

EXPECT THE WORLD **Virtuoso** **Traveler**

AUGUST | SEPTEMBER 2014

SUITE DREAMS

Hotel sleep programs that help you catch some Z's

SETTING A COURSE

A new wave of enrichment programs takes to the high seas



Biking tours, private shore excursions, and golf getaways for any budget

15 FRESH WAYS TO RENEW, RECHARGE, AND RECONNECT

Our favorite healing retreats from Tuscany to Turks and Caicos

relax and say spa-ahh





SPA SAVVY

*Our primer on the hottest trends in healing,
plus 15 places to experience them. **By Becca Hensley***

Herbal healing at Ananda
in the Himalayas and (right)
achieving perfect balance at
Miraval Resort & Spa.

All spas are not created equal –

and that's a good thing. From Massachusetts to the Maldives, recuperative refuges like the ones that follow provide different paths to healing. Sure, a simple massage will get the kinks out. But now more than ever, you can find a spa experience to meet your specific needs, whether it's a toned body or a tamed mind. *Here's to your health.*

EARTH, WATER, FIRE, AIR, SPACE. These are the basics of ayurveda, a millennia-year-old curative science from India that treats patients according to their element-related mind-body types, known as *doshas*. With yoga and meditation at its core, the discipline is based on a quest for balance. Treatments utilize herbs, infused oils, rituals, and bespoke menus for optimal results.

3 TO CONSIDER

Ananda Spa

Ananda in the Himalayas | India

Peacocks, views of the Ganges River, and a maharajah's palace set the tone at the 78-room Ananda in the Himalayas, where a multistory ayurvedic spa offers more than 80 treatments, daily yoga and meditation practice, and guided mountain hikes. After a consultation with the staff doctor, guests set **personalized program goals** ranging from revitalization to detox; meals prepared for your personal *dosha* ensure total yogic immersion. While the spa's specialties include classic ayurvedic rituals such as *shirodhara* – a balancing treatment that provides a continuous flow of soothing oil over the forehead and “third eye” – the menu draws, too, from Tibetan modalities. Try *ku nye* – a massage that employs hot Himalayan salt poultices, infused with cardamom and lavender, to restore the nervous system and promote energy flow. Virtuoso guests who stay three nights or more receive a complimentary 50-minute spa treatment. *From \$455 per room, per night.*

Spa and Ayurvedic Retreat

Four Seasons Resort Maldives at Landaa Giraavaru | Maldives

Within the Indian Ocean's remote Baa Atoll, the 102-bungalow Four Seasons Resort Maldives occupies its own island. At its heart, the **medically accredited spa complex** comprises 2.5 acres of tropical gardens, overwater spa suites, and thatched-roofed huts. Touted for its intense 14- or 21-day *panchakarma* detox and cleansing programs, the spa also gets high marks for its authentic chakra-blessing rituals. Open your heart with a \$100 spa credit, gratis for Virtuoso guests. *From \$1,100 per room, per night.*

COMO Shambhala Retreat

Parrot Cay by COMO | Turks and Caicos

Ginger, turmeric, and sandalwood waft through the Balinese-style spa at Parrot Cay, a 75-room COMO resort set on its own Caribbean isle. Complimentary daily yoga classes lure guests from the mile-long beach, as do ayurvedic therapies such as *pizhychil*, which **counteracts stress and calms the mind**. Virtuoso guests receive a free lunch; use yours for heart-healthy Shambhala cuisine rich in vitamins, living enzymes, and sea minerals. *From \$500 per room, per night.*

The Trend

*Ancient Ayurveda:
Get Balanced,
Indian-Style*



ADVISOR TIP

“Private yoga sessions at the Four Seasons Resort Maldives take place in an oceanside pavilion, where warm breezes and gently lapping waves enhance your asanas (postures) and pranayamas (breathing techniques).”

– JESSICA GRISCAVAGE
McLean, Virginia

Clockwise from top left: Calming the “third eye” at COMO Shambhala Retreat, striking a pose at Ananda Spa, and preparing for a *panchakarma* cleansing at the Spa and Ayurvedic Retreat.

A WARM SOAK. A bracing swim. Since the dawn of time, humans have refueled their life force with nature's original elixir. From hot springs to mineral pools to ancient Roman baths, the healing powers of water have never been more popular.

