

THE (UN)DRESS CODE: ETIQUETTE GUIDE TO SPAS AND SAUNAS

Condé Nast Traveler

SPECIAL ISSUE
TRAVEL & HEALTH

TRUTH IN TRAVEL

JUNE 2011

Costa Rica's RAIN FOREST WORKOUT

(Kayak, hike, zip-line!)

Sweden's FOUNTAIN OF YOUTH

(Freeze, sweat, eat!)

China's TAI CHI MASTERS

(Punch, kick, focus!)

300+
PLACES
TO FEEL
GREAT
NOW

READERS' POLL

BEST SPAS in the
United States,
Mexico, Caribbean
& Canada

INVESTIGATION

What you *really* need,
to know about
travel vaccinations



TOP 250 SPAS

in the U.S., Canada, Central America, the Caribbean, and at Sea

THE VOTES ARE IN!

This year, our annual Spa Poll turns 21. And like any newly minted adult, it is wiser (and larger) than it was in infancy. Case in point: What began as a humble top three in 1990, with the high scorer earning a respectable 81.2, has transformed into a robust collection of 250, with the top-rated spa tipping the scales at 98.8. The winners on the following pages range from a tiny two-room enclave at St. Lucia's Jade Mountain to the 100,000-square-foot behemoth Canyon Ranch in Lenox, Massachusetts. However, what hasn't changed over these past 21 years is the lofty standards to which our readers hold each candidate. Thankfully, quality is ageless.

◀ Heads up: Deluge showers at the Spa at Wynn Las Vegas loosen muscles before massage treatments.

Text by
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Photographs by
DAVID DREBIN
Still lifes by
RICHARD PIERCE

20,000 square feet

The current size of the recently expanded spa at Park City, Utah's Stein Eriksen Lodge. Perhaps that explains its number one position on the U.S. Resorts list.

BRING THE SPA HOME

Aveda's Outer Peace Cooling Masque relieves manly razor burn (aveda.com; \$37).

TREND #1

A MAN'S WORLD

The male is no longer new to the spa game. In fact, Americans spent \$4.8 billion on men's grooming products in 2009 alone. But lately, spas have upped the ante, courting more and more XY guests with guy-centric treatments. Some options for the testosterone team:

- ◆ Kohler Waters Spa, at the American Club, Wisconsin: An entire section of Kohler's menu is dedicated to the pampering of men. Treatments include the Gentleman's Bath, a vigorous exfoliation followed by a relaxing bath (\$120-\$140), the hydrotherapeutic Aquatonic for Him (\$155), and a Scalp Revival Treatment (\$75). A cadre of therapies specifically targets golfers, including the Golfer's Massage, to soothe those torquing muscles (\$143-\$208), and the Golfer's Foot Renewal, which consists of an algae-rich pedicure mask (\$92).
- ◆ Canyon Ranch: All three spas—Tucson, Lenox, and the newest in Miami Beach—have a 50-minute Gentlemen's Facial that focuses on relieving skin irritation due to razor burn (\$130-\$150) and an 80-minute version at the Miami spa with an anti-aging vitamin C peel (\$240). Manly mani-pedis use guy-friendly ingredients like sandalwood, mustard seed, eucalyptus, and thyme (manicures, \$45-\$60; pedicures, \$75).

