

# Condé Nast Traveler

TOP 54 SPAS  
NEW TREATMENTS, TRENDS

TRUTH IN TRAVEL

APRIL 2008

WIN!  
A \$25,000  
DREAM  
TRIP  
Page 26

## 4 MEXICO HOT LITTLE BEACH TOWNS

FRANCE  
THE RIVIERA'S CLASSIEST ENCLAVE

SPECIAL  
CALIFORNIA  
5 PERFECT DAYS IN NAPA  
STEP-BY-STEP GUIDE

CRUISES  
GREAT OCEAN CROSSINGS

PLUS: LONDON,  
NEW YORK, JAIPUR,  
DUBAI, TOKYO

THE SECRET  
OF THE CAVES  
By Simon Winchester

A+ LEARNING  
VACATIONS  
20 WAYS TO IMPROVE YOUR  
MIND, BODY, AND SOUL

# Top 54 SPAS

in North America and the Caribbean, and at sea

Beauty sleep: At Canyon Ranch Tucson, a 50-minute consult with a therapist addresses insomnia, a new focus of spas. This property has ranked in the top five destination spas since the poll debuted in 2000.

Stress, illness, lagging energy, and less time to deal with it all: These are the challenges that guests bring to today's purpose-driven spas. Readers steer you to the best of the bunch, whether you've got an hour or a week to spend



Number of Rooms



Price



Overall Score



Location/Setting



Treatments



Staff/Service



Rooms



Diet/Cuisine



Programs/Facilities



Other Activities



Workout Facilities

“Weight loss is coming back as a spa pursuit—obesity is more prevalent than ever. And there’s another problem, sleep deprivation, which is also a concern that spas are starting to look at.”

—Susan Harmsworth, ESPA founder and CEO



**RESORT SPAS** The West is the best this year, as the most popular resorts hail from San Diego, Austin, the Big Island, and Sedona. San Diego’s top-scoring Rancho Bernardo Inn has a new spa garden with heated cabanas.



Hut, two, three, four: At Rancho Bernardo Inn, treatment rooms dot the landscape.

