

SMART TIPS FROM OUR 129 TRAVEL EXPERTS

TRAVEL + LEISURE

THE STYLE AND CULTURE ISSUE

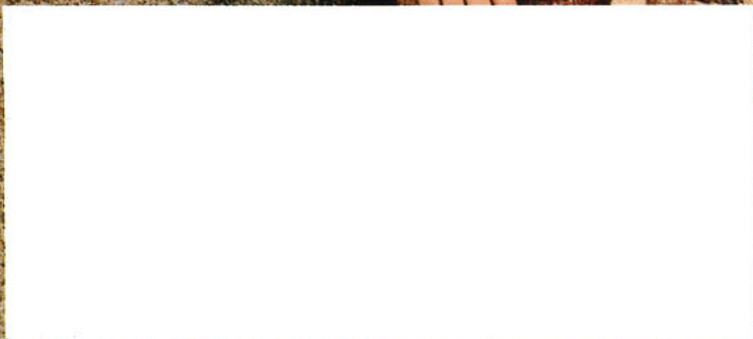
OCTOBER 2009

SPECIAL
PULLOUT
GUIDES

- WEEKEND GETAWAYS
- AIRPORT NAVIGATOR



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***20
AMAZING
PLACES
(WHERE THE
DOLLAR STILL
GOES FAR)**

An alfresco massage at Florida's Hawks Cay Resort & Marina, voted the No. 1 hotel spa in the U.S. and Canada by T+L readers this year.

WORLD'S BEST SPAS 2009




When it comes to a great spa experience, attentive service, inventive treatments, and, of course, value are top priorities. Here, the winning retreats in *Travel + Leisure's* 14th annual readers' poll, plus wellness news, trends, and deals. It's time to relax. Edited by **Christine Ajudua** and **Sarah Kantrowitz**




Serenity Now From left: The geothermal pool at Solage Calistoga, the No. 2 hotel spa in the continental U.S. and Canada; a ritual foot bath at Hawks Cay Resort & Marina in Duck Key, Florida, the top hotel spa in the region; the Fairmont Scottsdale, ranked No. 3 in the U.S. and Canada.

Top Hotel Spas by Region

- UNITED STATES AND CANADA** **HAWKS CAY RESORT & MARINA** Duck Key, Florida 95.00
HAWAII **FOUR SEASONS RESORT HUALALAI** Hawaii 90.43
THE CARIBBEAN, BERMUDA, AND THE BAHAMAS **COUPLES SANS SOUCI** Ocho Rios, Jamaica 94.54
MEXICO AND CENTRAL AND SOUTH AMERICA **ESPERANZA, AN AUBERGE RESORT** Los Cabos, Mexico 95.80
EUROPE **FOUR SEASONS HOTEL GEORGE V** Paris 88.35
AUSTRALIA, NEW ZEALAND, AND THE SOUTH PACIFIC **THE LANGHAM** Melbourne, Australia 85.00
ASIA **ANANTARA KOH SAMUI RESORT & SPA** Thailand 95.07 
AFRICA AND THE MIDDLE EAST **TWELVE APOSTLES HOTEL & SPA** Cape Town 95.40 

Top 25 Hotel Spas

Continental U.S. and Canada

- | | |
|--|---|
| 1. HAWKS CAY RESORT & MARINA Duck Key, Florida 95.00 | 15. CAMELBACK INN, A JW MARRIOTT RESORT & SPA Scottsdale, Arizona 87.06 |
| 2. SOLAGE CALISTOGA California 92.55 | 16. AUBERGE DU SOLEIL Rutherford, California 86.85 |
| 3. FAIRMONT SCOTTSDALE Arizona 91.41 | 17. THE GROVE PARK INN RESORT & SPA Asheville, North Carolina 86.54 |
| 4. RITZ-CARLTON, BACHELOR GULCH Avon, Colorado 91.04 | 18. THE BREAKERS PALM BEACH Florida 86.52 |
| 5. THE GREENBRIER White Sulphur Springs, West Virginia 90.73 | 19. WYNN LAS VEGAS 86.40 |
| 6. AMERICAN CLUB Kohler, Wisconsin 89.35 | 20. ST. REGIS MONARCH BEACH Dana Point, California 85.80 |
| 7. RITZ-CARLTON, NAPLES Florida 88.83  | 21. JW MARRIOTT DESERT RIDGE RESORT & SPA Phoenix 85.78 |
| 8. MOHONK MOUNTAIN HOUSE New Paltz, New York 88.66 | 22. RITZ-CARLTON, HALF MOON BAY California 85.52 |
| 9. RITZ-CARLTON, LAGUNA NIGUEL California 87.96 | 23. RITZ-CARLTON, AMELIA ISLAND Florida 84.56 |
| 10. TOPNOTCH RESORT & SPA Stowe, Vermont 87.89 | 24. FOUR SEASONS RESORT SCOTTSDALE AT TROON NORTH Arizona 84.49 |
| 11. CALISTOGA RANCH California 87.87 | 25. THE HOTEL HERSHEY Pennsylvania 84.47 |
| 12. MONTAGE LAGUNA BEACH California 87.67 | |
| 13. THE PHOENICIAN Scottsdale, Arizona 87.65 | |
| 14. THE FAIRMONT SONOMA MISSION INN & SPA California 87.50 | |

 Denotes Great Value (a 60-minute massage for \$100 or less).

TREND WATCH

Stress Management

Four new programs designed to help you unwind.

