

240 TOP SPAS IN THE U.S., MEXICO, THE CARIBBEAN, CANADA

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The New Age of the American Spa

The verdict is in. By combining European and Asian treatments with fitness and pampering, U.S.-style spas have no equal. This year, so many spas in the U.S., Canada, Central America, the Caribbean, and at sea achieve such high ratings that we introduce
240 winners

Text by Beata L. Santora

Soaking it in: At the Four Seasons Resort Costa Rica at Peninsula Papagayo.

IT IS NOTHING SHORT OF A PHENOMENON. Not since Roman emperors competed to build the most sumptuous baths (winner: Thermae Diocletiani) has the human body been so gloriously indulged, and in such magnificent places.

The rise of the homegrown American-style spa has been both momentous and swift. Only 20 years ago, when they were mocked as “fat farms,” the United States had perhaps 50 first-rate spas. Since then, fitness, diet, and pampering programs have been joined by treatments from Italian fango mud packs to Thai massage and yoga. Spas are not only health-conscious, of course, they’re also a healthy \$12.8 billion global industry, and had 17.8 percent growth last year. The United States alone has more than 12,000—and quality has kept pace with quantity.

In this, our twentieth annual spa survey, 240 spas earn high ratings—almost triple the number of last year’s winners. Why such an explosion? While spas were once the province of women, new services have been added for children, teens, seniors, men, and pregnant women. One in four Americans has by now spent time wrapped in seaweed, sweating out a forced march, stretched out on a Pilates Reformer, or dining on quinoa salad—spoonfuls of medicine in sugary destinations from Hawaii to Banff and Cancún to Connecticut.

Travel has always been a tonic, if not a cure, so why not escape for a quick week of rejuvenation and relaxation? And with so many superb spas, the only question is where.

Diocletian dreamed big. But he never dreamed of what we have.



Overall Score



Treatments



Spa Staff



Spa Facilities



Price of Basic Massage

Rank	RESORT SPAS – CANADA	★	🏠	👤	✳️	💰
1	King Pacific Lodge, <i>Princess Royal Island, B.C.</i>	96.7	96.7	96.7	96.7	\$131
2	Wickaninnish Inn, <i>Vancouver Island, B.C.</i>	94.4	95.2	95.2	92.9	\$121
3	Fairmont Banff Springs, <i>Alberta</i>	92.8	93.7	91.1	93.7	\$163
4	Four Seasons Resort, <i>Whistler, B.C.</i>	92.4	92.3	92.5	92.5	\$120
5	Fairmont Empress, <i>Victoria, B.C.</i>	87.5	95.1	82.9	87.8	\$117

★ Overall Score 🏠 Treatments 👤 Staff ✳️ Facilities 💰 Basic Massage

Rank	RESORT SPAS – CARIBBEAN	★	🏠	👤	✳️	💰
1	Parrot Cay, <i>Turks & Caicos</i>	98.0	100	97.0	97.0	\$190
2	Ritz-Carlton, <i>Grand Cayman</i>	97.1	95.6	97.1	98.5	\$200
3	Peter Island Resort, <i>Tortola</i>	96.7	96.7	93.3	100	\$160
4	Regent Palms Turks & Caicos, <i>Providenciales</i>	92.4	94.3	85.7	97.1	\$135
5	The Reefs, <i>Bermuda</i>	90.7	96.5	96.5	78.8	\$129
6	Couples Swept Away, <i>Negril, Jamaica</i>	90.5	92.9	89.3	89.3	\$110
6	El Conquistador Resort & Golden Door Spa, <i>Las Croabas, P.R.</i>	90.5	93.8	92.2	85.5	\$115
8	Rosewood Little Dix Bay, <i>Virgin Gorda</i>	90.2	87.5	91.5	91.7	\$135
9	Aruba Marriott Resort & Stellaris Casino	90.0	94.1	90.9	84.8	\$120
10	Fairmont Southampton, <i>Bermuda</i>	89.8	87.9	87.9	93.8	\$169
11	Four Seasons Resort, <i>Nevis</i>	89.3	89.3	88.0	90.7	\$130
12	CuisinArt Resort & Spa, <i>Anguilla</i>	89.2	94.6	94.6	78.4	\$125
13	Sandals Grande Ocho Rios Beach & Villa Golf Resort, <i>Jamaica</i>	88.9	88.9	88.9	88.9	\$110
14	Cap Juluca, <i>Anguilla</i>	88.6	92.1	89.5	84.2	\$135
15	Elbow Beach, <i>Bermuda</i>	88.5	93.1	86.2	86.2	\$235
16	Anse Chastanet, <i>St. Lucia</i>	88.4	93.9	93.9	77.1	\$93
17	One&Only Ocean Club, <i>Paradise Island, Bahamas</i>	88.3	89.2	89.2	86.5	\$130
18	St. Kitts Marriott Resort & The Royal Beach Casino, <i>Jamaica</i>	88.0	92.3	84.6	87.2	\$100
19	Half Moon, <i>Rose Hall, Montego Bay, Jamaica</i>	87.6	88.6	85.7	88.6	\$115
20	Sandals Regency La Toc Golf Resort & Spa, <i>St. Lucia</i>	86.7	88.0	84.0	88.0	\$110
21	Ritz-Carlton, <i>Rose Hall Resort, Montego Bay, Jamaica</i>	85.8	87.0	85.2	85.2	\$130
22	Ritz-Carlton, <i>St. Thomas</i>	85.2	86.9	85.2	83.6	\$130
23	Sandy Lane, <i>Barbados</i>	84.4	88.5	84.6	80.0	\$221
24	Sandals Whitehouse, <i>Westmoreland, Jamaica</i>	83.9	83.9	80.6	87.1	\$110
25	Rio Mar Beach Resort & Spa, <i>Rio Grande, Puerto Rico</i>	82.9	82.9	82.9	82.9	\$120

