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Reviewing the World's Best Spas

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CUISINART RESORT & SPA

A refreshingly stylish and innovative luxury, ocean front resort, CusinArt Resort & Spa, recently opened on the island of Anguilla in the Leeward Islands of the British West Indies. The stunning five-star resort features the first full service resort spa on Anguilla and the first-ever hydroponic farm at a resort property.

Already accepted into The Leading Small Hotels of the World, the 93-room beachfront resort was designed in a Mediterranean style inspired by the architecture of the Greek Island of Mykonos. Situated on Rendezvous Bay along the southern shore, the resort offers lovely unobstructed views of St. Martin and the Caribbean Sea.

The 6,000-square-foot, three-story spa is designed as a Mediterranean retreat with pampering services. The spa is the only, full -serve, stand-alone resort spa located on Anguilla. Overlooking the breadth of the resort, the spa features three indoor and two outdoor treatment rooms, a highly trained staff and a wide array of treatments: massages, reflexology, seaweed wraps, hot stone therapy, facials, aromatherapy, sea salt scrubs and loofah scrubs. There is also a salon and 1,000-foot fitness center. The latter includes state-of-the-art weight and cardiovascular equipment.

DORAL GOLF RESORT & SPA

Vacationers who visit Doral Golf Resort and Spa in Miami for its championship golf and award-winning spa add a new component to their stay with the opening of The Blue Lagoon, an exciting water recreation area. The resort debuts this family-friendly playground with a selection of value-added packages for fall. This aquatic attraction features a marina with watercraft and four pools, including an 85,000-gallon, zero-entry pool with cascading waterfalls, a 125,000-gallon serpentine pool with a rock facade, a plunge pool and a tad pool for children ages three to five. For the adventuresome, there is the challenge of the 125-foot Blue Monster waterslide.

Twenty-two poolside cabanas furnished with a wide range of amenities, a Jacuzzi with waterfall, Bungalou's Bar & Grill serving unique Caribbean and South Florida cuisine, along with boardwalk and bandstand areas create an ideal atmosphere for both the family and individual guest. The entire facility is fueled by the Great White Falls, a 36-foot waterfall that pumps over one million gallons of water per day into the Blue Lagoon.

"The Blue Lagoon adds a new dimension to Doral. Not only do we address the needs of the golfer and the spa enthusiast but now we can accommodate the family market as well," said Joel Paige, president of Doral Golf Resort and Spa. "By complementing our five championship golf courses and our award-winning spa with The Blue Lagoon, we will better serve our existing clientele and position ourselves as a family-friendly destination."

The Blue Lagoon also houses Camp Doral, interactive, age-appropriate year-round programming for children ages five to 12, featuring a wide range of athletic and cultural activities.

GRAND TRAVERSE RESORT & SPA

Since the spring debut of its spa treatment facility, Grand Traverse Resort and Spa in northern Michigan has offered a sanctuary of healing, including experiences such as the Honey Glow, for both its active guests and those searching for a peaceful getaway. Grand Traverse Resort and Spa is featuring three distinctive Spa Packages:

The two-night Spa Package includes: Honey Glow, a full body skin exfoliation using minerals; honey and crushed herbs Full Session Massage (50 minutes); and daily breakfast.

The three-night Deluxe Spa Package, includes: Honey Glow exfoliation treatment; Hydrodrainage Massage, combination of a therapeutic bath

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experience with a full session massage; Mineral Mask, full body herbal mud treatment; Radiance Facial, full session facial that cleanses, exfoliates, tones and moisturizes; seasonal manicure and pedicure, customized to enhance texture and color specifically for the climate; two personal training sessions with member of the spa's fitness staff; unlimited fitness class participation; and daily breakfast.

Time Out Spa Package includes: two nights deluxe accommodations; one massage for two in the spa's private couples room; one dinner for two at Trillium, the resort's signature restaurant which features regional Mediterranean fare and offers unforgettable views of the bay and countryside; daily breakfast; and special spa gift.

SPA GRANDE AT THE GRAND WAILEA RESORT HOTEL & SPA

The Spa Grande at the Grand Wailea Resort Hotel & Spa in Hawaii, now offers a melange of treatment services for the more adventurous types. The healing techniques range through time, from indigenous Hawaiian to ancient Indian to the most-advanced modern Western. Following is a taste of the eclectic menu offered to guests of Spa Grande:

Lomi Lomi Pohaku Massage. A thermal Hawaiian style massage uses smooth, steamed lava stones to carry warmth deep into the muscle, tissues and joints. The pohaku, covered with rich avocado and olive oil, glide warmly on the skin.

-- **Abhyanga-Pizichili-Shirodhara Combination.** Uses a combination of three special Ayurvedic treatments utilizes unique herbalized oils from India. The treatment begins with a very light surface caressing done by two therapists in synchrony and is followed by a gentle pouring of warm oil over the body. A gentle massage follows, providing deep relaxation, releasing of impurities, and strengthening of the tissues. The treatment is completed with a gentle stream of warm oil, allowed to flow over the forehead in a very slow and rhythmic manner, used to calm mental activity by soothing the central nervous system.

-- **Royal Hawaiian Facial.** This facial uses limu (seaweed) to stimulate sluggish cells, eliminate toxins and achieve a favorable balance for the regeneration of cells. It includes heated hand and foot treatment with vanilla-papaya lotion.

