

\$47,000 SPA GIVEAWAY! WIN 1 OF 15 TRIPS

**Christina Applegate**  
On Cutting Yourself Some Slack

# SELF

YOU AT YOUR BEST

ALL SUCCESS, NO STRESS

## Lose Weight Every Day!

- Fast, Easy and Fun Workouts
- Moves to Trim Trouble Zones
- A Diet That Peels Off Pounds

Tired? Headachy? Foggy?  
The Surprising Cause and Cure

LET'S EAT!

More Flavor, Less Fat  
Cooking Tricks for Slimmer Dinners

Complexion Perfection!

Radiant Skin Plan p.162

SECRETS TO A HAPPIER, CLOSER BOND IN BED

FREE!

Let Self.com Be Your Trainer, Nutritionist, Life Coach... We're Here For You!

## Energize Your Life!

REV Your Body's Fat-Burning Power  
REFRESH Your Hair, Nails and Brows  
REGAIN An Hour of Free Time Daily



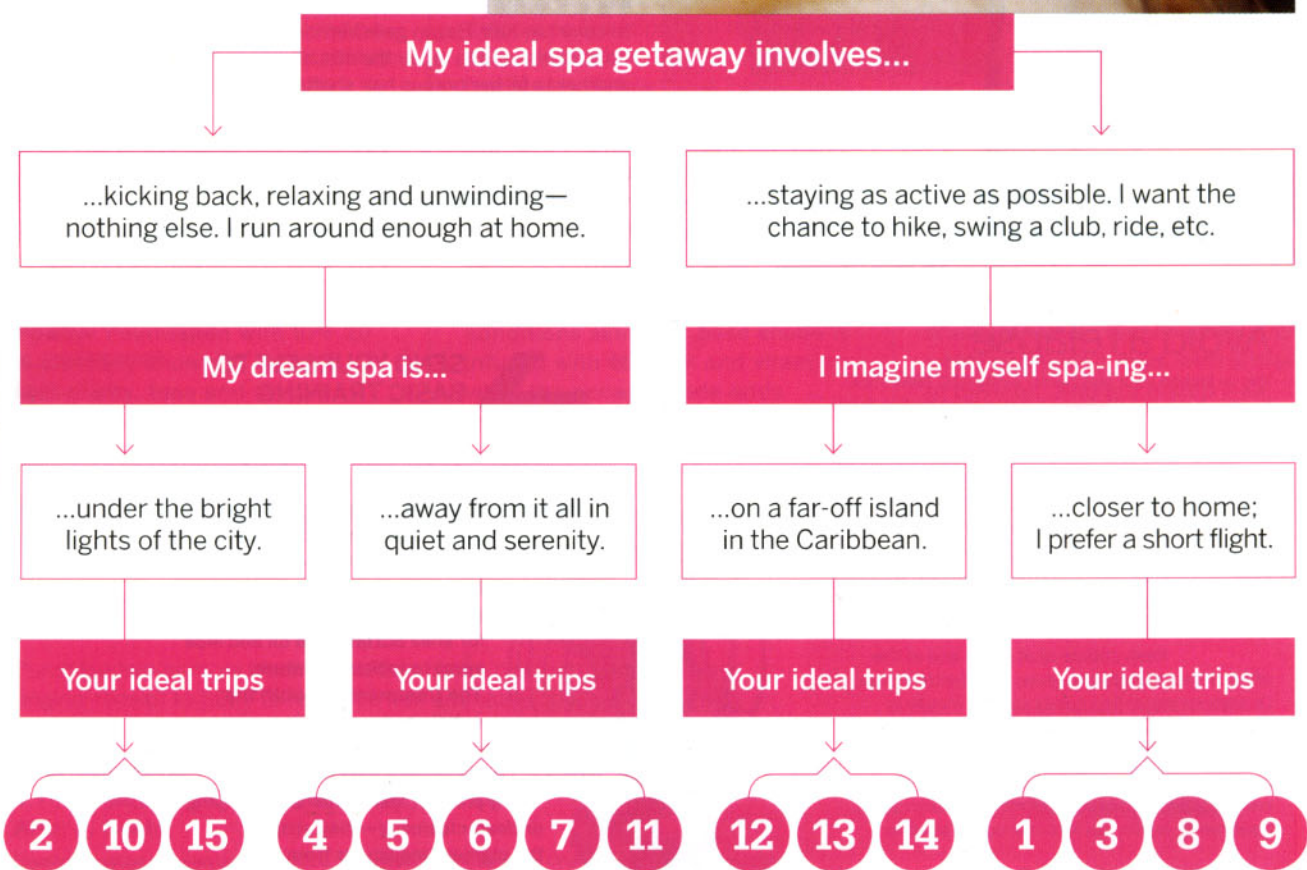
# Take a break on us!

