

spa  
travel+beauty+living

ANNUAL ISSUE  
WORLDWIDE  
GUIDE 2011

WIN  
A TRIP  
TO SAN DIEGO'S  
THE GRAND  
DEL MAR  
PAGE 94

250  
TOP SPAS

From quick getaways close to home  
to dream vacations far away

**INCLUDING READERS' CHOICE WINNERS!**

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65

+ 10 Next Great Spa Destinations



# *Your Top Spas*



A VISIT TO A SPA has become less about simply feeling good and more about investing in well-being, and that's why we were excited to find out where you—our discriminating readers—are choosing to rest, restore, and regroup. The following pages present **Spa's 2010 Silver Sage Readers' Choice award winners**, featuring your top picks in 29 categories that cover the spectrum of spa—from to-die-for cuisine to treatments for two to the best sanctuaries when it's only you. The envelope please...

FOR DETAILS ON THE WINNING PROPERTIES TURN TO PAGE 88.

## Favorite Spas for Couples

Married to the idea of a spa getaway for two? The romantics among you satisfy your international wanderlust with escapes to enticing enclaves in Canada, the Caribbean, and Mexico, while California and Hawaii pair up to provide the most desired domestic destinations for duos.

### UNITED STATES

- 1 THE SPA AT TWO BUNCH PALMS;** Two Bunch Palms Resort & Spa (Desert Hot Springs, California)
- 2 SPA L'AUBERGE;** L'Auberge Del Mar (Del Mar, California)
- 3 THE SPA AT THE CARNEROS INN;** The Carneros Inn (Napa, California)
- 4 HONUA SPA;** Hotel Hana-Maui & Honua Spa (Hana, Maui, Hawaii)
- 5 HALELE'A SPA;** The St. Regis Princeville Resort (Princeville, Kauai, Hawaii)

### INTERNATIONAL

- 1 WILLOW STREAM, THE SPA AT THE FAIRMONT BANFF SPRINGS;** The Fairmont Banff Springs (Banff, Alberta, Canada)
- 2 THE SPA AT FOUR SEASONS RESORT WHISTLER;** Four Seasons Resort Whistler (Whistler, British Columbia, Canada)
- 3 SPA AQUA;** Live Aqua Cancun (Cancun, Quintana Roo, Mexico)
- 3 THE SPA AT ESPERANZA;** Esperanza, An Auberge Resort (Cabo San Lucas, Baja California Sur, Mexico)
- 4 THE MINI AVEDA CONCEPT SPA AT THE CAVES;** The Caves (Negril, Jamaica)
- 5 FERN TREE, THE SPA AT HALF MOON;** Half Moon (Montego Bay, Jamaica)

