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WIN  
AN ISLAND  
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# Spa

travel+beauty+living

best treatments to  
ease pregnancy

## Have a stress-free HOLIDAY!

- > Gift ideas that anyone will love
- > Spa cuisine for easy entertaining
- > Tips to sleep better all year round

spa  
tested  
AT-HOME  
BEAUTY  
GADGETS

SUPPLEMENTS  
ARE THEY WORTH IT?

\*Relaxing  
at SLS  
Hotel at  
Beverly  
Hills,  
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DECEMBER 2009 U.S. \$4.99

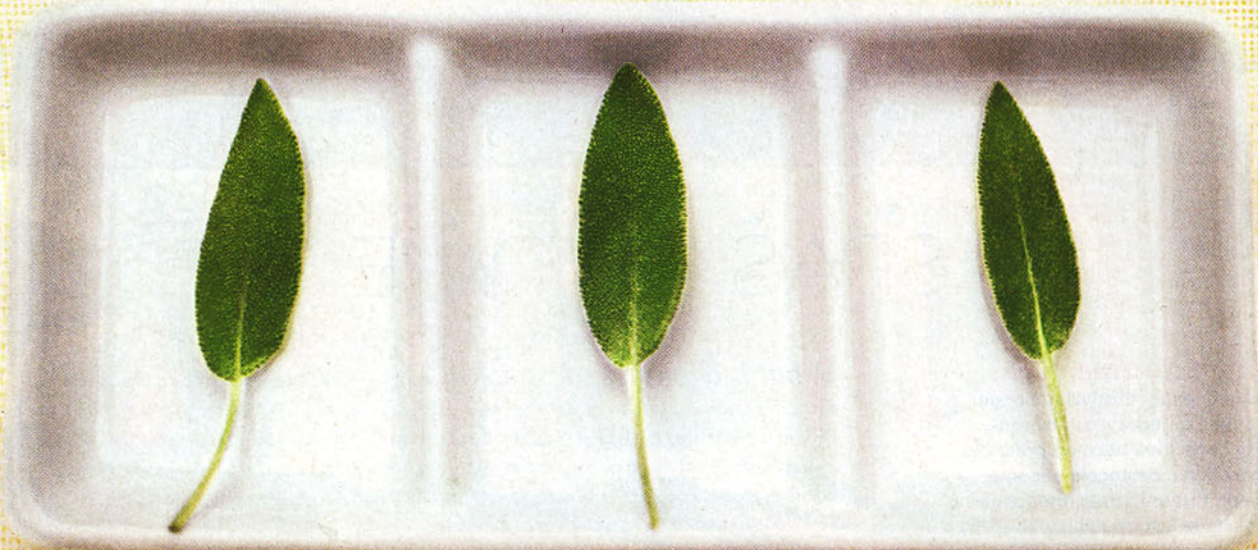


+ How to create the life of your dreams



# spatravel

## YOUR FAVORITE SPAS



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SPAS BY  
TYPE

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U.S. SPAS

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INTERNATIONAL  
SPAS

With the end of another year on the horizon, we asked you to rate your favorite spas for 2009. As expected from such a savvy set of readers, your answers spanned the globe as well as the world of wellness. And while a few signature brands made multiple appearances, iconic independents and notable newcomers were well represented too. So sit back, lose yourself in this issue's special Spa Travel section, and join us in fantasizing about where to go for some well-deserved relaxation. >>



STE. ANNE'S SPA



PAZ SPA, CABO AZUL RESORT



MANDARA SPA ATLANTIS, ATLANTIS, PARADISE ISLAND

## INTERNATIONAL SPAS

### Favorite Resort/Hotel Spas Canada

Host of the 2010 Winter Games, our neighbor to the north is already a gold medal spa destination: Unsurpassed natural beauty and provincial ambience pair with Old World therapies and state-of-the-art amenities throughout the country's spas. In the land of the maple leaf, these are your favorite places to go.

- 1 **Ste. Anne's Spa** (Grafton, Ontario, Canada)
- 2 **Willow Stream, the spa at The Fairmont Banff Springs**, The Fairmont Banff Springs (Banff, Alberta, Canada)
- 3 **The Spa at Four Seasons Resort Whistler**, Four Seasons Resort Whistler (Whistler, British Columbia, Canada)
- 4 **Vida Spa**, The Fairmont Chateau Whistler (Whistler, British Columbia, Canada)
- 5 **Santé Spa at Bear Mountain**, The Westin Bear Mountain Golf Resort & Spa (Victoria, British Columbia, Canada)

### Favorite Resort/Hotel Spas Mexico

A resurgence of tourism and incredible travel deals have Mexico primed to pamper—a fact that hasn't gone unnoticed. According to the votes, these resort spas on both the Baja and Yucatan peninsulas hold your passport to south-of-the-border bliss.

- 1 **Paz Spa**, Cabo Azul Resort (San Jose del Cabo, Baja California Sur, Mexico)
- 2 **Armonia Spa**, Pueblo Bonito Pacifica Holistic Retreat & Spa (Cabo San Lucas, Baja California Sur, Mexico)
- 3 **JW Marriott Cancun Spa**, JW Marriott Cancun Resort & Spa (Cancun, Quintana Roo, Mexico)
- 4 **The Spa at Esperanza**, Esperanza, an Auberge Resort (Cabo San Lucas, Baja California Sur, Mexico)
- 5 **Spa Aqua**, Aqua Cancun (Cancun, Quintana Roo, Mexico)



### Favorite Resort/Hotel Spas Caribbean

Cerulean seas, talcum-like beaches, and cultural diversity make the Caribbean islands a timeless playground for the senses. Fortunately, every day is recess at your favorite nurturing centers, which feature local ingredients, ethereal design, and outdoor treatments enhanced by the gentle touch of the trade winds.

- 1 **Mandara Spa Atlantis**, Atlantis, Paradise Island (Paradise Island, Bahamas)
- 2 **Silver Rain, a La Prairie spa at The Ritz-Carlton Grand Cayman**, The Ritz-Carlton Grand Cayman (Grand Cayman, Cayman Islands)
- 3 **Fern Tree, The Spa at Half Moon**, Half Moon (Montego Bay, Jamaica)
- 4 **The Self Centre**, Caneel Bay, A Rosewood Resort (St. John, U.S. Virgin Islands)
- 5 **The Caves Aveda Concept Spa**, The Caves (Negril, Jamaica) >>