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THE SPA PROFESSIONAL'S CHOICE

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ALCHEMIE SPA (SANTA MONICA, CA)

On the Road

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Maui, HI

The first time I visited Hawaii was a little more than a year ago for my honeymoon. I was inspired by the island's beauty and the endless outdoor activities, particularly on the gorgeous grounds of The Ritz-Carlton, Kapalua, where my husband and I spent several nights. (Here, I explored the tide pools and rocks in search of ocean creatures.)

As an adult, I loved it, but I can also see how it could be a virtual playground for kids, especially those who take part in the resort's famed Jean-Michel Cousteau's Ambassadors of the Environment program. This month, turn to page 82 to learn more about how the property has found a perfect way to entice both children and adults with its Family Adventure Summer Series, which combines spa (for the grownups) and adventure (for kids). While The Ritz-Carlton Spa, Kapalua is divine (I was lucky enough to enjoy treatments there), I'm even more intrigued by the fun activities the kids get to sample, such as snorkeling, learning about the ocean, and hiking in the rainforest. I guess maybe I'm just a kid at heart.—Julie Keller Callaghan

San José del Cabo, Mexico

Last fall, on a trip to Cabo San Lucas, I confirmed what many have been telling me for years: the destination has many charms. Calling the Barceló Los Cabos Palace Deluxe home for the duration of my visit, I made the most of my time by doing all the things people generally do while in Cabo, such as enjoying the sunshine, swimming with dolphins, taking a sunset cruise, and, of course, indulging in some relaxing spa treatments. While there, I had the good fortune to visit Las Ventanas Al Paraíso, A Rosewood Resort. (Here I am kicking back in the spa's outdoor solarium and private sanctuary.) Living up to its reputation and name as a "window to paradise," the property recently celebrated its 15th anniversary. I was instantly smitten when I discovered that ice cream cones were being passed out poolside.

The Spa at Las Ventanas also provided its fair share of tempting treats, the latest being a new indigenous cleansing ritual called The Path to Enlightenment. For more on this ancient tradition performed by an authentic shaman healer, turn to page 26.—Heather Mikesell



Charleston, SC

When my colleague Lucy Hugo and I decided to sign up for the Charleston Half Marathon earlier this year, we also made sure to book a post-run treatment at **The Sanctuary Spa** at Kiawah Island Golf Resort, which is situated on the pristine shores of Kiawah Island, only a 30-minute drive from downtown Charleston. After we proudly crossed the finish line with 13.1 miles under our belts, we escaped to this beautiful resort, ready to indulge in some luxury treatments, Southern style. We started our pampering at the spa's aqua retreat complete with a mineral whirlpool, steam room, and sauna. We then chose a Body Fusion Head-To-Toe Sanctuary (\$255, 90 minutes) treatment, where we detoxified our sore muscles with a citrus-infused full-body massage and a hot-oil foot wrap that was perfect for our tired feet. Afterwards, we visited the Sanctuary's beautiful garden-inspired Solarium. Relaxed and rejuvenated, we reflected on the race and started planning our next run-and-spa adventure together.—Monica Helmstetter

