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SHAPE

SHAPE
YOUR
LIFE

**BLAST
320
CALORIES
AT LUNCH**
p.148

OUR BEST PLAN EVER

WALK OFF 10 POUNDS

The easiest way
to lose the weight
FOR GOOD

*** Is your
office a
health hazard?**
Read this before
you go to work, p. 106

**20-MINUTE
MEALS
YOU'LL LOVE!**

15 minutes to a strong, slim you

GET BODY CONFIDENT

FIRM UP ALL YOUR TROUBLE ZONES

The workout you
can do in your
living room

<GET ALL-DAY ENERGY

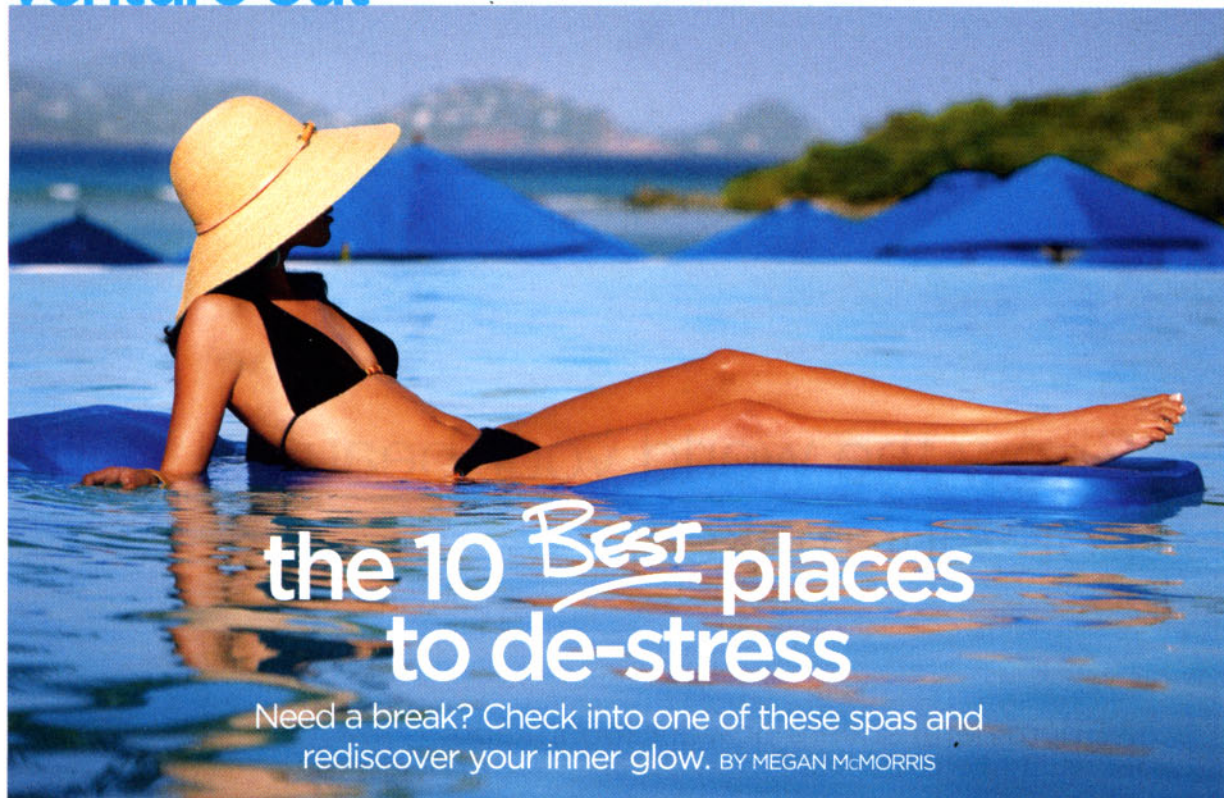
The cardio-
strength plan
Ashlee Simpson
swears by



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the 10 *BEST* places to de-stress

Need a break? Check into one of these spas and rediscover your inner glow. BY MEGAN McMORRIS

Why do you visit a spa? If you're like most women, you're looking for an escape from the daily grind. Maybe you need a little help jump-starting a healthier lifestyle too, but your real motivation is to get away from it all and focus on *you*. To help you create a completely individualized experience, the newest crop of spas is adding customized features and rituals tailored to your needs, concerns, and preferences. (Hate New Age music? Cue up Fergie.) From desert decadence to beachside luxury, these 10 new spas will prepare you to face the world again.

