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THE SPA PROFESSIONAL'S CHOICE

american spa

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SCENIC WONDER

AMAN SPA AT AMANGIRI (CANYON POINT, UT)





DESTINATIONS

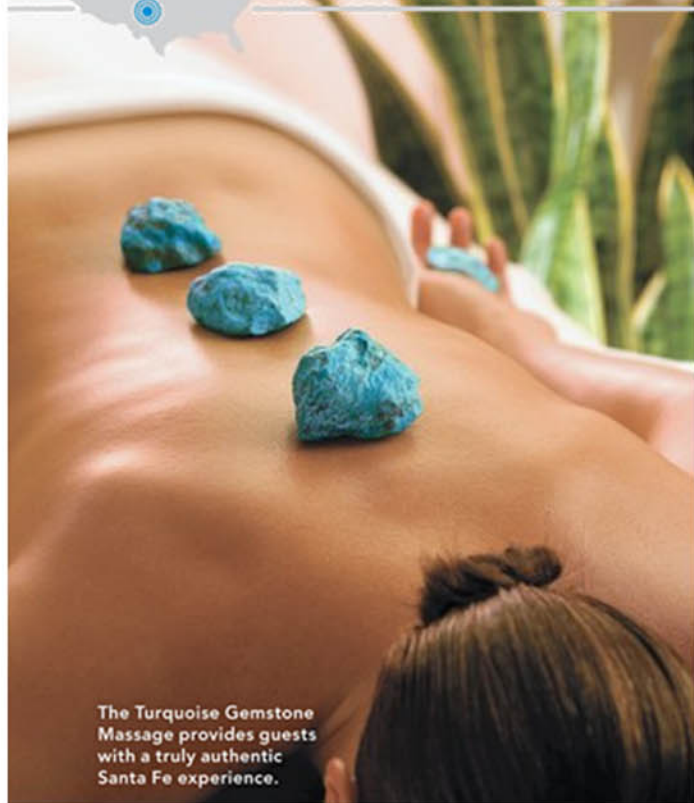
Santa Fe, NM

Known as a mecca for artists, healers, nature lovers, and free spirits, Santa Fe, NM, is also a spa-lover's paradise.

Southwestern Serenity

New Mexico is known as the Land of Enchantment, and no where is this state more beguiling than in the city of Santa Fe. For centuries, people have flocked to this spiritual city to be restored and rejuvenated by the dry climate, sunny days, and breathtaking surroundings. As such, Santa Fe is a haven for creative people and is home to an eclectic assortment of artists, designers, healers, and New Age practitioners, as well as a wide assortment of spas and healing centers. Because of this, it is also an oasis for travelers who want to tap into its curative powers, making it an ideal escape for replenishing the body, mind, and spirit.—*Julie Keller*

With its adobe buildings and Pueblo-style architecture, Santa Fe offers visitors a true taste of the Southwest.



The Turquoise Gemstone Massage provides guests with a truly authentic Santa Fe experience.

Seasonal Soothing

Spa-goers at **Nidah Spa** at the Eldorado Hotel & Spa can get into the spirit of the season with a selection of packages and treatments that are inspired by autumn and winter in Santa Fe. The Fall for Chile (\$230, 2 hours) package pays homage to the region's famed red chiles with a circulation-boosting wrap made from a blend of chile, local honey, and oil, followed by an Organic Ilike Custom Facial that is tailored to address each client's individual skincare concerns. To help shed summer's dried-out skin, the High Desert Bliss (\$260, 2 hours 30 minutes) package includes a lavender-, sage-, and sugar-infused Desert Bliss Sugar Scrub; a Native Herb Bundle Massage, which is performed with a muslin compress filled with chamomile, eucalyptus, lavender, and sage; and a fragrant Juniper Berry Pedicure. Meanwhile, guests with a penchant for glowing winter skin can enjoy the All That Glitters IS Gold (\$400, 3 hours) package, which includes a Signature Spun Gold Massage using 24-karat gold-infused oil and a Signature 24K Gold Facial. Finally, for skiers looking to soothe sore muscles from tackling the slopes of the nearby Sangre de Cristo Mountains, the Turquoise Gemstone Massage (\$125, 60 minutes) provides pampering perfection complete with a heated river stone massage using turquoise sage oil and the application of healing turquoise stones on pressure points. Whether spa-goers visit in winter or fall, they'll soon discover that soothing is always in season.—*J.K.*

COUPLES' THERAPY

Located on 60 acres in the middle of the desert, Encantado, An Auberge Resort, offers couples the perfect private escape. In addition to spending evenings underneath a blanket of stars and a backdrop of the breathtaking Sangre de Cristo Mountains, guests can also keep their romance alive at **The Spa at Encantado** by partaking in an Interlude—a private retreat for couples. Spa-going sweethearts can choose from the following packages, which take place in a private couples' suite:



THE SUN, THE MOON, AND THE STARS (\$2,500, 4 hours)

includes two hours of spa treatments of the guests' choosing, a private meal created specially by the resort's chef, as well as champagne and truffles. Afterward, guests can leisurely reconnect in the private sauna and soaking pool.

SACRED MOMENTS (\$600, 2 hours) offers couples a massage for two and an energy-point sequence designed to connect them to their inner selves as well as each other.



THE ART OF SURRENDER (\$700, 2 hours 30 minutes)

allows couples to let go of the rest of the world and focus on each other with an open-air soak in the couples' tub, private time in the sauna, and the Auberge Head-to-Toe massage for two.

MOUNTAIN SPIRIT INITIATION (\$900, 3 hours)

is inspired by the Native Americans' reverence for the earth and includes a smudging ceremony, an adobe clay body mask, a scalp and foot massage, a warm shower rinse, and a hot stone massage.—*Nanci McArdle*