Top 100 Resort Spas-U.S. Mainland



Rank	Spa Name	Overall score	Treatments	Staff	Facilities	Number of treatment rooms	Basic massage
1	Stein Eriksen Lodge, Park City, Utah	98.8	100	100	96.3	16	\$160
2	Westin Riverfront Resort & Spa, Avon, Colo.	97.5	97.3	96.9	98.2	14	\$140
3	Sanderling Resort & Spa, Duck, N.C.	97.3	96.0	100	96.0	9	\$110
4	Four Seasons, Las Vegas, Nev.	96.9	96.8	100	93.8	16	\$155
5	Ritz-Carlton Lodge, Reynolds Plantation, Greensboro, Ga.	96.3	96.6	95.6	96.6	18	\$145
6	Stowe Mountain Lodge, Vt.	96.1	94.1	95.6	98.6	18	\$150
7	Ritz-Carlton Orlando Grande Lakes, Fla.	95.9	97.6	96.4	93.8	40	\$130
8	Hyatt Regency, Santa Ana Pueblo, N.M.	95.8	100	93.8	93.5	13	\$130
9	Calistoga Ranch, Napa Valley, Calif.	95.5	97.5	95.1	93.8	5	\$150
9	Enchantment Resort, Sedona, Ariz.	95.5	94.9	95.0	96.5	20	\$150
11	Sanctuary at Kiawah Island Golf Resort, S.C.	95.2	95.1	95.2	95.2	12	\$160
12	Encore, Las Vegas, Nev.	95.1	96.0	96.4	92.9	51	\$160
12	Salishan Spa & Golf Resort, Gleneden Beach, Ore.	95.1	92.6	96.3	96.3	8	\$120
14	Inn at Palmetto Bluff, Bluffton, S.C.	95.0	97.0	92.5	95.5	7	\$145
15	Peaks Resort, Telluride, Colo.	94.9	97.0	93.9	93.9	32	\$130
16	St. Regis, Monarch Beach, Dana Point, Calif.	94.7	96.4	92.0	95.6	24	\$175
17	Montage Laguna Beach, Calif.	94.4	94.4	92.6	96.2	22	\$225
17	Sundara Inn & Spa, Wisconsin Dells, Wis.	94.4	94.4	92.6	96.2	13	\$135
19	Lake Austin Spa Resort, Texas	94.2	94.7	94.7	93.0	24	\$160
20	Miramonte Resort & Spa, Indian Wells, Calif.	93.9	95.7	95.7	90.2	12	\$135
20	Solage Calistoga, Napa Valley, Calif.	93.9	92.6	92.7	96.4	15	\$125
22	Disney's Animal Kingdom Lodge, Lake Buena Vista, Fla.	93.7	95.2	95.2	90.5	3	\$90
22	Kenwood Inn & Spa, Sonoma, Calif.	93.6	97.9	97.9	85.1	5	\$140
23	Lodge at Sonoma, Calif.	93.6	94.6	91.9	94.4	9	\$125
23	Wynn Las Vegas, Nev.	93.6	93.4	93.0	94.3	45	\$160
26	The Greenbrier, White Sulphur Springs, W.Va.	93.5	95.1	92.7	92.6	40	\$140
26	Kingsmill Resort, Williamsburg, Va.	93.5	93.5	93.5	93.5	9	\$105
28	Sanctuary Camelback Mountain, Paradise Valley, Ariz.	93.4	93.8	92.6	93.7	11	\$150
28	The Spa of Colonial Williamsburg, Va.	93.4	96.2	92.0	92.0	16	\$120
30	Little Nell, Aspen, Colo.	93.3	96.7	93.3	90.0	3	\$145
31	Four Seasons Resort, Jackson Hole, Wyo.	93.1	90.7	93.2	95.5	16	\$150
31	The Sagamore, Lake George, N.Y.	93.1	95.2	93.2	90.9	13	\$105
33	Four Seasons Resort The Biltmore, Santa Barbara, Calif.	93.0	94.2	91.9	93.0	11	\$160
33	JW Marriott Starr Pass Resort & Spa, Tucson, Ariz.	93.0	93.0	91.7	94.4	25	\$125
33	Ritz-Carlton, Bachelor Gulch, Avon, Colo.	93.0	92.2	91.7	95.0	19	\$195
36	Ponte Vedra Inn & Club, Ponte Vedra Beach, Fla.	92.9	92.3	92.3	94.1	22	\$115
37	American Club, Kohler, Wis.	92.5	94.2	90.9	92.5	24	\$163
37	Cliff House Resort & Spa, Ogunquit, Me.	92.5	95.0	92.5	90.0	8	\$95
39	Four Seasons Resort and Club Dallas at Las Colinas, Tex.	92.3	93.8	93.6	89.4	16	\$125
40	Teton Mountain Lodge & Spa, Jackson Hole, Wyo.	92.0	92.7	90.5	92.9	10	\$135
41	Ten Thousand Waves, Santa Fe, N.M.	91.8	95.7	90.4	89.4	19	\$99
42	Camelback Inn, Scottsdale, Ariz.	91.7	94.4	87.5	93.1	32	\$125
42	Royal Palms Resort and Spa, Phoenix, Ariz.	91.7	90.4	94.4	90.4	7	\$150
42	West Baden Springs Hotel, French Lick, Ind.	91.7	92.5	90.2	92.5	11	\$140
45	Barnsley Gardens Resort, Adairsville, Ga.	91.6	92.4	93.7	88.6	10	\$95
45	Vail Cascade Resort & Spa, Colo.	91.6	93.3	93.3	88.0	14	\$140
47	Westin Savannah Harbor Golf Resort & Spa, Ga.	91.5	89.7	89.7	94.9	20	\$115
48	Los Abridados Resort & Spa, Sedona, Ariz.	91.4	90.6	92.7	90.9	8	\$95
49	Stoweflake Mountain Resort & Spa, Stowe, Vt.	91.3	91.5	92.3	90.0	30	\$125

★ Overall score 🏠 Treatments 👤 Staff 🌿 Facilities 🏠 Number of treatment rooms 💰 Basic massage

METHODOLOGY

Condé Nast Traveler's 2011 Spa Poll results were derived from our 2010 Readers' Choice Survey, whose questionnaire was available through a secure Web site. Tabulation of the survey's 25,916 responses was done by Global Market Insight, Inc., of Marlborough, Massachusetts. Spas were rated excellent, very good, good, fair, or poor on three criteria: Spa Facilities, Spa Staff, and Spa Treatments. Those criterion scores, representing the percentage of respondents who rated a spa excellent or very good, were averaged to determine the final rating for the spa. A minimum number of responses was required for inclusion in these rankings.