CHILL OUT IN THE CITY

29 Spa at the Mansion on Peachtree

Atlanta

Ever wonder what the lady-who-lunches lifestyle would be like? Now you can act the part with a stay at the Mansion on Peachtree, a Rosewood Hotel. Rooms in this slim 42-story building, which towers over the upscale Buckhead neighborhood, are accented with velvet and black and white marble tiles and offer sweeping views of the city. The spa, created by 29 Cosmetics

founder Lydia Mondavi, was inspired by Napa Valley. What does this mean for you? Grapes. Lots of them. Choose from the grape seed antioxidant tea or signature wine before you hit the heated water beds in the treatment rooms. Then pick your pleasure, from a Secret of the Vine Facial to a Right off the Vine Massage (both feature grape seed extract). Be sure to check out the 4,500-square-foot gym and lap pool too.

Details Treatments start at \$100, rooms at \$369; rwmansiononpeachtree.com.

FIND SERENITY IN THE DESERT

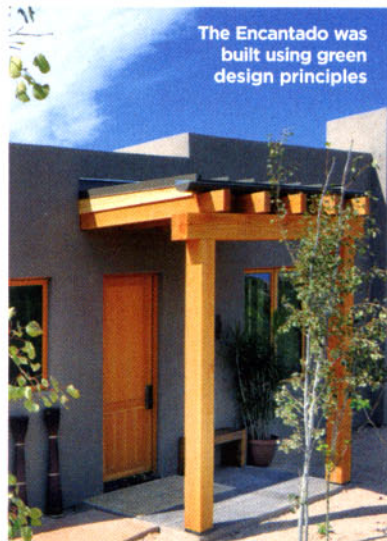
The Spa at Encantado Santa Fe, New Mexico

There's something magical about the Southwest, and many spas have tried to

capitalize on that feeling. The Spa at Encantado, located just seven miles from Santa Fe Plaza in the foothills of the Sangre de Cristo Mountains, gets it right. There are 65 adobe-style casitas, each equipped with heated bathroom floors and private terraces to fulfill your nesting tendencies, but there's also a communal fire pit, an outdoor sculpture garden, and an art gallery to encourage you to go outside and meet your fellow guests. After a day of hiking, biking, or horseback riding in the nearby Santa Fe National Forest, cool your heels with a chili pepper foot-

