

Spa

Healthy Living,
Travel & Renewal

18 ULTIMATE ESCAPES

TO UNWIND, DE-STRESS,
AND HAVE FUN

- JAMAICA
- MALDIVES
- MEXICO
- BAHAMAS
- THAILAND
- ST. LUCIA
- AND MORE...



FIND BALANCE:
5 EASY STEPS

Instant
Wrinkle Relief
(page 50)

SNACKS FOR
HEALTHY SKIN

Why Mineral
Makeup Is Better
(page 45)

+
TOP ECO-SPAS
(you can enjoy guilt-free)

JUNE 2008 U.S. \$4.99



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Villa With a View

On the western coast of Virgin Gorda, unobstructed panoramas of the postcard-worthy Sir Francis Drake Channel have become the backdrop to Aquamare's three 8,000-square-foot villas that bring the spa to you. What to expect: enjoying the lavish outdoor rain shower just outside the master bedroom, reclining under a blanket of banana leaves in the Signature Aloe and Lavender Wrap (\$220, 90 minutes), and having your cares exfoliated away with a Signature Coconut & Lime Body Glow (\$125, 60 minutes) that incorporates sea salt. Cocooned in the privacy of your personal villa, the experience continues long after your therapist has left, as you contemplate the limitless landscape. M.N.

AQUAMARE, MAHOE BAY, VIRGIN GORDA, BRITISH VIRGIN ISLANDS, (787) 461-2638, VILLAAQUAMARE.COM; FROM \$12,500 FOR A 7-DAY RENTAL

IN-ROOM INDULGENCE

For the ultimate in luxury and convenience, try Westin's new spa room service. Book an in-room massage, and 40 minutes prior to your appointment you'll receive a CD of soothing sounds, chocolate or fresh fruit, and aromatherapy products. By the time the heated treatment bed rolls in, you'll be relaxed and ready to sink into your massage. For locations, visit westin.com. RACHEL NEAL



spicing it up

As a luxurious addition to the all-inclusive LaSource resort in Grenada, a complimentary spa treatment each day of your stay is now part of the package. Mind-body-spirit classes (including tai chi and meditation) and energy work are also on offer for the health-conscious looking to broaden their experience while on vacation, and diving excursions bring the natural wonders of the island within reach. Known as "The Spice of the Caribbean," Grenada is rich with aromatic flavors that are woven into the property's Oasis Spa therapies. To get an authentic taste of the isle, try the LaSource Signature Massage (\$50, 30 minutes), in which local favorites like cinnamon, nutmeg, and clove scent the air while you relax, fully immersed in the glory of Grenada. R.N.

LASOURCE, OASIS SPA, ST. GEORGE'S, GRENADA, (888) 527-0044, THEAMAZINGHOLIDAY.COM; FROM \$315