BRING THE SPA HOME

Lavender and peppermint Body Aches Bath Salts by Carol's Daughter promote relaxation and sleep (carolsdaughter.com; \$18).

20

The number of times Canyon Ranch in the Berkshires landed on our lists, making it the winningest spa ever.

TREND #2

THE SCIENCE OF SLEEP

Recent research has shown that substantial sleep deprivation impairs cognitive performance even more than drinking alcohol does, so catching some z's is crucial. Thankfully, these top-rated spas are here to help. Below, a selection of slumber-inducing therapies:

◆ **Miraval, Tucson:** The 75-minute Outdoor Sweet Slumber includes the application of a calming lavender scrub and body spray, followed by a comforting body wrap and scalp massage (\$195). Miraval also runs Yoga Nidra (Yogic Sleep) classes to promote rest techniques.

◆ **Mayflower Inn & Spa, Washington, Connecticut:** Guests are asked to complete a Sleep Diary prior to attending the 45-minute Sleep Well session, which provides tools for reducing sleep disturbances and getting the most out of your shut-eye time (\$90).

◆ **Qua Baths & Spa, Caesars, Las Vegas:** If the countless pools and trickling waters of Qua aren't doze-inducing enough, the 110-minute Sleep Health treatment—which combines an aromatherapy massage and hypnosis—should do the trick (\$280).

◆ **Ritz-Carlton, Naples, Florida:** Billed as a "journey," the 110-minute Drift to Sleep includes a body scrub, a milk or lavender bath, a massage, and guided meditation culminating in a 20-minute nap (\$250-\$295).



