *temazcal* to purge your physical and spiritual toxins. Mayan ideas also inform the architecture; a three-story keystone arch that crowns the spa entrance was inspired by one of the Mayans' greatest architectural works, the main portal of the Governor's Palace at Uxmal.

800-237-1236,
www.maromahotel.com

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THAILAND

Chiva-Som

Called the "Golden Door of Asia," this beachside spa is a standard-setter on seven lush tropical acres near the Gulf of Siam, two and a half hours south of Bangkok. It merges alternative medicine (with medical doctors on staff), Ayurvedic treatments, acupressure, Thai massage, beauty offerings (plastic surgery consultations are even available), Thai spirituality, yoga, Western fitness, and just plain relaxation. www.chivasom.com

The beachside outdoor pool at Chiva-Som.

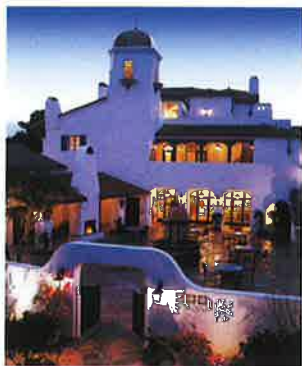
ARIZONA

Mii Amo

This red-rock haven in magical Sedona is an intimate enclave of just 16 rooms within the larger Enchantment Resort. Indigenous Native American culture imbues the programs. A winter-solstice celebration December 18-21 features traditional Native American ceremonies. Explore the red-rock landscape of surrounding Boynton Canyon, or participate in traditional healing and spiritual practices such as the pipe ceremony and the sweat lodge. 888-749-2137, www.miiamo.com



Luxury spa treatments and desert naturalism combine at Mii Amo.



CALIFORNIA

Ojai Valley Inn & Spa

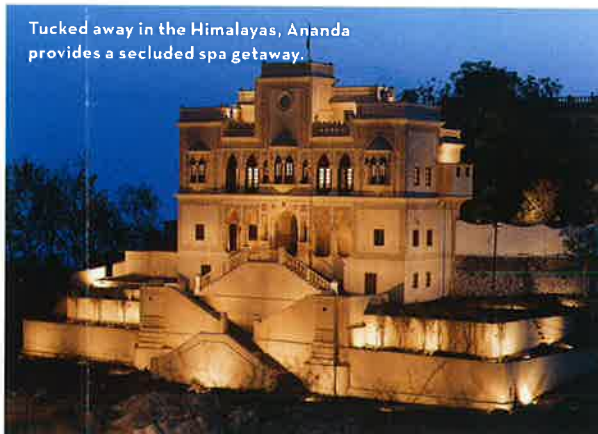
Owned by the Crown family, Ojai is a classic Southern California retreat in a beautiful setting. There's a championship golf course and lots of biking and hiking. Its 31,000-square-foot spa reflects the resort's original California Mission-style buildings as well as Moorish and Mediterranean influences. Its menu is full of mind/body treats, with its star the Kuyam, a mud-and-heat ritual inspired by the Chumash Indians, who once called the area home. It feels more Turkish *hamam* than Native American sweat lodge, and it includes guided meditation that lets you soar. Ojai offers flight therapists, imaginative treatments that pamper your senses, and it's a place for the privacy obsessed. 800-422-6524, www.ojairesort.com

The Mission-style architecture at the Ojai Spa.

INDIA

Ananda in the Himalayas

The perfect place to relax after a trekking odyssey, this spa is worth its own pilgrimage. With the Himalayan foothills as a backdrop and therapy rooms overlooking the River Ganges, it's located in the cradle of Ayurvedic medicine, so that's the focus, along with yoga and some contemporary Western treatments. After a consult with an Ayurvedic doctor who sorts out your *pitta* from your *kapha*, head for the spa, where your chakras can get adjusted and your aura protected with an array of new treatments using crystals. And what more spiritual a place to practice your downward dog than at its source? +91-1378-227-500, www.anandaspa.com



Tucked away in the Himalayas, Ananda provides a secluded spa getaway.

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