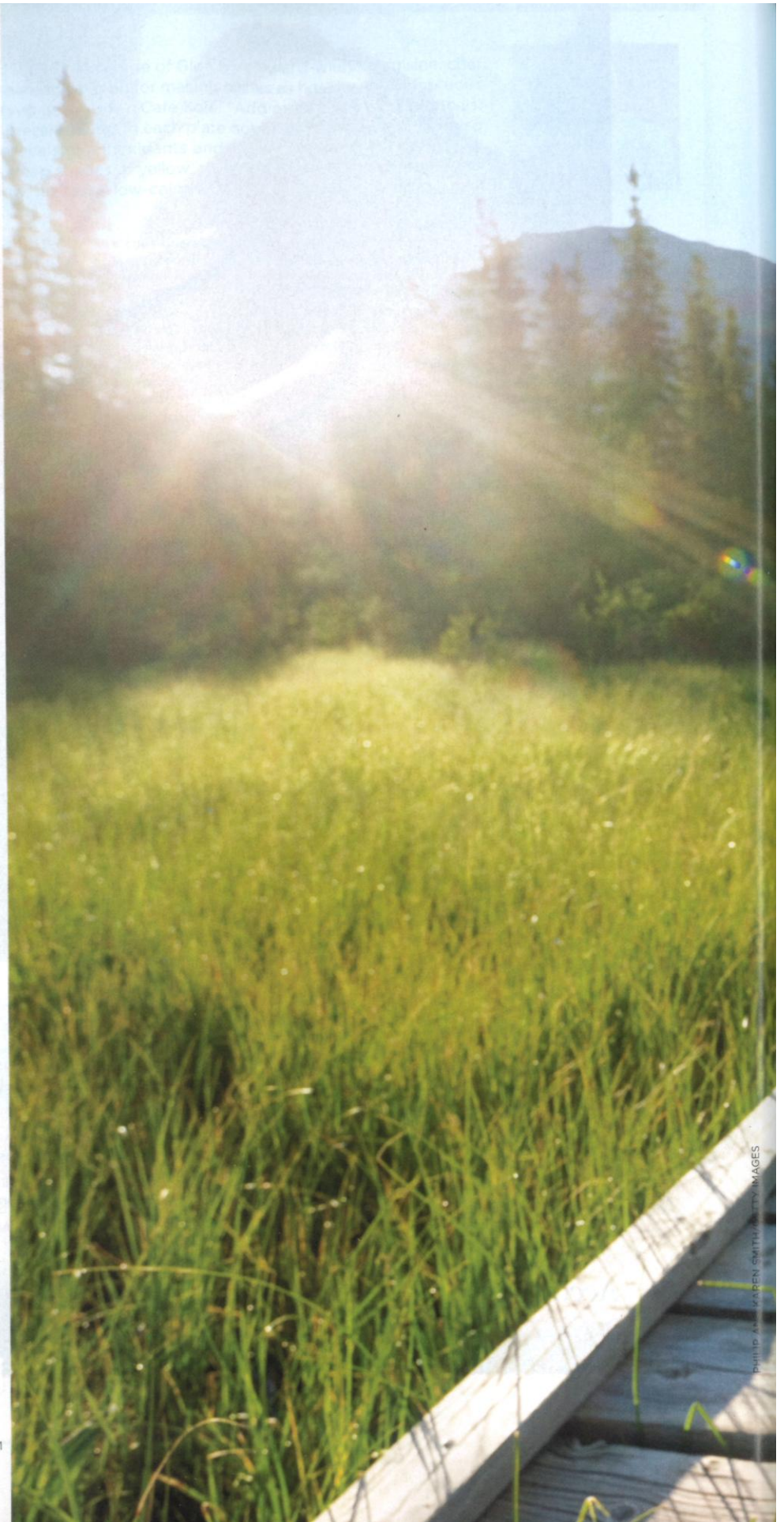



PHOTO: ANDREW GREEN/SHUTTERSTOCK IMAGES



Wellness-seeking couples are choosing to spend quiet time together at spas.

**double relaxation** Here's a sampling of standout couples treatments that can be found on the spa menus of some of this year's winners—both domestic and international.

**WATSU À DEUX at The Spa at Two Bunch Palms** > Couples who are open to trying new things will love floating weightlessly together in Two Bunch Palms' natural mineral springs while receiving a tandem in-water shiatsu massage. (\$260, 60 minutes)

**HIP HONEYMOONERS at Willow Stream, the spa at The Fairmont Banff Springs** > For the guy who is completely comfortable in the spa realm—and the woman

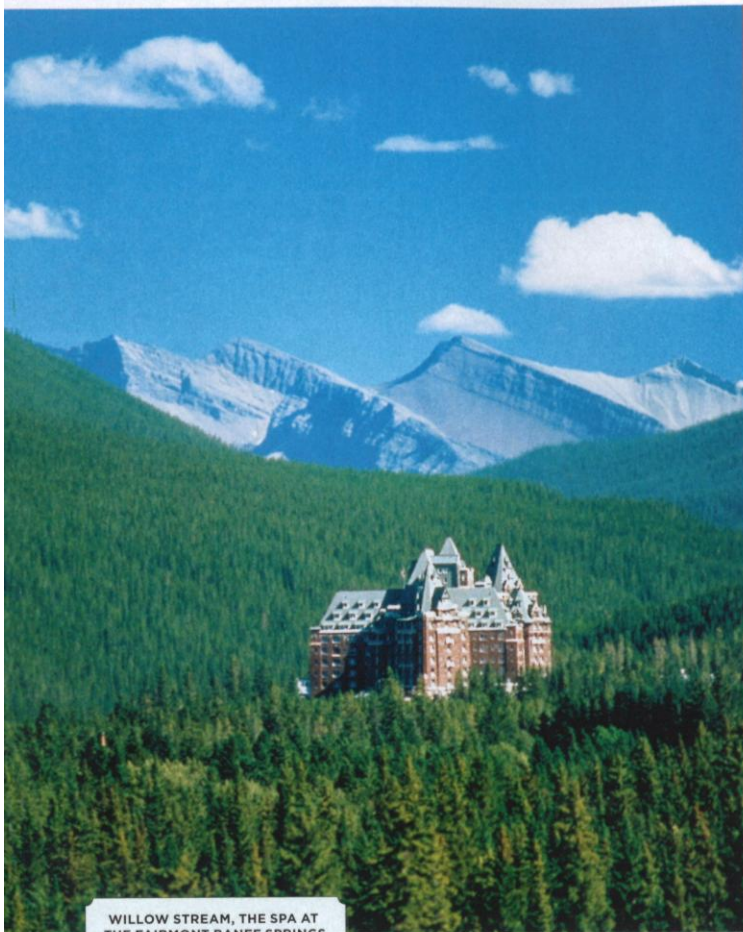
who loves him—this four-step treatment includes a dry brushing, massage, body wrap, and facial massage, each integrating some part of that great floral symbol of romance: the rose. (\$395, 60 minutes)

