

BEAUTY

Paradise Found: Hotel Matilda's Spa En Vivo

by Ana Dragovic



Photo: (clockwise from top left) Courtesy of Hotel Matilda; The Image Bank; Courtesy of Hotel Matilda; Peter Adams/Getty Images

The Hotel Matilda, set against a stunning backdrop of Mexico's San Miguel Allende, is throwing the doors open, quite literally, to its new outdoor spa, Spa en Vivo ("living spa") this month, capitalizing not only the natural landscape centuries old Colonial architecture, but also on the area's mineral-rich hot springs. Since the early 1500s, when Aztec ruler Montezuma had his own spa resort, locals have been bathing in the naturally therapeutic hot springs; the thermal water's high mineral content is said to have healing benefits. The new spa, a rustic counterpart to the more polished, contemporary indoor Spa Matilda, offers full day immersions or one-off treatments including aquatic massage inside one of the thermal baths (or one of the property's many shady eucalyptus trees), Tai Chi in the elevated cement-carved pool, followed by a detox session in the *temazcal*, a traditional Mexican steam bath, or yoga on the open-air pavilion overlooking the city. Hotel cars chauffeur a ten-minute ride back and forth upon request.

hotelmattilda.com; rates from \$266 per night.

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