-- **Deep Shiatsu Barefoot Massage.** A distinctive and soothing massage that loosens tension and increases flexibility by focusing on energy balance and pressure points. A barefoot therapist literally "walks" on the guest's back, balanced by poles to vary the amount of pressure applied.

-- **Color Light Therapy.** A revolutionary treatment which caresses the mind, body and spirit with light, music, natural aromatherapy and warmth. A variety of programs are available that increase energy levels, restore relaxation responses, improve sleep patterns, enhance concentration, balance appetite and diminish jet-lag. The unparalleled 50,000

square-foot Spa Grande is the largest spa in Hawaii, and was named "Best Spa Resort in the World" by Condé Nast Traveler Magazine Readers' Choice Awards.

LA QUINTA RESORT & CLUB

La Quinta Resort & Club in La Quinta, Calif., opened a new Fitness Center, a stellar addition to La Quinta's already impressive healthy body-and-mind repertoire that includes the 23,000-square-foot Spa La Quinta.

With 3,000 square feet of workout space, a high ceiling and windows lining each wall, the center is bright and airy and leaves plenty of room for state-of-the-art equipment. For cardio-enthusiasts, the facilities house 23 cardio machines enhanced by Braodcast Vision's Fitness Cinema, 13 strength machines, free weights and dumbbells.

ISRAELI SPAS

One of the most thrilling travel destinations on earth, Israel offers everything, often in extremes - ultra ancient and ultra modern: everything from mysticism to disco dancing, from parasailing to dusty digs. And when it is time to cool down and relax, Israel increasingly offers a glorious menu of spas for the perfect mini vacation.

The Israel Ministry of Tourism has just published a beautiful, informative, full color brochure on the spa scene which is available, free of charge, by calling their InfoCenter at 1-888-77-ISRAEL. For more general information on touring Israel, please visit their website: www.goisrael.com. Israel's newly developing spa scene offers two distinct types of experiences -- medical and curative, or beautifying and soothing, and many of the newest spas offer a salubrious combination of both.

HARBOUR VILLAGE BEACH RESORT

Harbour Village, the first-class luxury resort of Bonaire, is offering the islands' first Wellness Program. Complimentary to all guests of Harbour Village during the month of September, many of the classes will be offered through the resort's full-service spa and fitness center. Mariangel Gonzalez, Harbour Village's Director of Marketing and Business Development, defines the month-long program as "a world-class program led by internationally renowned instructors who will guide guests towards optimal health and well being through a series of workshops and lectures in weight management, stress reduction, the latest in exercise and New Age fitness, and an innovative new wellness program in diving known as Mind, Body and Spirit Scuba (MBS Scuba)."

The following programs will be offered during Wellness Month:

- Stress Management workshops that will guide you to emotional cleansing by expunging negative energies. The goal of the workshops is to teach you to heal yourself by purposefully moving your energy vibrations toward greater wellness at all times.
- Weight Management workshops composed of

nutrition and exercise that will maximize results through behavior modification, not 'fad-dieting'. The course recognizes the busy schedule and lifestyle of today's society and will teach you how to incorporate healthy convenience foods into your diet.

New Age Fitness classes offered daily: stretching, aqua strength, circuit challenge, power walks, body sculpting, step, and yoga/pilates.

A full-service spa and fitness center opened at the exclusive, beachfront Harbour Village Beach Resort in fall 1995, marking the first spa on the Caribbean's "A-B-C" islands. The Spa at Harbour Village on Bonaire encompasses nearly 17,500 square feet of dedicated space and complements the resort's luxurious, relaxed ambience, providing a soothing, stress-free environment devoted to pampering and rejuvenation.

EDEN ROC RESORT & SPA

The legendary Eden Roc Resort and Spa, located on prestigious Millionaires Row overlooking world-renowned Miami Beach, introduces a new, signature Lifestyles Wellness Center featuring programs that enable members and guests to focus on a holistic approach to health and well-being that fuels the soul and keeps body and spirit in balance.

By combining contemporary philosophies of well-being with nutrition and the hottest fitness trends, Eden Roc Resort rides this new wellness wave offering a series of programs, speakers, discussion groups and information blended together to offer spa members, guests and the general public a new way to live their lives to the fullest. According to Spa Director Ellen Latham, "today, people are beginning to notice that their quality of life needs to improve. The center focuses on an attitude of health and well-being that fuels the soul and keeps body and spirit in balance."

The 35,000-square foot Eden Roc Spa offers a complete array of personal services, including massage therapies and body treatments. Guests also enjoy complimentary use of steam, sauna, Swiss showers, and pools. A glass-enclosed weight room overlooking the resort's Olympic-sized swimming pool and the ocean features Cybex VR-2 equipment. The cardiovascular theater has the latest computerized treadmills, cycling and stair climbing equipment, and a 16-channel personal audio/visual system that allows guests to enjoy music and/or the television program of their choice as they exercise. In addition, the Eden Roc Spa boasts an indoor Sports Club, which features the resort's signature rock climbing wall, regulation basketball court, squash and racquetball.

CLAREMONT RESORT & SPA

The Claremont Resort & Spa has gone magnetic. The Berkeley, Calif.-based spa, a leader in wellness programs, now offers a chance to experience the healing benefits of magnets while enjoying a night's sleep on a Nikken Magnetic Mattress Pad. Nikken, founded in Fukuoka, Japan, by Isamu Masuda, has

designed the pads to relieve pain and inflammation, naturally increase the production of melatonin and restore energy through increased blood circulation. There is an additional cost of \$40 per person, per night, for the pads.

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