The Trend
*Hydro-Centric
 Cures:
 Dive On In*



Come on in, the water's fine! (clockwise from left): Cultural immersion at Terme di Saturnia, falling for Evason Ma'In Hot Springs, and remote relaxation at Sonora Resort.



3 TO CONSIDER

The Ultimate

Terme di Saturnia Spa & Golf Resort | Italy

Take to the waters at the 140-room Terme di Saturnia and you'll breaststroke through the same thermal mineral pools where the Etruscans (and other ancient health seekers) bathed more than 2,000 years ago. In the Tuscan Maremma, natural spring water, filtered from its 40-year trek through the mountain's porous stone, teems with minerals, salts, and healing gasses, staying a **constant soothing temperature** akin to the amniotic fluid that protects human beings at birth. Proven to aid skin conditions and release tension, a soak here detoxifies bodily organs and acts as an antiseptic. Float on and off all day, then take a break in the full-service,

Roman-inspired spa. Keep it water-focused with an Aqua Relaxation treatment, based on the principles of Watsu, performed in a soundproof room. Classic northern Italian cuisine, a vast wine and mineral-water menu, and adjacent sunflower fields add to Terme di Saturnia's allure – as does a round of golf for two, complimentary for Virtuoso guests. *From \$350 per room, per night.*

Six Senses Spa

Evason Ma'In Hot Springs | Jordan

A mirage? Thankfully not. This mountain sanctuary near the Dead Sea sits below mineral-loaded hot springs that cascade magically into its pool. The surrounding landscape encompasses palm trees and views of Jerusalem. Located at the 97-room Evason Ma'In Hot Springs resort, the spa boasts a **unique steam cave** and coddles guests with locally based therapies, which include

an exfoliating Olive Grove Scrub, Dead Sea Mud Body Wrap, and an Aromatic Basil and Mint Body Scrub. After a plunge in the hot springs, enjoy Jordanian and Arabic cuisine at the hotel's cliffside restaurant, courtesy of a Virtuoso \$100 dining credit. *From \$215 per room, per night.*

Island Currents Spa

Sonora Resort | Canada

Treasured by outdoor enthusiasts and fly-fishing aficionados, the cozy 88-room Sonora Resort in British Columbia's Discovery Islands also promotes R&R with an Island Currents Wellness Package. The two-night program includes **mineral pool bathing**; an aromatherapy relaxation massage; all meals, including a chef's spa picnic lunch; and round-trip helicopter transfers to and from Vancouver. *Available through October 15, 2014; from \$3,815 per two-night package.*

SOMETIMES IT'S NOT JUST ABOUT SMOOTHING WRINKLES,

plumping lips, or removing cellulite. Beauty, it turns out, is more than skin deep. The quest for mindfulness and inner peace, once the province of ashrams and Buddhist temples, has now found its way into the wellness world. Partaking of therapies meant to bring enlightenment, introspection, and personal awareness, spagoers can benefit from results such as renewed focus, deeper sleep, stress reduction, and increased productivity.

The Trend
*Mind, Body,
and Soul:*
Stay Connected

3 TO CONSIDER

Spa Botánico

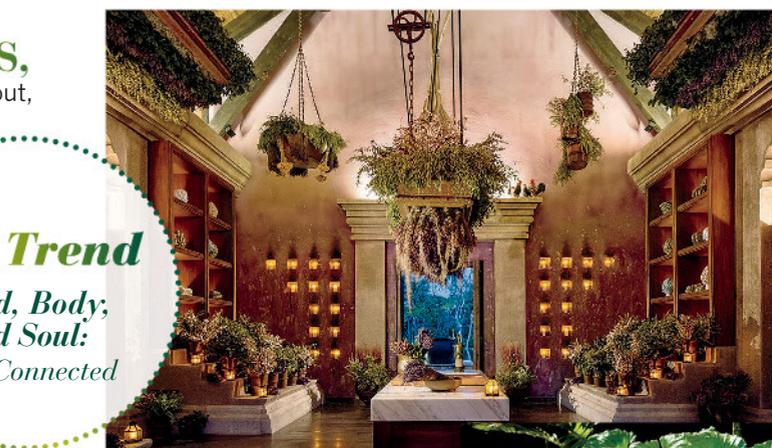
Dorado Beach, a Ritz-Carlton Reserve | Puerto Rico

