

HEALTH, WELLNESS, ECO-LIVING & DESIGN

organic spa

MAGAZINE

ANNUAL
**ECO-
TRAVEL
ISSUE**

Best Adventure Travel
GREEN GETAWAYS

PLUS:

12 Nourishing Body Oils

**HOST AN
EARTH DAY PARTY**

HEMP AS HEALTH FOOD

**CONFESSIONS
OF A CARNIVORE**

APRIL 2011

\$5.99

04>



A Lifestyle Publication
www.organicspamagazine.com

move it

Adventure, Wellness & Healthy Getaways | By Nicole Dorsey Straff



BEST URBAN OASIS

ROSEWOOD SAND HILL *Menlo Park, CA*

Fifteen miles from the San Francisco Airport, amid 16 pristine acres, the Sense Spa at Rosewood Sand Hill has 13 treatment rooms and a slew of personalized services inspired by the abundant natural resources of the rustic northern coastline. After a morning of hiking, golf, horseback riding, hot-tubbing and biking around Stanford University, hit the 17,000-square-foot Sense Spa for a signature Forest Sanctuary (\$195 for 90 minutes), which exfoliates with native grains and eucalyptus and finishes with an aromatherapy massage using hot forest stones. The gardens and courtyards in the Bay Area are worth the trek, not to mention nearby wine country.

Details: Overnight rates start at \$225, and spa treatments start at \$145 for the 50-minute Fountain of Youth Facial. rosewoodsandhill.com

BEST HIKING AND BIKING SPA

Red Mountain Spa and Resort *Ivins, UT*

Framed by fierce mountains and the towering canyons of southern Utah's Zion National Park and Snow Canyon State Park, Red Mountain offers a cornucopia of activities for fitness enthusiasts, in addition to all the pampering and relaxation you'd expect from the full-service Sagestone Spa. Weight-loss boot camps at the Wellness Center include unlimited fitness classes (step, yoga, tai chi, for starters) acupuncture, and metabolic testing, plus nutritional seminars and a 7-night Detox Special. In and around the resort are trails for walking, hiking, biking, and climbing, as well as the Ledges Golf Club. In case you can't stroll without Fido, the pet-friendly hotel charges \$50 for a pet per stay.

Details: Overnight rates start at \$179, and spa treatments start at \$60 for a 25-minute Reflexology foot massage. redmountainspa.com





ULTIMATE BACK-TO-NATURE EXPERIENCE

The Inn at Mt. Washington Bretton Woods, NH

For more than a century, guests have retreated to Mt. Washington to romp among 800,000 acres of White Mountain National Forest. True thrill-seekers will skip directly to the Bretton Woods Canopy Tour, which brings you up 1,000 feet across a series of treetop zip lines where you harness into a sturdy cable and fly through the trees, across platforms and bridges milled from locally harvested wood. Once on the tour, you can zip off for hikes as a guide describes local fauna then zip back into gear to soar over astonishing views of the Presidential Range and Crawford Notch. Surrounded by natural wonders, the 25,000-square-foot spa (13 treatment rooms) infuses homemade Mountain Mist spa products with local botanicals of nettle and rosemary. After playing 18- or 9-holes of golf, try your hand at fly-fishing, rock climbing, and serious hiking, then find a relaxation deck with heated pools to get your kinks out.

Details: Overnight rates start at \$199, spa treatments start at \$105 for a Signature Massage. mtwashingtonresort.com

BEST LAKESIDE RETREAT

The Inn at Perry Cabin

St. Michaels, MD

This Orient-Express resort sits on the eastern shore of Maryland and offers a full range of services that focus on rejuvenation and wellness, including a number of signature treatments, such as the Five Flowers Solace body wrap (\$165 for 80 minutes) plus massage, which infuses five local flowers into white clay. The 6,000-square-foot Linden Spa boasts seven treatment rooms named after the large trees lining the brick driveway. Built in 1816, The Inn offers a popular set of sailing classes on the Chesapeake Bay, where activities include crabbing and fishing excursions. The chefs will prepare and serve your bounty the traditional Eastern Shore way—with an outdoor crab fest! After a picturesque bicycle tour of St. Michaels, try the indoor and outdoor relaxation rooms, swim laps in the infinity pool, or take a stellar yoga class.

Details: Overnight rates start at \$390, spa treatments start at \$115 for a 50-minute Reiki session. perrycabin.com

