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SpaFinder Top Ten Lists

50 Roads to Renewal
 By Ann Abel, Melissa Gelula, and Gary Walther
 January / February 2008

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Spa Events

A well of inspiration from the editors of *Luxury SpaFinder*: places to go, therapists to see, treatments to request, and packages to book

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1 GET WHAT MAY BE THE WORLD'S MOST COMPREHENSIVE CHECKUP.

The Platinum Program at the WellMax Center for Preventive Medicine in Palm Springs, California, looks at everything from cholesterol to genetic predisposition to disease. US\$11,250, 800-621-5263, www.wellmax.com

2 GO HOLISTIC AT COMO SHAMBHALA ESTATE AT BEGAWAN GIRI.

The nutritionist, nurse, Ayurvedic doctor, yoga teacher, and other Eastern and Western experts craft a custom well-being program for you. The lush Balinese setting, extraordinary service, and excellent spa cuisine are the cherry on top. Three-night packages from US\$729 per person, +62-361-978-888, www.cse.como.bz

3 LEAVE THOSE EXTRA POUNDS ON THE APPALACHIAN TRAIL.

New Life Hiking Spa, at the Inn of the Six Mountains in Vermont, offers daily three- to eight-mile hikes, a 1,600-calories-a-day meal plan, and various slimming activities. From US\$229 per person per night, 800-228-4676, www.newlifehikingspa.com

4 FEEL THE GOOD VIBRATIONS AT MAVIDA IN THE AUSTRIAN ALPS.

The spa's Blue Box is a small oval room with two translucent ergonomic chaises. They're heated, vibrate, and emit bright blue light that suffuses the chamber, all with the goal of getting you into the theta state, the suspension between sleep and consciousness. US\$50, +43-6542-5410, www.mavida.at

5 GENTLY SCRUB AWAY 2007.

The Renoveateur Body Treatment is one of the spa world's most delicate exfoliations. At La Maison de Beauté Carita in Paris. US\$211, +33-1-44-941-111, www.maisondebeautecarita.com. Also at the Ritz-Carlton South Beach, Florida. US\$160, 800-241-3333, www.ritzcarlton.com

6 GET ON THE BALL.

Yamuna Body Rolling prevents back pain. The inflatable balls align, massage, and build flexibility and strength. About US\$20 at numerous spas, www.yamunabodyrolling.com

7 CHECK INTO CLINIQUE LA PRAIRIE FOR SOME PAMPERED R&R.

Plus a comprehensive medical checkup at this Swiss sanitarium—cum—grand hotel on Lake Geneva. Six-night packages from US\$6,864 per person, +41-21-989-3402, www.laprairie.ch

Illustration by Yvetta Fedorova
 #16 - Have Ed Moffett
 untie your knots.

8 BOOK THE SWEET SURRENDER AT CONNECTICUT'S MAYFLOWER INN.

The extra-gentle massage combines craniosacral work, lymphatic drainage, and acupressure. The almost inevitable aftermath: a refreshing nap. US\$165, 860-868-9466, www.mayflowerinn.com

9 SURRENDER TO THE MONTAGE LAGUNA BEACH.

The four-day Surrender Retreat is a triple-decker fitness-pampering-luxury package in which the spa tells you (nicely) what you need. You just show up. From US\$5,095 per person, 866-271-6953, www.montagelagunabeach.com

10 GET A THAI-TO-DIE-FOR MASSAGE.

See Rashdy Ahmad at the Four Seasons Langkawi, Malaysia, where the spa suites are among the largest we've seen—the size of a two-bedroom Manhattan apartment. US\$91, 800-332-3442, www.fourseasons.com

11 DITCH THE TAKE-OUT MENUS.

Enroll at La Cocina Que Canta, the new hands-on culinary school at Rancho la Puerta in Mexico, and learn how to replicate the spa's healthy, flavorful fare. US\$75 per class, 800-443-7565, www.rancholapuerta.com

12 MAKE AN AYURVEDIC PILGRIMAGE TO INDIA.

Stay at Ananda in the Himalayas. It's above Rishikesh, where the Beatles met the Maharishi in 1968, and offers 7-, 14-, and 21-day programs. The exact regimen—7 a.m. yoga, exercise, diet, and spa treatments—is determined by a consultation with one of the staff Ayurvedic doctors. The spa also has a full menu of non-Ayurvedic treatments, and the fitness offerings include Western stretching and exercise classes. Food is very good, and rooms are comfortable. US\$530–\$1,855, +91-1378-227-500, www.anandaspa.com

13 GET UNDER YOUR SKIN.

A computerized skin analysis reveals subsurface UV damage, oil levels, pore size, and wrinkle depth and results in a custom skin-care regime by Skinprint. US\$75–\$150 for the analysis, products from US\$17.50, www.skinprint.com for spas

14 TAKE ADVANTAGE OF RED MOUNTAIN SPA'S OTHER SIDE.

Besides excellent hiking, it offers very good diagnostic services such as metabolic assessments, body-composition tests, bone-density scans, gait-and-foot analysis (important if you run), and Body Mapping, but hardly promotes them. US\$35–\$144, 800-407-3002, www.redmountainspa.com

15 EXPERIENCE THE GUEST ROOM AS SPA SUITE.



Stay at Plateau at the Grand Hyatt Hong Kong, an entire floor of rooms that were redesigned to give primacy to spa-ing instead of sleeping. US\$864 per night, 800-233-1234, www.hongkong.grand.hyatt.com

16 HAVE "BONE-CLEANSING" BODYWORK FROM ED MOFFETT.

In two hours (his shortest session), he untied knots we thought were permanent parts of us. In private practice in Tucson and Sun Valley, Idaho, 208-720-1044, edwardmoffett@yogajazz.com

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*The information in this article was accurate at the time it was published on 1/1/08.



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