In the 1960s, Laurance Rockefeller created a glam Dorado Beach resort that became an instant hit with jet-setters, but he soon fell in love with the island and began the work of preserving its natural landscape and local culture. Ritz-Carlton's recently opened 115-room remake of his original hideaway keeps Rockefeller's vision at the forefront with its rainforest-ensconced Spa Botánico. Tapping into the folklore and curative traditions of Puerto Rico's village healers, known as *manos santos*, the spa offers a menu **brimming with herbs and botanicals**. An Apothecary Portal holds shelves lined with oils and balms made from village-grown herbs and plants, each providing specific mind, body, and spirit support. An authentic *manos santos* launches every treatment with a prayer and suggests ingredients based on the results desired. Try the Body Soak, Herbal Compress, and Massage ritual, which employs eucalyptus, lemongrass, and garden-grown ginger to infuse a sense of vitality. Or unwind to the rock-a-bye rhythms of a hammock massage, performed in one of two tree house-style treatment rooms. Virtuoso guests receive a \$150 resort credit. *From \$699 per room, per night.*

Six Senses Spa

Six Senses Samui | Thailand

Dotting a tranquil island headland overlooking the Gulf of Thailand, the 66 villas at Six Senses Samui artfully stir the senses. In the same vein, the resort's graceful spa conjures relaxation, borrowing from regional traditions and exemplifying the **laid-back Thai way of life**. Help your *prana* (life energy) flow freely with the Thai Healing rite, which loosens blockages in the body's energy lines, reducing anxiety. Virtuoso guests can ease into peace with a complimentary massage. *From \$370 per villa, per night.*



From top: The Apothecary Portal and a soaking tub at Spa Botánico, Spa Montage's hot tub heaven, and beachside bliss at Six Senses Samui.

Spa Montage

Montage Deer Valley | Utah

Nestled amid northern Utah's Wasatch Range, the 220-room Montage Deer Valley, built in the Craftsman style, melds into its mountainous landscape. With panoramic windows, Spa Montage brings the vista – and its meditative quietude – indoors. Aspen resin and propolis from Park City's bees are among the local ingredients used in the spa's house-made products. Choose a mind-calming (and complimentary) **Art of Breath tutorial** as a prelude or finale to holistic therapies, such as the 90-minute Earth & Water ritual. The resort's Spa Memories package adds additional peace of mind with free valet parking, a \$50 dining credit, and \$200 in treatment credits. *Available through December 4, 2014; from \$475 per package, per night.*

ADVISOR TIP

“One trend I've noticed in spa resorts is a move toward holistic, integrative care. Some offer licensed physicians and other health professionals to provide personalized approaches to wellness. Life has become so fast paced and media driven, people are looking for ways to improve their lives while also getting away to a fabulous location.”

– ANN BECKER
Dayton, Ohio

FORGET BLOOD AND TEARS –

sweating never felt so good. Spas today dial into the value of well-earned endorphins and happily used muscles. Offering movement classes, organized games, training, and casual competition, they celebrate the human need for motion. Jumpstart a lifestyle goal or discover a new side of yourself at these boot camp-style meccas.



The Trend Burn, Baby Burn: Reboot Your Bod

3 TO CONSIDER

Dolder Grand Spa

The Dolder Grand | Switzerland

In the chic hillside haven that is Zürich's 173-room Dolder Grand hotel, **one wing is devoted entirely to health.** The enormous spa center – 43,000 square feet, to be precise – celebrates that sinewy physique the Swiss perfect so effortlessly. Here, a state-of-the-art gym, treatment salons, *kotatsu* foot baths, saunas, infinity pools, a boxing center, and a cadre of personal trainers await fitness-seeking guests. Three whirlpool tubs with views of Lake Zürich sit on the outdoor terrace – a reward for a day well played. Special boot-camp packages help motivate guests, as do splurge meals (and a \$110 dining credit for Virtuoso guests) at the hotel's two-Michelin-star The Restaurant, helmed by Heiko Nieder. *From \$780 (including taxes) per room, per night.*