★ Overall Score 🏠 Treatments 👤 Staff ✳️ Facilities 💰 Basic Massage

Rank	RESORT SPAS – MEXICO & CENTRAL AMERICA	★	🏠	👤	✳️	💰
1	Four Seasons Resort Costa Rica at Peninsula Papagayo	96.8	95.8	97.3	97.3	\$155
2	Four Seasons, <i>Punta Mita, Mex.</i>	96.6	97.4	94.9	97.4	\$150
3	Aventura Spa Palace, <i>Riviera Maya, Mex.</i>	96.4	96.4	96.4	96.4	\$119
4	Maroma Resort & Spa, <i>Riviera Maya, Mex.</i>	96.2	96.2	96.2	96.2	\$125
5	One&Only Palmilla, <i>Los Cabos, Mex.</i>	96.1	100	97.1	91.2	\$150
6	Le Méridien Cancun Resort & Spa, <i>Mex.</i>	95.1	94.1	97.1	94.1	\$115
7	Royal Hideaway Playacar, <i>Playa del Carmen, Mex.</i>	92.8	94.6	94.6	89.2	\$125
8	JW Marriott Cancun Resort & Spa, <i>Mex.</i>	91.8	92.3	88.7	94.3	\$120
9	Moon Palace Golf & Spa Resort, <i>Cancún, Mex.</i>	91.2	92.6	91.6	89.5	\$119
9	Ritz-Carlton, <i>Cancún, Mex.</i>	91.2	91.1	87.7	94.7	\$145
11	Esperanza, <i>Cabo San Lucas, Mex.</i>	89.7	94.5	95.5	78.7	\$160
12	Pueblo Bonito Pacifica Resort & Spa, <i>Cabo San Lucas, Mex.</i>	88.1	88.1	88.1	88.1	\$120
13	Fairmont Mayakoba, <i>Riviera Maya, Mex.</i>	87.5	90.2	95.1	76.3	\$129
14	Fiesta Americana Grand Los Cabos, <i>Mex.</i>	86.7	85.7	85.7	88.6	\$101
15	Pueblo Bonito Sunset Beach Resort, <i>Cabo San Lucas, Mex.</i>	85.7	84.3	82.7	90.2	\$120

★ Overall Score 🏠 Treatments 👤 Staff ✳️ Facilities 💰 Basic Massage

Spanish with a Capital Spa

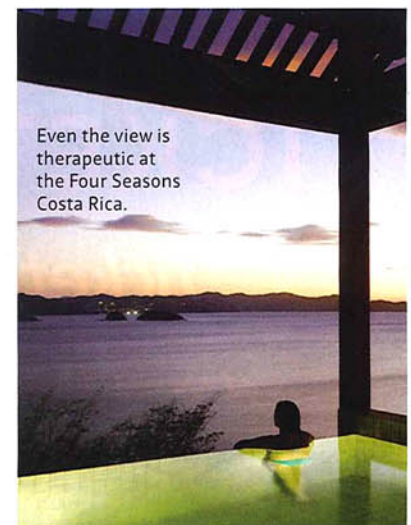
Fourteen of the top 15 Mexican and Central American spas are in Mexico, led by Apuane Spa at the Four Seasons Punta Mita. The exception is in Costa Rica, and it's a sister resort: the Spa at Four Seasons at Peninsula Papagayo, which is tops in the region.

Go Global

The spas on these pages range from venerable resorts such as the Green-brier Spa in West Virginia (est. 1778) to newcomers like Sense, at Rosewood Little Dix Bay in the British Virgin Islands. No wonder, as these eye-straining lists attest, such a wealth of superb spas have sprouted up not just in the United States but in Mexico, Canada, Central America, and the Caribbean. Indeed, there's little reason to seek wellness overseas... unless you're a traveler.

American-style spas are appearing from Argentina to the Philippines to Turkey, and Americans are finding their way to all of them. Sense, on Little Dix Bay, was one of 50 listed among *Condé Nast Traveler's* "Hot Spas" last year (May 2009).

The 2010 Hot List, in our May issue, includes the finest new spas in the world. What exotic spots will we feature? Hint: Where guests can enjoy eucalyptus-scented soap and a rose-clay body mask in a traditional hammam.



Even the view is therapeutic at the Four Seasons Costa Rica.