**WIN A SPA TRIP!**

**You regularly spoil your friends,** lovers and family, but when it comes to yourself, something always seems to get in the way. Not anymore! SELF arranged for 15 top getaway spas to offer free holidays for two, airfare included. That's more than \$47,000 in primo pampering to be scooped up by SELF readers—why not you? To choose from among these luxe excursions, cruise through our handy flowchart. What we can't help you with: deciding whether to take your flame, BFF or mom. (To enter, go to [Self.com](http://Self.com) and click on Win a Spa Trip.) **By Leah Wyar**



Stop dreaming of a spa escape—enter for a chance to win one! Head to [Self.com](http://Self.com) today.



**1 BARTON CREEK RESORT & SPA**  
Austin, Texas

**WHAT IT IS** A luxe resort situated on 4,000 acres, including two renowned golf courses  
**WHAT YOU GET** Three nights, breakfast each day, two Lazy Daisy Spa packs (50-minute massages, facials and body services), a round of golf with club rental and a game of tennis. *Travel details: round-trip airfare by JetBlue*

**2 BLISS SPA AT THE W HOTEL**  
San Francisco

**WHAT IT IS** The first Bliss to hit the West Coast; loaded with movies and manis, plus a sweet tooth-satiating brownie buffet  
**WHAT YOU GET** A two-night weekend stay in the city, plus one spa treatment per person. (You can choose your favorite.) *Travel details: round-trip airfare provided by JetBlue*

**3 DEERFIELD SPA**  
East Stroudsburg, Pennsylvania

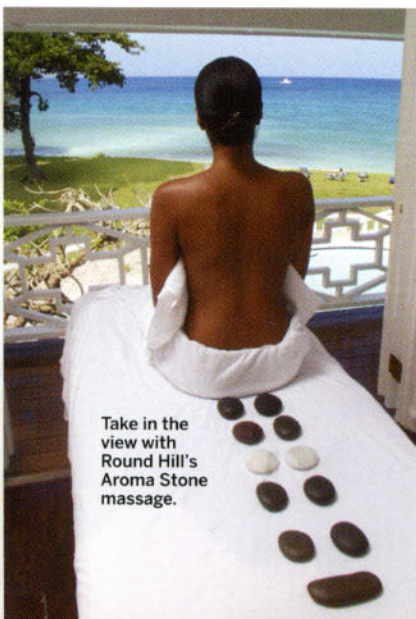
**WHAT IT IS** An all-inclusive resort in the heart of the breathtaking Pocono Mountains, with bed-and-breakfast-style accommodations  
**WHAT YOU GET** Two nights, two Swedish massages, meals and snacks, plus all classes and activities such as hiking and swimming. *Travel details: round-trip coach airfare included*

**4 DIPLOMAT GOLF RESORT & SPA**  
Hallandale, Florida

**WHAT IT IS** A South Florida, Italian-style villa resort with a championship golf course  
**WHAT YOU GET** Two nights in a room with golf course views, two 110-minute Signature Ritual spa treatments, daily breakfast and dinner for two at Links restaurant. *Travel details: round-trip coach airfare included*

**5 DR. WILKINSON'S HOT SPRINGS RESORT**  
Calistoga, California

**WHAT IT IS** A wine-country icon, famous for its natural volcanic ash and hot springs  
**WHAT YOU GET** Three nights, The Works spa treatment (mud bath, mineral soak and rubdown) for two, two dinners and private tour of the Tudal Winery. *Travel details: round-trip coach airfare by Horizon Air or Alaska Airlines*



Take in the view with Round Hill's Aroma Stone massage.



Enjoy a footbath with your treatment at Half Moon.