The Spa at Canyon Ranch

Massachusetts

Check into Canyon Ranch in the Berkshires and prepare to be wowed by its extensive fitness activities and wellness programs. From canoeing to **kangaroo-jumping classes** to healthy cooking courses and weight-loss clinics, this 150-room all-inclusive, no-tipping getaway specializes in transforming lives. Medical check-ups, saunas, cycling studios, and group support are part of a five-day Jumpstart to a Healthier Life program. Virtuoso guests staying three nights receive a room upgrade, if available, and a \$100 spa credit. *From \$1,095 per person, per three-night package.*

Life in Balance Spa

Miraval Resort & Spa | Arizona

Tucson's 117-room Miraval Resort challenges guests to reach for the stars with a bevy of self-discovery activities. Whether it's tightrope walking 40 feet above desert sand or taking a **cardio kickboxing class**, the experiences prove the adage that you learn something new every day. Miraval's Girls' Getaway package provides a daily \$150 resort credit per person, all meals, unlimited activities, full access to the fitness center and spa, and complimentary transfers from Tucson International Airport. *Available through December 31, 2014; from \$429 per person, per one-night package.*

ADVISOR TIP

"Canyon Ranch in Lenox also boasts first-rate arts and cultural programs, and provides complimentary transportation to such venues as nearby Shakespeare & Company; Jacob's Pillow for dance performances; and Tanglewood, the summer home of the Boston Symphony Orchestra – have the resort pack you a picnic and listen to a concert on the lawn."

– KAY MERRILL
Larkspur, California



From top: Above and beyond at Miraval Resort, on the water at Canyon Ranch, and a *tsunaburo* (heated pebble lounger) room at the Dolder Grand Spa.



(TIGHTROPE, MIRAVAL, (CANGENIG) CANYON RANCH, (TSUNABURO) PETER HEISEN



The Trend

Pampering Escapes: Get Spoiled

IT'S SIMPLE –

sometimes all you need is love. Set aside the world of ringing phones and hectic appointments to surrender to a selfish, carefree hour or two of bliss. Seventh-heaven spas can transport you to another sphere, unraveling your knots and reigniting your inner sparks.



Clockwise from top left: Getting back to nature and creature comforts at the Royal Malewane Bush Spa, poolside at The Grand Del Mar, and everything is illuminated at The Singular Spa.

3 TO CONSIDER

The Spa at The Grand Del Mar

San Diego

If Leonardo Da Vinci had envisioned a spa to cure our modern ills, it would be this one – a **Renaissance-inspired villa** within a 249-room Mediterranean-style mansion. The hotel, set in the hills above the surfer's hamlet of Del Mar, also has an award-winning golf course and acclaimed gourmet restaurant. But its spa's Venetian plaster walls, polished Italian marble, Roman pan tile roofing, gilded mirrors, and comforting sauna area invoke the sort of regal calm that will make it difficult to linger anywhere else. Regenerate with The Grand Masterpiece, a hedonistic anti-aging facial, or yield to The Renaissance, a mud wrap

experience followed by a lymph-drainage massage that incorporates clay, herbs, and water – all foraged from Southern California's terroir. Had enough time indoors? Apply your Virtuoso \$100 activity credit toward a round of golf. *From \$495 per room, per night.*

Royal Malewane Bush Spa

South Africa

Between game drives, root into the South African bush in style at Royal Malewane's safari spa. An addendum to the lodge (which comprises eight suites and a six-bedroom house), this casita-studded oasis surrounds a glimmering pool and has **open doors to reveal passing wildlife**. Revive with the African Awakening, a treatment that relies on local rooibos tea in its nurturing balms and samples modalities from every part of the spa menu – from body wrap to scalp massage –

guaranteeing a renewed you for that next bush outing. Virtuoso guests receive a full breakfast daily and a room upgrade, if available. *From \$1,270 per person, per night.*

The Singular Spa

The Singular Patagonia | Chile

Soaring fjords, snowcapped peaks, and navy-blue seas form the backdrop for this contemporary 57-room hotel, located just outside Torres del Paine National Park. In contrast to the rugged landscape, its spa area is sleek and serene (though floor-to-ceiling windows let you take in the views). Scent-heavy with local herbs, this wellness center focuses on aroma-based cures, designed to awaken all five senses. Use your Virtuoso \$100 spa credit for the seaweed-rich Marine Breeze Bath, an indulgent prelude to a Holistic Massage. *From \$360 per room, per night. VT*