50	Canyon Ranch, Lenox, Mass.	91.2	95.1	90.2	88.3	36	\$130
50	Gaylord Opryland Resort, Nashville, Tenn.	91.2	94.1	91.2	88.2	12	\$130
52	The Breakers, Palm Beach, Fla.	91.1	90.4	90.4	92.6	17	\$175
53	Caesars Palace, Las Vegas, Nev.	91.0	90.6	90.9	91.6	51	\$140
54	Oaks at Ojai, Calif.	90.9	91.9	94.6	86.1	5	\$80
55	Harbor Beach Marriott Resort & Spa, Fort Lauderdale, Fla.	90.8	91.4	87.9	93.1	17	\$130
56	Park Hyatt Aviara Resort, Carlsbad, Calif.	90.7	91.8	88.5	91.7	20	\$160
56	Hotel Hershey, Hershey, Pa.	90.7	90.2	90.2	91.7	53	\$105
56	Ritz-Carlton, Palm Beach, Fla.	90.7	91.3	91.5	89.4	19	\$160
56	The Broadmoor, Colorado Springs, Colo.	90.7	90.0	89.6	92.4	35	\$140
60	Ritz-Carlton, Key Biscayne, Fla.	90.6	91.2	92.5	88.1	21	\$145
61	Fairmont Turnberry Isle Resort & Club, Aventura, Fla.	90.5	92.5	89.6	89.4	23	\$139
61	The Standard, Miami Beach, Fla.	90.5	90.3	87.5	93.8	8	\$135
63	Golden Door Spa at The Boulders, Scottsdale, Ariz.	90.4	90.9	88.3	92.1	24	\$145
64	Park Hyatt Beaver Creek Resort and Spa, Colo.	90.2	90.8	86.9	92.9	23	\$145
64	Snake River Lodge & Spa, Jackson Hole, Wyo.	90.2	88.6	90.9	90.9	10	\$135
66	Red Rock Casino Resort Spa, Las Vegas, Nev.	90.1	88.0	88.2	94.1	23	\$135
67	Caesars, Atlantic City, N.J.	90.0	88.6	91.9	89.5	14	\$140
67	Coeur d'Alene Resort, Idaho	90.0	90.5	91.8	87.8	21	\$115
69	Sunriver Resort, Sunriver, Ore.	89.9	91.3	89.1	89.1	8	\$120
69	Bellagio, Las Vegas, Nev.	89.9	89.9	88.9	91.0	52	\$150
71	Sundance Resort, Sundance, Utah	89.8	94.7	95.0	80.0	6	\$110
72	Canyon Ranch, Tucson, Ariz.	89.6	90.3	89.2	89.1	37	\$130
72	Fairmont Scottsdale, Ariz.	89.6	91.0	88.0	89.9	27	\$169
72	Ritz-Carlton, Laguna Niguel, Dana Point, Calif.	89.6	90.7	89.1	89.1	12	\$195
75	Bacara Resort & Spa, Santa Barbara, Calif.	89.5	90.5	87.4	90.5	36	\$150
75	JW Marriott Desert Ridge Resort & Spa, Phoenix, Ariz.	89.5	92.5	87.2	88.7	44	\$135
77	Grove Park Inn Resort & Spa, Asheville, N.C.	89.4	89.6	87.8	90.9	29	\$109
78	El Monte Sagrado, Taos, N.M.	89.3	92.0	88.0	88.0	10	\$120
78	Gaylord Palms Resort, Kissimmee, Fla.	89.3	89.8	88.1	89.8	25	\$120
80	Biltmore Hotel, Coral Gables, Fla.	89.1	88.9	91.3	87.0	8	\$130
81	Little Palm Island Resort & Spa, Little Torch Key, Fla.	89.0	91.0	91.0	84.8	6	\$175
81	Ritz-Carlton, Amelia Island, Fla.	89.0	89.0	89.8	88.3	12	\$135
83	Ritz-Carlton Golf Resort, Naples, Fla.	88.9	88.3	90.0	88.3	17	\$110
84	Mirror Lake Inn Resort and Spa, Lake Placid, N.Y.	88.7	89.8	93.2	83.1	7	\$110
85	CordeValle, San Martin, Calif.	88.3	85.0	90.0	80.0	6	\$140
86	Marco Island Marriott Beach Resort, Fla.	88.2	94.1	85.3	85.3	24	\$125
86	Nemacolin Woodlands Resort, Farmington, Pa.	88.2	91.7	83.8	89.2	40	\$115
86	Ojai Valley Inn & Spa, Calif.	88.2	86.5	88.4	89.7	22	\$145
86	Willows Lodge, Woodinville, Wash.	88.2	90.3	87.1	87.1	5	\$100
90	Miraval, Tucson, Ariz.	88.1	88.7	90.6	84.9	35	\$130
91	Callaway Gardens, Pine Mountain, Ga.	88.0	89.3	85.7	88.9	13	\$105
92	Inn at Bay Harbor, Little Traverse Bay, Mich.	87.7	90.5	90.9	81.8	7	\$110
93	Sawgrass Marriott, Ponte Vedra Beach, Fla.	87.5	87.5	87.5	87.5	19	\$110
94	Loews Ventana Canyon, Tucson, Ariz.	87.4	88.7	91.7	81.7	8	\$115
94	Ritz-Carlton, Sarasota, Fla.	87.4	86.7	88.9	86.7	12	\$135
96	Mandalay Bay Resort & Casino, Las Vegas, Nev.	87.3	86.8	85.5	89.5	23	\$135
97	Fairmont Sonoma Mission Inn & Spa, Calif.	87.2	86.7	86.9	88.0	36	\$159
97	South Seas Island Resort, Captiva, Fla.	87.2	87.1	90.3	84.4	6	\$115
99	Grand Hotel Marriott Resort Golf Club & Spa, Point Clear, Ala.	87.1	88.6	85.7	87.0	9	\$110
99	Green Valley Ranch, Las Vegas, Nev.	87.1	84.8	87.0	89.4	22	\$135

★ Overall score | 🏠 Treatments | 👤 Staff | ✨ Facilities | 🏠 Number of treatment rooms | 💰 Basic massage

\$135

The average cost of a massage at one of this year's top spas.



BRING THE SPA HOME

Voya's Lazy Days organic seaweed and salt soak soothes and conditions skin (voya.ie; \$32).

TREND #3

UNDER THE SEA

Incorporating marine life into spa treatments has long been in vogue. But no one has gone quite as far as Voya in utilizing the sea's therapeutic qualities. Its products consist of organic seaweed hand-harvested from the west coast of Ireland. Replicating a traditional Irish seaweed bath in your very own tub has never been easier (voya.ie).