	Number of Rooms	Doubles	OVERALL SCORE	Location/Setting	Treatments	Staff/Service	Rooms	Diet/Cuisine	Programs/Facilities	Other Activities
<b>Rancho Bernardo Inn</b> , San Diego; 858-675-8471	287	\$\$	<b>91.8</b>	100	90.0	95.5	90.5	90.5	90.9	85.0
<b>Barton Creek Resort &amp; Spa</b> , Austin; 512-329-4550	303	\$\$	<b>91.4</b>	95.2	90.5	95.2	95.2	88.9	90.5	84.2
<b>Mauna Lani Resort at Kalahuihua</b> , Big Island; 808-881-7922	343	\$\$	<b>90.3</b>	100	95.7	95.7	83.3	77.8	95.7	84.2
<b>Enchantment Resort &amp; Mii Amo Spa</b> , Sedona; 928-203-8500	220	\$\$\$	<b>89.4</b>	100	90.5	95.2	90.0	85.7	90.5	73.7
<b>Mountain View Grand Resort &amp; Spa</b> , Whitefield, N.H.; 603-837-0080	145	\$	<b>86.8</b>	94.1	90.9	97.0	72.7	77.4	84.8	90.6
<b>Grand Hyatt Kauai Resort and Spa</b> ; 808-248-6440	602	\$\$\$	<b>86.3</b>	96.9	96.9	90.6	77.8	72.4	90.3	79.2
<b>Trump Int'l. Sonesta Beach Resort</b> , Sunny Isles Beach, Fla.; 305-692-5730	370	\$\$	<b>86.2</b>	92.3	92.3	78.4	93.5	81.0	80.4	85.4
<b>Royal Hideaway Playacar</b> , Playa del Carmen, Mexico; 52-984-873-4500	200	\$\$\$	<b>85.9</b>	100	84.2	84.2	70.0	78.9	90.0	93.8
<b>Miramonte Resort &amp; Spa</b> , Indian Wells, Calif.; 760-341-2220	215	\$\$	<b>85.7</b>	77.3	90.5	90.5	85.7	85.7	85.7	84.2
<b>Nemacolin Woodlands Resort</b> , Farmington, Pa.; 724-329-8555	334	\$	<b>85.6</b>	92.0	92.0	92.0	68.0	86.0	88.0	80.9
<b>JW Marriott Desert Ridge Resort &amp; Spa</b> , Phoenix; 480-293-3700	950	\$\$	<b>85.5</b>	95.5	90.9	86.4	78.9	84.2	90.5	72.2
<b>Stoweflake Mountain Resort &amp; Spa</b> , Stowe; 802-760-1083	120	\$\$	<b>85.4</b>	100	89.3	85.7	72.0	82.6	82.1	86.4
<b>The Phoenician</b> , Scottsdale; 480-423-2452	647	\$\$\$	<b>83.4</b>	95.7	91.3	82.6	71.4	72.7	91.3	78.9
<b>The Viceroy</b> , Palm Springs; 760-318-3000	66	\$\$\$	<b>82.6</b>	82.6	85.0	85.0	95.0	85.0	78.9	66.7
<b>Fairmont Sonoma Mission Inn &amp; Spa</b> , Sonoma County; 707-938-9000	226	\$\$	<b>81.6</b>	84.6	88.5	88.5	78.3	72.7	84.6	73.9
<b>Four Seasons Resort and Club Dallas at Las Colinas</b> , Tex.; 972-717-2499	397	\$\$	<b>80.4</b>	90.0	84.2	85.0	94.1	77.8	65.0	66.7
<b>Arizona Biltmore Resort and Spa</b> , Phoenix; 602-381-7632	650	\$\$	<b>78.8</b>	85.0	80.0	75.0	78.9	77.8	80.0	75.0
<b>Hard Rock Hotel &amp; Casino</b> , Las Vegas; 702-693-5554	397	\$\$	<b>78.8</b>	90.5	76.2	81.0	83.3	61.1	71.4	88.2
<b>Bellagio</b> , Las Vegas; 702-693-7472	3,933	\$\$	<b>77.7</b>	85.7	76.2	76.2	85.7	60.0	81.0	78.9
<b>La Quinta Resort &amp; Club</b> , Palm Springs, Calif.; 760-777-4800	1,051	\$\$	<b>77.7</b>	88.0	75.0	75.0	91.3	65.2	78.3	71.4
<b>Coeur D'Alene Resort</b> , Idaho; 208-765-2300	338	\$	<b>76.4</b>	85.3	81.8	72.7	71.0	59.3	81.8	82.8
<b>Mohonk Mountain House</b> , New Paltz, N.Y.; 845-256-2751	265	\$\$	<b>76.2</b>	93.1	74.1	81.5	59.3	66.7	77.8	80.8
<b>Four Seasons Resort Aviara</b> , Carlsbad, Calif.; 760-603-6800	329	\$\$	<b>74.2</b>	80.6	70.0	70.0	88.5	75.9	80.0	54.2
<b>Renaissance Esmeralda Resort &amp; Spa</b> , Indian Wells, Calif.; 760-773-4444	560	\$	<b>74.2</b>	81.8	81.8	72.7	71.4	66.7	86.4	58.8
<b>Lodge at Ventana Canyon</b> , Tucson; 520-577-4080	50	\$	<b>73.8</b>	90.5	76.2	71.4	73.7	47.1	80.0	77.8
<b>Key Largo Grande Resort &amp; Beach Club</b> , Fla.; 305-852-5553	200	\$	<b>73.1</b>	76.2	76.2	81.0	76.2	63.2	81.0	57.9

Key: \$ = less than \$250 per day \$\$ = \$250-\$449 \$\$\$ = \$450 or more. Rates are for a double room during the month of April.

**METHODOLOGY** More than 4,000 Condé Nast Traveler readers rated over 1,000 spas that they had visited in the past three years on a 100-point scale. Only spas that received the required minimum number of responses were eligible to be included in these rankings. Six criteria were used to evaluate destination spas: Location/Setting, Treatments, Staff/Service, Rooms, Diet/Cuisine, and Programs/Facilities. Resort spas were judged on these and a seventh: Other Activities. Cruise line spas were judged on Treatments, Staff/Service, Cabins, and Workout Facilities. Hotel spas were judged on Location/Setting, Treatments, Staff/Service, and Workout Facilities.