**BALINESE BREEZE at Spa L'Auberge** > Escape to the couples suite—complete with a private garden featuring a day bed and soaking tub—for a scrub, couples bath, and massage featuring different scents

for him and her. (from \$280, 50 minutes)

**DAMIANA ALEGRE at The Spa at Esperanza** > If the rose is the symbol of romance, damiana is all about wild passion. Couples soak together, get scrubbed together, enjoy side-by-side damiana-and-honey wraps and a coconut oil massage, and end by sipping damiana coconut cream aguas frescas and nibbling on amaranth pastries. (\$670, 2 hours)

**OVERWATER SPA BUNGALOWS at Fern Tree, The Spa at Half Moon** > Sometimes the best couples treatments are all about the location. Such is the case with the spa bungalows at Fern Tree, where floor-to-ceiling doors open out over Caribbean waves, and couples can choose to have any of the spa's massages or body treatments *à deux*. (from \$115 per person for 50-minute massage; additional \$35 charge for bungalow)



WILLOW STREAM, THE SPA AT  
THE FAIRMONT BANFF SPRINGS



## FAVORITE RESORT+HOTEL SPAS Canada

The Winter Games may be gone from the Great White North, but competition was still steep in this category. The Fairmont Banff Springs edged ahead to finish first, but in your opinion, all these spa contenders merit a medal.

- 1 WILLOW STREAM, THE SPA AT THE FAIRMONT BANFF SPRINGS;** The Fairmont Banff Springs (Banff, Alberta, Canada)
- 2 BODISENSE;** White Oaks Conference Resort & Spa (Niagara-on-the-Lake, Ontario, Canada)
- 3 100 FOUNTAIN SPA AT PILLAR AND POST;** Pillar and Post Inn & Spa (Niagara-on-the-Lake, Ontario, Canada)
- 4 THE SPA AT FOUR SEASONS RESORT WHISTLER;** Four Seasons Resort Whistler (Whistler, British Columbia, Canada)
- 5 SECRET GARDEN SPA AT PRINCE OF WALES;** Prince of Wales (Niagara-on-the-Lake, Ontario, Canada)

## FAVORITE RESORT+HOTEL SPAS Mexico

The magic of Mexico lies in its relaxed mañana mindset. That's why sybaritic sojourns south of the border leave lasting memories. And when it comes to whiling away the days, Cabo and Cancun are all the rave for renewal.

- 1 THE SPA AT THE WESTIN RESORT & SPA LOS CABOS;** The Westin Resort & Spa Los Cabos (San Jose del Cabo, Baja California Sur, Mexico)
- 2 THE SPA AT ESPERANZA;** Esperanza, An Auberge Resort (Cabo San Lucas, Baja California Sur, Mexico)
- 3 JW SPA;** JW Marriott Cancun Resort & Spa (Cancun, Quintana Roo, Mexico)
- 4 SPA AQUA;** Live Aqua Cancun (Cancun, Quintana Roo, Mexico)
- 5 THE SPA AT LAS VENTANAS;** Las Ventanas al Paraíso, A Rosewood Resort (San Jose del Cabo, Baja California Sur, Mexico)