Top 10 Resort Spas—Canada



Rank	Spa Name	Overall Score	Treatments	Staff	Facilities	Rooms	Basic Massage
1	King Pacific Lodge, Princess Royal Island, B.C.	97.5	97.5	97.5	97.5	2	\$145
2	Wickaninnish Inn, Vancouver Island, B.C.	95.2	96.4	96.4	92.9	5	\$140
3	Four Seasons Resort, Whistler, B.C.	93.3	94.3	92.7	92.7	14	\$155
4	Rimrock Resort Hotel, Banff, Alberta	93.1	95.8	95.8	87.5	6	\$130
5	Fairmont Banff Springs, Alberta	91.9	92.4	89.4	93.8	20	\$180
6	Fairmont Empress, Victoria, B.C.	89.1	95.9	85.7	85.7	11	\$130
7	Fairmont Hotel Vancouver	88.7	93.8	90.6	81.8	10	\$110
8	Fairmont Chateau Whistler	82.0	81.2	83.1	81.7	15	\$140
8	Fairmont Jasper Park Lodge	82.0	86.5	89.2	70.3	10	\$135
10	Fairmont Chateau Lake Louise	73.5	75.0	72.7	72.7	9	\$135

Top 20 Resort Spas—Hawaii



Rank	Spa Name	Overall Score	Treatments	Staff	Facilities	Rooms	Basic Massage
1	Four Seasons Resort Hualalai, Big Island	95.4	95.1	96.3	95.0	20	\$170
1	Four Seasons Resort Maui at Wailea	95.4	95.6	96.3	94.4	16	\$155
1	Hotel Hana—Maui	95.4	96.6	93.1	96.6	8	\$130
4	Grand Wailea, Maui	95.2	93.7	95.5	96.4	25	\$150
4	Halekulani, Waikiki, Oahu	95.2	96.8	96.8	92.1	7	\$180
6	Grand Hyatt Kauai Resort & Spa	93.5	93.3	95.8	91.5	16	\$160
6	Hyatt Regency Waikiki Resort & Spa, Oahu	93.5	96.0	92.3	92.3	16	\$130
8	Westin Maui Resort & Spa	92.4	94.1	93.3	89.7	16	\$135
9	Kahala Hotel & Resort, Oahu	92.2	93.6	89.4	93.6	10	\$160
10	Four Seasons Resort Lana'i at Manele Bay	90.8	90.0	95.0	87.5	11	\$165
11	Turtle Bay Resort, Oahu	90.5	95.8	93.9	82.0	6	\$135
12	Ritz—Carlton, Kapalua, Maui	89.2	90.7	89.8	87.0	15	\$155
13	Hapuna Beach Prince Hotel, Big Island	88.9	95.8	95.8	75.0	7	\$115
14	Fairmont Orchid, Big Island	87.4	90.0	87.1	85.1	16	\$159
14	JW Marriott Ihilani Resort and Spa, Oahu	87.4	85.5	89.3	87.5	19	\$130
16	Mauna Lani Bay Hotel & Bungalows, Big Island	86.6	86.3	86.3	87.3	7	\$159
17	Waikoloa Beach Marriott Resort & Spa, Big Island	86.3	88.5	88.9	81.5	7	\$135
18	Hyatt Regency Maui Resort & Spa	85.8	88.2	88.3	81.1	15	\$155
19	Fairmont Kea Lani, Maui	85.5	90.2	87.0	79.1	9	\$145
20	Mauna Kea Beach Hotel, Big Island	84.6	88.5	92.3	73.1	5	\$135

Top 25 Cruise Ship Spas



Rank	Spa Name	Overall Score	Treatments	Staff	Facilities	Rooms	Basic Massage
1	Liberty of the Seas	97.4	97.4	97.4	97.4	17	\$119
2	Crystal Serenity	94.7	95.8	92.4	95.8	12	\$132
3	Seabourn Odyssey	94.6	91.7	96.0	96.0	7	\$132
4	Eurodam	94.0	95.2	91.3	95.7	10	\$119
5	Disney Wonder	92.8	92.5	90.7	95.3	13	\$118
6	Crystal Symphony	92.5	91.4	92.8	93.4	10	\$132
7	Regatta	90.2	92.8	86.0	91.8	16	\$120
8	Disney Magic	89.7	89.3	88.6	91.4	13	\$118
9	Queen Mary 2	89.2	88.4	89.3	89.8	24	\$135
9	Silver Shadow	89.2	93.1	91.5	83.1	4	\$132
11	SeaDream II	88.9	90.5	90.5	85.7	5	\$132
12	Brilliance of the Seas	87.5	89.0	88.0	85.5	15	\$119
13	Seven Seas Voyager	87.3	87.1	87.4	87.4	9	\$142
14	Noordam	87.1	85.6	85.9	89.7	10	\$119
14	Seabourn Legend	87.1	94.9	92.3	73.7	3	\$132
16	Celebrity Constellation	86.9	83.8	89.1	87.7	17	\$119
17	Celebrity Infinity	86.2	86.3	84.3	87.9	16	\$119
18	Crown Princess	85.9	86.7	82.6	88.4	15	\$119
19	Nautica	85.8	86.9	86.3	84.2	4	\$120
20	Celebrity Millennium	85.7	86.1	85.0	86.1	16	\$119
20	Serenade of the Seas	85.7	88.7	85.2	83.3	15	\$119
22	Celebrity Summit	85.3	83.8	82.3	89.7	16	\$119
22	Island Princess	85.3	87.5	82.2	86.1	13	\$119
22	Mariner of the Seas	85.3	85.2	84.3	86.5	15	\$119
25	Seven Seas Navigator	85.2	86.9	85.9	83.0	5	\$142

★ Overall score | 🏠 Treatments | 👤 Staff | 🌿 Facilities | 📄 Number of treatment rooms | 💰 Basic massage



Greater Los Angeles claims 13 of the top spas.