Power plants: Linden Spa uses herbs including (clockwise from top) rose hips, jasmine, lavender, verbena, and calendula.

## YE OLDE BACK RUB

Historic Americana is inspiring spa rituals: In Virginia, the **Spa of Colonial Williamsburg** debuted last spring with treatments from the 1700s, such as the Root and Herbal Spa Experience (herbs are put on the skin to clarify and invigorate). The **Linden Spa** at the Inn at Perry Cabin, in St. Michael's, Maryland, taps into the benefits of regional herbs like bayberry root, black birch, and linden flower. And Bedford, Pennsylvania, has been luring wellness seekers since the 1880s with its natural springs, reputed to cure indigestion, osteoporosis, and more. Now, the **Bedford Springs Resort** offers the Herbal Body Cure, in which warm herb-infused linens are wrapped on the torso and limbs to draw out internal toxins.



**CRUISE LINE SPAS** Cunard Line tops with scores for treatments on the *Queen Mary 2* (with Canyon Ranch), the *Queen Elizabeth 2* (run by spa specialists Steiner), and the new *Queen Victoria*. Regent Seven Seas also scores high for treatments by classic French brand Carita.

	★ OVERALL SCORE	🏠 Treatments	👤 Staff/Service	🚪 Cabins	🏋️ Workout Facilities
Cunard Line; 800-728-6273	90.4	96.6	90.0	93.1	82.1
Regent Seven Seas Cruises; 877-505-5370	88.7	87.8	89.6	100	77.6
Disney Cruise Line; 800-370-0097	86.3	86.8	92.3	84.2	81.8
Silversea Cruises; 800-722-9955	84.9	91.3	91.7	100	56.5
Crystal Cruises; 800-466-6620	82.7	83.7	86.4	88.4	72.5
Celebrity Cruises; 800-437-3111	80.8	81.3	84.4	83.0	74.7
Oceania; 800-531-5619	80.4	76.7	84.4	90.6	70.0
Seabourn Cruise Line; 800-929-9391	79.2	89.5	90.0	90.0	47.4
Holland America Line; 800-426-0327	77.5	74.8	80.7	83.8	70.8
Royal Caribbean Int'l.; 800-398-9819	72.5	72.2	71.2	75.1	71.4
Princess Cruises; 800-421-5022	72.1	72.3	72.2	76.6	67.3

## Top RESORT SPAS for

### SETTING

- 100 Enchantment Resort & Mii Amo Spa, Sedona
- 100 Mauna Lani Resort, Big Island
- 100 Rancho Bernardo Inn, San Diego
- 100 Royal Hideaway Playacar, Playa del Carmen, Mexico
- 100 StoweLake Mountain Resort, Stowe, Vt.

### PROGRAMS

- 95.7 Mauna Lani Resort at Kalahuipua'a, Big Island
- 91.3 The Phoenician, Scottsdale
- 90.9 Rancho Bernardo Inn, San Diego
- 90.5 Barton Creek Resort & Spa, Austin
- 90.5 Enchantment Resort & Mii Amo Spa, Sedona
- 90.5 JW Marriott Desert Ridge Resort & Spa, Phoenix

### TREATMENTS

- 96.9 Grand Hyatt Kauai Resort & Spa, Kauai
- 95.7 Mauna Lani Resort at Kalahuipua'a, Big Island
- 92.3 Trump International Sonesta Beach Resort, Sunny Isles Beach, Fla.
- 92.0 Nemacolin Woodlands Resort, Farmington, Pa.
- 90.9 JW Marriott Desert Ridge Resort & Spa, Phoenix
- 90.9 Mountain View Grand Resort & Spa, Whitefield, N.H.



Surfside massage at the Trump resort in Sunny Isles Beach, Florida.

### SERVICE

- 97.0 Mountain View Grand Resort & Spa, Whitefield, N.H.
- 95.7 Mauna Lani Resort at Kalahuipua'a, Big Island
- 95.5 Rancho Bernardo Inn, San Diego
- 95.2 Barton Creek Resort & Spa, Austin
- 95.2 Enchantment Resort & Mii Amo Spa, Sedona