



The Very Best

It's about alignment. If you're going to pay for a spa treatment that requires travel, get one that perfectly fits into the special regional vibe. It'll be well worth it.

**Destination
Spas**

By Karen T. Bartlett



WHEN EMBARKING ON A SPA VACATION, THE EXPERIENCE should match the locale. Spa-ing in Hawaii? Get an ancient hula-based lomi lomi massage. In Hershey, Pa., indulge in a chocolate body fondue. Heading to the Red Mountain Resort in Utah? Experience a Native-American-inspired cornmeal-tobacco exfoliation. It's all about sense of place, and savvy spas are getting it. Here are a dozen locally inspired mind/body treatments in four very diverse destinations: Eastern and Western United States, the Tropics, and South America.

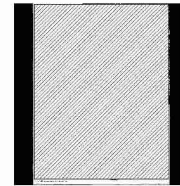
[EASTERN UNITED STATES]

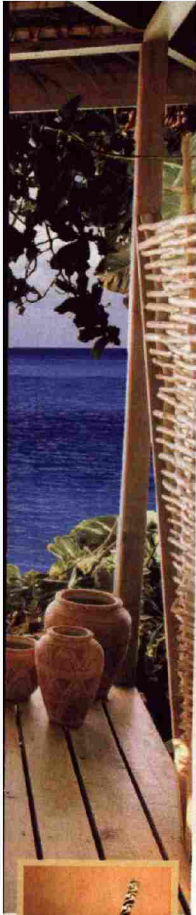
The Hotel Hershey Spa | Hershey, Pa.

► What's your guilty pleasure? Chocolate fondue? Whipped cocoa? Chocolate with raspberry? Get bathed, wrapped, or smeared in it at the Hotel Hershey. Any self-respecting chocoholic will demand all three. Whet your body's appetite at www.thehotelhershey.com/spa, 877-772-9988.



JAMAICA/COURTESY OF KITARA OCEANA SPA-JAMAICA INN / PENNSYLVANIA/COURTESY OF HERSHEY ENTERTAINMENT AND RESORTS





[TROPICS]

Jamaica Inn's KiYara Ocean Spa
Ocho Rios, St. Ann, Jamaica

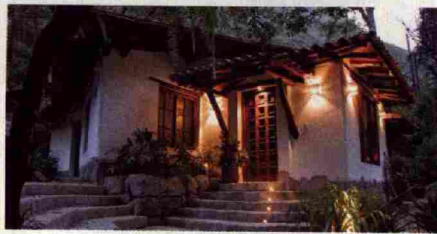
Take your coffee obsession to new heights with a cellulite-busting Blue Mountain Coffee Toner at the KiYara Ocean Spa. The spa treatments at www.jamaicainn.com incorporate native coconut, honey, almonds, and cane sugar. Dial your pleasure at 800-837-4608.



[TROPICS]

Las Ventanas | Los Cabos, Mexico

The beyond-romantic Spa Solarium at Las Ventanas at Paraiso is the stuff of movies. Treatments begin with the Holistic Twilight Ceremony, based on an ancient Baja purifying ritual with flickering candles, resonating crystal bowls, sage smoke, and shaman prayers. Many treatments incorporate Baja's native Nopal cactus, as you can see at www.lasventanas.com, 888-767-3966.



[SOUTH AMERICA]

Machu Picchu Pueblo Hotel's Unu Spa
Machu Picchu, Peru

Ancient Andean Indians revered the mother plant of cocaine for holistic purification. At the Unu Spa, the two-hour Inka Purification Ceremony gives your face and body three shots at the magical, mystical coco leaf. Get in the mood in the candlelit eucalyptus hut sauna, which you can scope out at www.inkaterra.com/en/machu-picchu, 800-442-5042.



[EASTERN UNITED STATES]

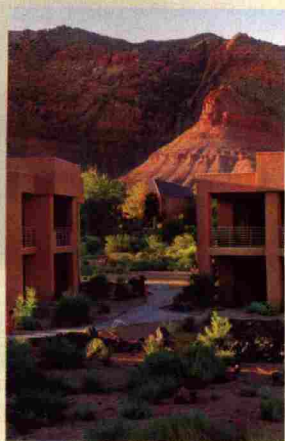
White Elephant Spa | Nantucket Island, Mass.

The iconic White Elephant Spa on Nantucket Harbor adds local cranberry extracts to its signature seaweed treatment for luxurious, high-impact body detox and skin hydration. The spa safari starts at www.whiteelephanthotel.com, 800-445-6574.

[WESTERN UNITED STATES]

Red Mountain Resort & Spa
St. George, Utah

The Sagestone Spa overlooks a sea of desert sage and the imposing red monoliths that encircle the Red Mountain Resort. The Four Directions Treatment, inspired by the Native-American medicine wheel, incorporates animal symbols, sacred herbs, cornmeal, tobacco, and cedarwood oil. Guys: Try the Alpha Male Active Body Treatment, which you can check out at www.redmountainspa.com, 877-246-4453.