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The number of top-rated spas in California—more than anywhere else in North America.

TREND #4

PAMPER WITH PRINCIPLES

Taking a cue from the recent surge in eco-friendly practices, many spas are doing their part for conservation by using sustainable local ingredients:

- ◆ **Four Seasons Resort Costa Rica at Peninsula Papagayo:** Locally sourced, freshly ground organic coffee beans are employed to exfoliate skin, increasing circulation and reducing the appearance of cellulite (the holy grail). The 60-minute treatment ends with an application of a fragrant coffee moisturizer (\$145).

- ◆ **Regent Palms, Turks and Caicos:** Utilizing one of the coastline's most abundant resources, the 30-minute Mother of Pearl Body Exfoliation includes a scrub using hand-crushed local conch shells (\$85).

BRING THE SPA HOME

Spain's Natura Bissé Honey Scrub turns into a luxurious oil upon contact with skin (naturabisse.com; \$105).



Top 20 Mexico and Central America



Rank	Spa Name	Overall	Treatments	Staff	Facilities	Treatment Rooms	Basic Massage
1	Maroma Resort and Spa, Riviera Maya, Mex.	96.6	94.9	97.4	97.4	10	\$125
2	Four Seasons Resort Costa Rica at Peninsula Papagayo	96.4	94.6	96.8	97.9	19	\$145
3	Le Méridien Cancun Resort & Spa, Mex.	96.4	95.7	97.8	95.7	14	\$115
4	Esperanza, Cabo San Lucas, Mex.	96.1	96.0	96.2	96.2	15	\$160
5	Fairmont Mayakoba, Riviera Maya, Mex.	94.7	93.0	95.5	95.5	20	\$139
6	Aventura Spa Palace, Riviera Maya, Mex.	93.9	94.4	93.0	94.4	75	\$125
7	Excellence Riviera Cancun, Mex.	93.8	90.6	93.8	96.9	15	\$110
8	Pueblo Bonito Emerald Bay, Nuevo Mazatlán, Mex.	93.6	92.3	96.2	92.3	11	\$90
9	Four Seasons, Punta Mita, Mex.	93.3	94.1	91.4	94.3	11	\$150
10	One&Only Palmilla, Los Cabos, Mex.	93.0	94.8	92.2	92.1	13	\$165
11	JW Marriott Cancun Resort & Spa, Mex.	91.2	92.5	87.0	94.2	17	\$120
12	Ritz-Carlton, Cancún, Mex.	90.6	90.0	88.7	93.0	8	\$145
13	Moon Palace Golf & Spa Resort, Cancún, Mex.	90.2	92.5	89.5	88.7	39	\$125
14	Cancun Palace, Mex.	89.9	91.3	91.3	87.0	20	\$125
15	Sun Palace, Cancún, Mex.	89.7	94.9	94.9	79.5	10	\$125
16	La Casa Que Canta, Zihuatanejo, Mex.	89.6	90.6	93.8	84.4	4	\$95
17	The Tides, Zihuatanejo, Mex.	89.4	90.9	90.9	86.4	5	\$90
18	Excellence Playa Mujeres, Mex.	88.9	90.5	90.5	85.7	16	\$110
19	Pueblo Bonito Sunset Beach Resort & Spa, Cabo San Lucas, Mex.	88.4	85.7	85.9	93.5	16	\$120
20	Pueblo Bonito Pacifica Resort & Spa, Cabo San Lucas	86.7	85.0	85.0	90.0	7	\$120