**6 THE EQUINOX**  
Manchester Village, Vermont

**WHAT IT IS** A 239-year-old countryside resort (visited by Mary Todd Lincoln!) near quaint boutiques, galleries and antiques shops  
**WHAT YOU GET** Three nights, daily breakfast and dinner, plus \$999 for spa activities. (Try the famed massage-reiki-reflexology trio.) *Travel details: round-trip coach airfare included*

**7 GOLDEN DOOR SPA, NAPLES GRANDE BEACH RESORT**  
Florida

**WHAT IT IS** Only a few steps from the surf, a destination that marries the luxury of the Golden Door Spa with laid-back ocean life  
**WHAT YOU GET** A two-night stay, two choice spa treatments per person, plus a four-course dinner at Aura Restaurant & Bar. *Travel details: round-trip coach airfare included*

**8 THE GRAND DEL MAR**  
San Diego

**WHAT IT IS** The city's newest luxury resort, which resembles a Mediterranean estate  
**WHAT YOU GET** Two nights in a room by the golf course, two 90-minute spa treatments, fitness classes, breakfast and a guided hike through Los Peñasquitos Canyon. *Travel details: round-trip coach airfare included*

**9 THE MAYFLOWER INN & SPA**  
Washington, Connecticut

**WHAT IT IS** A property that celebrates nature with its floor-to-ceiling windows, seasonal produce from local farms and outdoor yoga  
**WHAT YOU GET** Two nights, three meals, two spa services and an active class (such as yoga, dancing or canoeing) per person daily. *Travel details: round-trip coach airfare included*

**10 PALMS PLACE DRIFT HAMMAM SPA**  
Las Vegas

**WHAT IT IS** The first hammam (traditionally, a Turkish bathhouse) in Vegas; offers water-themed treatments—and, of course, serious shopping and a little blackjack on the Strip  
**WHAT YOU GET** Two nights in a suite, a duo of spa services and two meals daily. *Travel details: round-trip coach airfare by Continental Airlines*

**11 THE RESORTS AT CRYSTAL SPRINGS**  
Vernon, New Jersey

**WHAT IT IS** A mountainous property with several ways to de-stress (cue the serene views and 54,000-bottle wine cellar)  
**WHAT YOU GET** Two evenings at the Grand Cascades Lodge, dinner both nights, plus one choice spa treatment per person. *Travel details: round-trip coach airfare included*

**12 SANDALS RESORTS RED LANE SPA**  
Saint Lucia

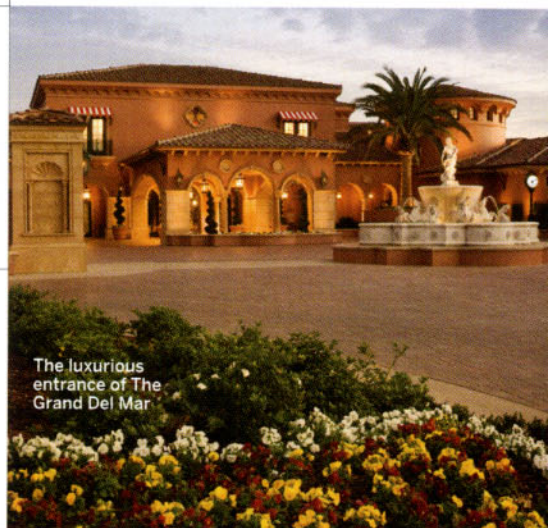
**WHAT IT IS** An all-inclusive luxury resort; translation: all meals and activities (such as waterskiing, snorkeling, etc.) on the house  
**WHAT YOU GET** Three-night stay at the Saint Lucia resort of your choice, couples massage, plus meals, drinks and land and water sports. *Travel details: round-trip coach airfare included*

**13 THE SPA AT ROUND HILL**  
Montego Bay, Jamaica

**WHAT IT IS** A resort, which Ralph Lauren redesigned, with colorful gardens and beaches  
**WHAT YOU GET** Three nights in a hotel with Caribbean views, plus two Pineapple Body Buff services. When you're done spa-ing, head out for a nature walk. *Travel details: round-trip coach airfare from the Jamaica Tourist Board*

**14 THE SPA AT HALF MOON**  
Montego Bay, Jamaica

**WHAT IT IS** A beachy-chic resort that houses plantationlike cottages and a dolphin lagoon  
**WHAT YOU GET** Three nights, one choice spa treatment per person, plus heart-pumping activities, including squash and tennis. *Travel details: accommodations and round-trip coach airfare provided by NWA WorldVacations*



The luxurious entrance of The Grand Del Mar

**15 TRUMP INTERNATIONAL HOTEL & SPA**  
Chicago

**WHAT IT IS** A modern 92-story tower with views of Lake Michigan, as well as in-room flat-panel TVs and 500-thread-count sheets  
**WHAT YOU GET** Two nights in a spa guest room (personal nutritionist included), a couples service of your choice and dinner. *Travel details: round-trip coach airfare included*