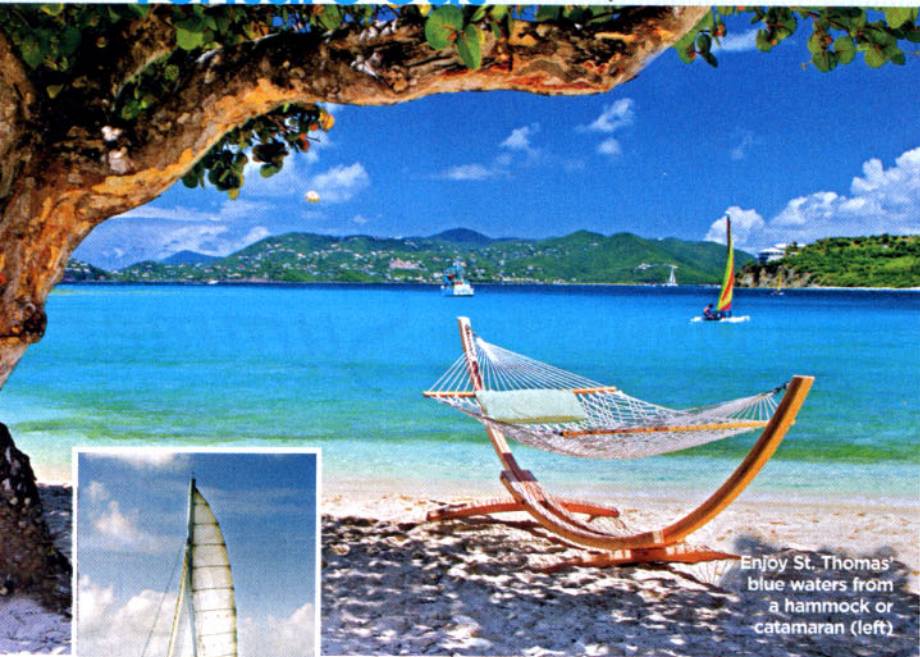


The 29 Spa offers 22 grape-based treatments



The Encantado was built using green design principles

STILL LIFE: FOOD COLLECTION/STOCKFOOD



Enjoy St. Thomas' blue waters from a hammock or catamaran (left)



warmer treatment before you indulge in the Ojo Caliente

Purification Ritual. You'll start with an exfoliation (the aesthetician uses a loofah-like cloth made with cactus fibers), follow that with a dip in the heated pool and a few minutes inhaling eucalyptus in the steam room, then finish with a fresh rainwater rinse and warm-blanket wrap.

Details Treatments start at \$150, rooms at \$475; encantadoresort.com.

ENJOY GLITZ AT THE BEACH

The Ritz-Carlton St. Thomas Spa St. Thomas, U.S. Virgin Islands

This resort offers the high-end luxury you expect from the Ritz, but the white-sand beaches surrounding it tone down the posh factor and give the place a laid-back vibe. When you arrive, pour yourself into a hammock, take a windsurfing lesson, or set off for a chartered sunset sail on a 53-foot catamaran. Cap your day with a moonlit massage in a beachside cabana. In keeping with the surroundings and "ritz-y" reputation, the spa features three facials and one body treatment that incorporate Prada Beauty products.

Details Treatments start at \$85, rooms at \$269; ritzcarlton.com.

GET BACK TO NATURE

The Umstead Hotel and Spa Cary, North Carolina

Situated next to a 5,600-acre state park where you can hike, run, bike, and canoe, the Umstead considers nature the best stress reliever. You even get an outdoorsy feel inside the spa, thanks to the earth tones, a meditation garden, and glass walls that keep the area drenched in light. Spa-goers choose from nature-infused treatments like the Red Flower Hammam Tibetan Ritual, a steam and massage that use citrus, cedarwood, and clay.

Details Treatments start at \$105, rooms at \$295; theumstead.com.

BREATHE EASY IN THE MOUNTAINS

The Westin Riverfront Resort and Spa

Beaver Creek, Colorado

Earn your spa treatment by taking the resort's new gondola up the mountain for a few hours of hiking or biking on some of the 148 ski runs. At the bottom, reward yourself with a soak in a hot tub on the banks of the Eagle River. Then head to the 15,000-square-foot Spa Anjali for the Himalayan Journey to Serenity: Aestheticians apply an aromatic scrub of

almond meal, date seeds, neem (which has antiseptic properties), and essential minerals, then follow it with a pressure-point stimulation called Marmassage.

Details Treatments start at \$75, rooms at \$250; westinriverfront.com.

CLIMB, HIKE, AND SPA

Spa at Montelucia Paradise Valley, Arizona

From picture-perfect views to guided hikes, rock climbing, and rappelling, Camelback Mountain—one of the most famous landmarks in Phoenix—is always looming large at this Spanish-style hotel and spa. A 90-minute hike on a steep trail (many people run it) will put you on top, and by the time you get down, you'll be ready to park yourself in the 31,000-square-foot spa. Try Hammam-Style Therapy, an ancient Turkish bathhouse custom that includes having your back scrubbed, soaking in a whirlpool, sitting under a cold waterfall, and then lying on a heated platform.

Details Treatments start at \$215, rooms at \$225; montelucia.com.

TAKE A BREAK FROM YOUR ROUTINE

MySpa at the Fairmont Hotel Chicago

A city spa typically caters to more locals and business travelers than a destination spa does, and the creators of MySpa have tried to offer services targeted to that pop-in, pop-out market. Need some relaxation between meetings? The 60-minute Power Treatment features a half-hour massage followed by a facial and manicure performed simultaneously. The



The Fairmont can outfit you for a ride along Lake Michigan