Top 25 Atlantic and Caribbean



Rank	Spa Name	Overall	Treatments	Staff	Facilities	Treatment Rooms	Basic Massage
1	Ritz-Carlton, Grand Cayman	97.1	95.7	96.7	98.9	17	\$200
2	Regent Palms, Providenciales, Turks and Caicos	96.8	100	90.5	100	16	\$135
3	Parrot Cay, Turks and Caicos	96.7	100	95.0	95.0	9	\$150
4	Nisbet Plantation Beach Club, Nevis	94.3	96.6	93.1	93.1	2	\$111
5	Hotel Guanahani & Spa, St. Barts	93.3	92.0	92.0	96.0	7	\$175
5	Sandals Royal Plantation, Ocho Rios, Jamaica	93.3	95.0	95.0	90.0	4	\$130
7	Caribe Hilton, San Juan, P.R.	92.9	93.8	93.9	90.9	15	\$115
8	The Reefs, Bermuda	92.4	96.0	96.0	85.1	7	\$129
9	Rosewood Little Dix Bay, Virgin Gorda, B.V.I.	92.3	90.1	93.4	93.5	8	\$135
10	Peter Island, B.V.I.	92.1	90.5	90.5	95.2	10	\$160
11	Jade Mountain, St. Lucia	91.9	95.2	95.2	85.0	2	\$95
12	Four Seasons Resort, Nevis	91.2	91.2	90.1	92.3	12	\$145
13	Bitter End Yacht Club, Virgin Gorda, B.V.I.	90.1	100	91.7	78.3	3	\$105
14	CuisinArt Resort & Spa, Anguilla	89.5	92.2	94.1	82.4	16	\$125
15	Ritz-Carlton, Rose Hall, Montego Bay, Jamaica	88.9	90.9	84.8	90.9	11	\$115
16	Couples Swept Away, Negril, Jamaica	88.0	89.7	89.7	84.6	7	\$110
16	Renaissance Aruba Resort & Casino	88.0	85.7	92.9	85.2	6	\$115
18	Cap Juluca, Anguilla	87.9	91.5	89.4	83.0	2	\$140
19	Fairmont Southampton, Bermuda	87.4	87.5	85.0	89.9	15	\$189
20	El Conquistador Resort & Golden Door Spa, Las Croabas, P.R.	87.2	90.2	86.6	84.8	25	\$115
21	Jewel Dunn's River, Ocho Rios, Jamaica	87.0	88.5	92.0	80.8	7	\$90
22	Atlantis, Paradise Island, Bahamas	86.9	84.7	85.6	90.4	35	\$145
23	Sandals Whitehouse European Village & Spa, Jamaica	86.7	88.0	84.0	88.0	10	\$130
24	Anse Chastanet, St. Lucia	86.1	91.7	91.7	75.0	8	\$93
25	St. Kitts Marriott Resort & The Royal Beach Casino	85.1	85.1	85.1	85.1	9	\$115

★ Overall score | 🏠 Treatments | 👤 Staff | 🌿 Facilities | 📄 Number of treatment rooms | 💰 Basic massage

10

The number of perfect 100 criteria scores in this year's spa poll.

BRING THE SPA HOME

Clarins's Tonic Body Treatment Oil firms and tones with geranium, mint, and rosemary (clarins.com; \$52).

Top 50 Hotel Spas—U.S. Mainland



1	Mayflower Inn & Spa, Washington, Conn.	98.3	100	98.3	96.7	8	\$165
2	The Peninsula, New York, N.Y.	96.7	95.0	97.5	97.5	12	\$195
3	Old Edwards Inn and Spa, Highlands, N.C.	95.8	96.9	93.8	96.8	10	\$120
4	Omni Mandalay Hotel at Las Colinas, Dallas, Tex.	94.7	96.8	93.8	93.8	7	\$115
5	JW Marriott Denver at Cherry Creek, Colo.	93.9	93.2	95.5	93.2	10	\$90
6	Langham Huntington, Pasadena, Calif.	93.8	95.3	93.0	92.9	13	\$130
7	Four Seasons Westlake Village, Los Angeles, Calif.	93.7	94.3	94.3	92.5	28	\$145
8	Auberge du Soleil, Napa Valley, Calif.	92.9	90.9	92.5	95.3	8	\$180
8	Four Seasons, San Francisco, Calif.	92.9	96.4	92.9	89.3	9	\$114
10	The Peninsula, Chicago, Ill.	92.6	93.1	93.3	91.4	8	\$160
11	The Setai, Miami Beach, Fla.	92.5	93.5	93.5	90.3	4	\$180
12	21c Museum Hotel, Louisville, Ky.	92.4	95.7	95.9	86.0	2	\$90
13	Ritz-Carlton New York, Central Park, N.Y.	92.2	97.1	94.1	84.8	6	\$200
14	Hotel Viking, Newport, R.I.	92.0	96.6	89.7	89.7	6	\$110
15	Ritz-Carlton, Dallas, Tex.	91.7	95.0	90.0	90.0	12	\$125
16	Viceroy Palm Springs, Calif.	91.4	93.5	96.8	83.9	6	\$135
17	L'Auberge de Sedona, Ariz.	91.3	94.1	94.3	85.7	4	\$130
18	Mandarin Oriental, Washington, D.C.	91.2	90.9	91.3	91.3	8	\$155
19	Mandarin Oriental, Miami, Fla.	91.1	95.1	87.8	90.2	17	\$150
20	Post Ranch Inn, Big Sur, Calif.	90.9	93.4	92.5	86.5	4	\$140
21	Gasparilla Inn & Club, Boca Grande, Fla.	90.8	89.7	93.1	89.7	8	\$110
22	Borgata Hotel Casino & Spa, Atlantic City, N.J.	90.7	91.5	88.6	92.1	30	\$130
22	Mokara San Antonio, Tex.	90.7	91.8	90.2	90.2	18	\$129
22	Shutters on the Beach, Santa Monica, Calif.	90.7	90.7	90.7	90.7	6	\$150
25	Inn and Spa at Loretto, Santa Fe, N.M.	90.3	91.9	92.1	86.8	5	\$125

