

# DEPARTURES



JANUARY/FEBRUARY 2009

**BIG SILVER JEWELRY**  
**HANDMADE ENGLISH SHOES • THE SPA ALMANAC**  
**KYOTO IN WINTER • MEXICO BY THE SEA**  
**WHERE TO EAT IN THE CARIBBEAN**  
**CRUISE GUIDE 2009**

# The Short List

Six fairly incredible new spas on our radar. BY AMANDA FRIEDMAN

## 1 The Dolder Grand Spa, Switzerland

When we heard that spa designer Sylvia Sepielli was teaming up with architect Norman Foster to create the spa at the renovated Dolder Grand hotel, we knew the results would be impressive. The 43,000-square-foot Japanese-inspired space includes relaxing stone tubs with heated black pebbles meant to feel like warm volcanic sand and an arctic cave where more than 12 inches of snow is made daily. 41-44/456-6000; [thedoldergrand.com](http://thedoldergrand.com)

## 2 The Spa & Hammam at Four Seasons Hotel Istanbul Bosphorus, Turkey

The main attractions here are the authentic hammams, where guests are taken through the time-honored stages of cleansing, purification, massage, and relaxation. Customized treatments are also available, combining traditional Turkish bathing rituals with modern therapies like salt peels, facials, and wraps. 90-212/381-4000; [fourseasons.com](http://fourseasons.com)

**3 Anantara Spa, Thailand** The concept at the new Anantara Phuket Resort & Spa is based on the lotus flower, the Buddhist symbol of enlightenment, rebirth, and self-regeneration. Elements of the white lotus are used to cleanse and de-stress, while the red version of the flower, thought to inspire romance, is saved for steamy couples' treatments. 66-76/336-100; [anantara.com](http://anantara.com)

**4 Chill Spa, Ireland** The Ice House is a boutique hotel nestled on the banks of the River Moy in a former 19th-century ice store, but its spa is not as shiver-inducing as the name suggests. The Thermal Suite includes a laconicum and a steam room; the outdoor garden features hot tubs, heated mosaic lounge chairs, and a breathtaking waterfront view. 353-96/23500; [theicehouse.ie](http://theicehouse.ie)



The skylit indoor pool at the Four Seasons spa in Istanbul

## 5 Joya Spa at InterContinental Montelucia Resort, Arizona

This Moroccan-inspired spa at the first InterContinental resort to open in the United States offers an 850-square-foot treatment room called the Palace Suite. Perfect for couples, it features a king-size daybed, a fireplace, a lavish bathroom, an outdoor shower, and a private terrace overlooking the dramatic Sonoran Desert and Camelback Mountain. 480-627-3020; [joyaspa.com](http://joyaspa.com)

**6 The Spa at Encantado, New Mexico** Traditional Ayurvedic and Asian therapies are offered at this Auberge resort, but the most interesting ones are regionally inspired. The Blue Corn and Honey Renewal (\$245) employs a local remedy for desert-parched skin, and the Mountain Spirit Purification (\$300) consists of a Native American smudging ceremony, an adobe body mask, and a juniper-sage hot stone massage. 877-262-4666; [encantadoresort.com](http://encantadoresort.com)



## Wardrobe Essentials

Spa resorts and the popularity of yoga have given new meaning to workout wear. Not only must clothes be functional but they also need to look good for that easy transition from a class to the café. Old sweats just don't compare to the high-tech fabrics that whisk away perspiration, protect against bacteria, and now even moisturize the skin—like the new aloe vera line by **Tao Freedom of the Body** (at left; [taofreedom.com](http://taofreedom.com)). **COMO Shambhala** has expanded its collection to include men's shirts, shorts, and pants ([comoshambhala.bz](http://comoshambhala.bz)). For the ecoconscious, **Yogamat's** durable material won't pill or collect fragments from the mat ([yogamatboutique.com](http://yogamatboutique.com)).