- At Parrot Cay's **Como Shambhala Retreat** (parrotcay.como.bz; from \$2,232 for three nights), in the Turks and Caicos, Dr. Swati—resident ayurvedic doctor and Reiki master—focuses on “releasing negative emotions.” That could mean a change of diet, beachside yoga, or a daily deep-tissue massage.
- After an initial consultation, an on-staff physician prescribes everything from mental coaching to muscle-soothing techniques for the eight-day Burnout Prevention package at Design Hotels' new **Life Medicine Resort** (lifemedicineresort.com; from \$3,860), in Bad Gleichenberg, Austria.
- For the program at **One & Only Palmilla** (oneandonlyresorts.com; \$3,503 for three nights), therapists counteract anxiety with special vitamin regimens, *palapa*-shaded yoga, and obsidian-rock massages.
- The De-Stress and Energize Life Passage at **Six Senses Phuket** (sixsenses.com; from \$2,433 for three nights) can involve unique meditation techniques (practiced, say, on a raft in the Andaman Sea) to restore mind-body balance. —RIMA SUQI

An outdoor shower at the Four Seasons Resort Hualalai, the top hotel spa in Hawaii. Right: A Swedish massage at the Four Seasons Resort Hualalai.



YOUR ONLINE SPA RESOURCE

From meditation retreats to the best Caribbean spas, you'll find listings, inspiration, and more at travelandleisure.com/ideas/spas-wellness.

Top 10 Hotel Spas

Asia

1. ANANTARA KOH SAMUI RESORT & SPA Thailand 95.07 Ⓢ
2. FOUR SEASONS RESORT Chiang Mai, Thailand 94.96
3. THE PENINSULA Hong Kong 94.69
4. MANDARIN ORIENTAL Bangkok 94.61 Ⓢ
5. ANANTARA HUA HIN RESORT & SPA Thailand 94.21 Ⓢ
6. MANDARIN ORIENTAL DHARA DHEVI, CHIANG MAI Thailand 92.19
7. SHANGRI-LA HOTEL Bangkok 91.80 Ⓢ
8. SHANGRI-LA'S RASA SAYANG RESORT & SPA, PENANG Malaysia 91.52 Ⓢ
9. SHANGRI-LA'S TANJUNG ARU RESORT & SPA, KOTA KINABLU Malaysia 91.15 Ⓢ
10. THE PENINSULA Bangkok 90.63 Ⓢ

Top 10 Hotel Spas

The Caribbean, Bermuda, and the Bahamas

1. COUPLES SANS SOUCI Ocho Rios, Jamaica 94.54
2. COUPLES NEGRIL Jamaica 93.15
3. COUPLES SWEEP AWAY Negril, Jamaica 92.23
4. JADE MOUNTAIN St. Lucia 91.32 Ⓢ
5. PETER ISLAND RESORT British Virgin Islands 90.18
6. ROSEWOOD LITTLE DIX BAY Virgin Gorda, British Virgin Islands 90.03
7. ANSE CHASTANET RESORT St. Lucia 89.67 Ⓢ
8. REGENT PALMS Turks and Caicos 88.28
9. HALF MOON Rose Hall, Jamaica 87.50
10. ROYAL PLANTATION Ocho Rios, Jamaica 86.61

Top 5 Hotel Spas

Hawaii

1. FOUR SEASONS RESORT HUALALAI 90.43
2. GRAND WAILEA, THE WALDORF ASTORIA COLLECTION 87.92
3. FOUR SEASONS RESORT MAUI AT WAILEA 85.94
4. GRAND HYATT KAUAI RESORT & SPA 83.26
5. WESTIN MAUI RESORT & SPA 83.20

Top 10 Hotel Spas

Mexico and Central and South America

1. ESPERANZA, AN AUBERGE RESORT Los Cabos, Mexico 95.80
2. PUEBLO BONITO SUNSET BEACH RESORT & SPA Los Cabos, Mexico 88.09
3. RITZ-CARLTON Cancún, Mexico 85.69
4. JW MARRIOTT CANCÚN RESORT & SPA Mexico 85.47
5. FOUR SEASONS RESORT COSTA RICA AT PENINSULA PAPAGAYO 85.34
6. TABACÓN GRAND SPA THERMAL RESORT Costa Rica 84.04 Ⓢ
7. ONE & ONLY PALMILLA Los Cabos, Mexico 83.98
8. LAS VENTANAS AL PARAÍSO Los Cabos, Mexico 83.78
9. ALVEAR PALACE HOTEL Buenos Aires 82.59 Ⓢ
10. DREAMS CANCUN RESORT & SPA Mexico 82.43

DISPATCH

New Spas in Asia



Mandarin Oriental, Sanya.

■ **THAILAND** During weeklong retreats at the 8,000-square-foot spa at **Anantara Si Kao** (anantara.com) guests focus on treatments and yoga, and relax on white-sand beaches just south of Krabi. ■ **CHINA** Set high above Victoria Harbour, **Bliss Spa at W Hong Kong** (blissworld.com) offers a respite from the city's hectic pace. Nine treatment rooms boast the latest modern conveniences (digital lockers; glass-tiled steam showers). ■ **The Spa at the Mandarin Oriental, Sanya** (mandarinoriental.com) is devoted to preserving local techniques, such as traditional herbal bath soaks. ■ **SINGAPORE** True to its name—which means “peace” in Malay—the **Damai at Grand Hyatt Singapore** (grand.hyatt.com) has 11 spa rooms that look onto quiet terraces.

—HUI FANG