★ Overall score 🧑 Treatments 👤 Staff 🌿 Facilities 🏠 Number of treatment rooms 💰 Basic massage

	★	📄	👤	✂️	🏠	\$	
25	Salish Lodge & Spa, Snoqualmie, Wash.	90.3	91.3	87.1	92.4	7	\$115
27	Four Seasons, Los Angeles at Beverly Hills, Calif.	89.8	95.3	95.2	79.1	8	\$165
28	St. Regis, New York, N.Y.	89.7	93.1	96.6	79.3	4	\$165
29	Beverly Hills Hotel and Bungalows, Calif.	89.6	93.8	92.2	82.8	6	\$190
30	Four Seasons, New York, N.Y.	89.5	91.4	88.6	88.6	9	\$225
31	White Barn Inn & Spa, Kennebunkport, Me.	89.2	92.5	92.5	82.5	4	\$135
32	Blantyre, Lenox, Mass.	88.9	90.5	100	76.2	3	\$125
32	Montage Beverly Hills, Calif.	88.9	83.3	87.5	95.8	17	\$205
34	Mandarin Oriental, New York, N.Y.	88.5	89.1	87.5	89.1	6	\$215
34	Monterey Plaza Hotel & Spa, Calif.	88.2	88.9	87.2	89.4	9	\$130
34	Rosewood Crescent Hotel, Dallas, Tex.	88.5	89.7	89.7	86.2	12	\$115
37	Charleston Place, Charleston, S.C.	87.6	90.8	83.1	89.1	9	\$115
37	Harrah's Atlantic City, N.J.	87.6	87.1	81.8	93.9	23	\$120
39	Four Seasons, Atlanta, Ga.	87.4	89.7	93.1	79.3	9	\$110
40	Hotel Healdsburg, Sonoma County, Calif.	87.3	95.2	95.2	71.4	6	\$110
40	Houstonian Hotel, Club & Spa, Houston, Tex.	87.3	81.0	85.7	95.2	21	\$110
42	The Mondrian, Los Angeles, Calif.	86.7	85.0	95.0	80.0	3	\$145
42	Trump International Hotel & Tower, New York, N.Y.	86.7	88.6	91.4	80.0	2	\$160
44	The Peninsula, Beverly Hills, Calif.	86.6	91.3	90.0	78.6	7	\$160
45	Hotel Victor, Miami Beach, Fla.	86.4	86.4	86.4	86.4	9	\$125
45	Ritz-Carlton, Chicago, Ill.	86.4	85.7	87.8	85.7	5	\$125
47	Beverly Wilshire, Beverly Hills, Calif.	86.2	88.9	90.5	79.0	9	\$165
48	Loews Santa Monica Beach Hotel, Calif.	85.4	90.3	81.8	84.4	4	\$115
49	Ritz-Carlton, Miami Beach, Fla.	85.3	88.5	86.9	80.6	14	\$145
50	Four Seasons, Chicago, Ill.	85.2	88.9	86.1	80.6	4	\$145

★ Overall score 📄 Treatments 👤 Staff ✂️ Facilities 🏠 Number of treatment rooms \$ Basic massage

TREND #5

FACEBOOK FACIAL

Your social networking skills are now the key to rejuvenation—and savings. Many spas have embraced social media as a way to post exclusive limited-time offers, allow users to instantly make or cancel appointments, and interact with their guests. Here's a sampling of recent deals available only via Facebook and Twitter:

- ◆ Enchantment Resort, Sedona: The best tweet in its Twitter-only Mother's Day essay contest earned a two-day package at the resort's Mii Amo spa.
- ◆ Montage Laguna Beach, Laguna Beach, California: Facebook followers got a \$75 discount on a 60-minute massage, facial, or body treatment.
- ◆ Mandarin Oriental, Miami: Mentioning Facebook when making an appointment for an 80-minute massage earned guests a free scrub.
- ◆ Mandarin Oriental, New York: In a promotion exclusive to the hotel's Facebook and Twitter pages, bringing a friend got guests \$50 off any treatment.