MEXICO/COURTESY OF LAS VENTANAS / PERU/COURTESY OF UNU SPA AT INKATERRA MACHU PICCHU PUEBLO HOTEL / UTAH/COURTESY OF RED MOUNTAIN RESORT & SPA / MASSACHUSETTS/COURTESY OF NANTUCKET ISLAND RESORTS / CHAMBERRIES/STOCKPHOTO

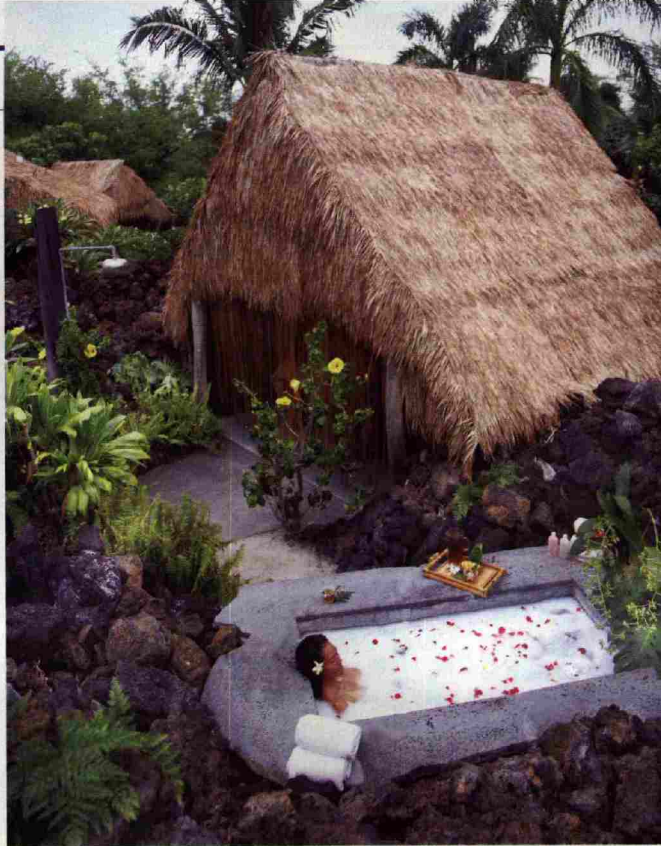
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[WESTERN UNITED STATES]

The Boulders Resort | Scottsdale, Ariz.

▲ Take a walk of gratitude through the outdoor labyrinth, inspired by Hopi medicine wheels. Then enter the tipi for a shamanic journey into a dreamlike, "non-ordinary" reality. Sense-of-place treatments at this posh Golden Door Spa (www.theboulders.com, 888-579-2631) include adobe clay wraps, blue corn scrubs, and turquoise hydrotherapy.



[TROPICS]

Mauna Lani Bay Hotel and Bungalows | Kohala Coast, Hawaii

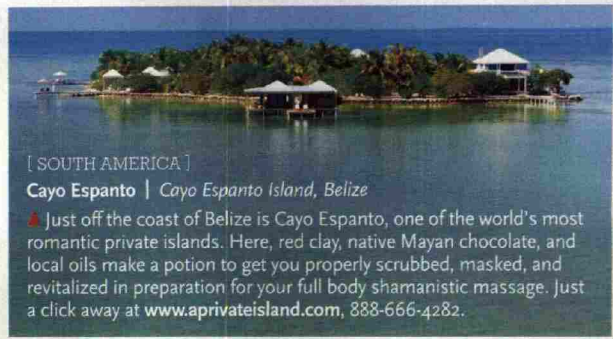
▲ A thatched hut, a natural lava sauna, mystical chanting, a volcanic ash mud wrap, a traditional *lomi lomi* massage, and an outdoor shower, all in a lush, ginger-infused tropical landscape: now that's sense of place to the max. Have it at Mauna Lani Bay Hotel, a luxurious re-creation of an old Hawaiian village, at www.maunalani.com, 808-881-7922.



[SOUTH AMERICA]

**Hyatt Regency Curaçao's Atabei Spa
Curaçao, Netherlands Antilles**

▲ Dinah Veeris, the Caribbean island's revered *curandera* or folk healer, supplies the healing skills, herbs, and oils for the therapies at the new Atabei (Mother Earth) Spa. Inspired by native Arawak customs, treatments incorporate Curaçao black and white muds, aloe, Caribbean sea salts, rosemary, minty yerba buena, and Curaçao white basil. Mother Earth beckons at www.curaçao.hyatt.com, 800-554-9288.



[SOUTH AMERICA]

Cayo Espanto | Cayo Espanto Island, Belize

▲ Just off the coast of Belize is Cayo Espanto, one of the world's most romantic private islands. Here, red clay, native Mayan chocolate, and local oils make a potion to get you properly scrubbed, masked, and revitalized in preparation for your full body shamanistic massage. Just a click away at www.aprivateisland.com, 888-666-4282.

[WESTERN UNITED STATES]

Hyatt Regency Monterey's Accista Spa | Monterey, Calif.

▼ Following healing traditions of the acorn-gathering indigenous Ohlone people, the Accista Spa indulges with juniper, pine, clover, and wild poppies. Its signature Seasonal Scrub is a potion of local acorn flour, Pacific sea salt, local oils, and freshly harvested ingredients. Preview your stay at <http://monterey.hyatt.com>, 831-372-1234.



[EASTERN UNITED STATES]

A.R.E. Health Center & Spa | Virginia Beach, Va.

► The hometown of Edgar Cayce, the most documented psychic of all time, is a healing center and headquarters of A.R.E., Edgar Cayce's Association for Research. The A.R.E. spa offers a huge selection of Cayce-inspired holistic healing and mind-body therapies such as restorative breathwork and therapeutic touch. Envision it at www.edgarcayce.org, 757-437-7202. □

ARIZONA/COURTESY OF GOLDEN DOOR SPA AT THE BOULDERS RESORT / HAWAII/COURTESY OF MAUNA LANI BAY HOTEL AND BUNGALOWS
 NETHERLANDS/COURTESY OF HYATT REGENCY CURAÇAO GOLF RESORT SPA AND MARINA / BELIZE/COURTESY OF CAYO ESPANTO / CALIFORNIA/
 COURTESY OF DON RIDDLE FOR ACCISTA SPA