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Founders of Canyon Ranch & Rancho La Puerta Share Their Spa Wisdom

So you can make the most of your pampering experience.



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Photography by: Courtesy of Rancho La Puerta

Doesn't it feel like spas have been around forever? In reality, the spa movement exploded in the '90s—not that long ago. Luxury spas and hotel spas sprouted from the ground, and everyone wanted in. Who can blame them? Spas are the ultimate relaxing experience. But we have to credit this amazing movement to the two spas that started it all: [Canyon Ranch](#) and [Rancho La Puerta](#).

We talked with the founders of these famous destinations about how to make the most of your spa experience—whether you're a pro or a newbie. These spa experts shared their tips, so when you hit the spa (with your girls, loved one, or even by yourself) you'll know exactly what to do.

Canyon Ranch

Founded by Enid and Mel Zuckerman in 1979

Location: Tucson, AZ.

Mel Zuckerman says:

Spa newbies should... create an intention for their visit. Select activities that will benefit mind, body and soul over the long term.

Make time for... introspection. Have an honest conversation with yourself and think about where you are, and where you want to go in the future.

It's OK to skip... that 6 am hike, or the group dinner with your travel mates. Focus on what you need most during your visit—whether it's extra sleep or alone time.

Your spa experience should... continue even after you've returned home. Take all the lessons you've learned and continue to care for yourself.

Rancho La Puerta

*Founded by Edmond and Deborah Szekely in 1940
Baja California, Mexico.*

Deborah Szekely says:

Spa newbies should... expect (and experience) superb service. One need only pick up the phone. No request will be too unusual or too difficult. What they don't have, they will provide.

Make time for... blissful treatments. Visit several weeks or months in advance of your wedding day—a spa visit is a great start to a new shape-up program to help you look and feel your very best.

Don't underestimate... how important it is to get away from the pressures of day-to-day life. Spas are created to relax and renew in beautiful surroundings that bring nature into your life.

Your spa experience should... be the start of a new anniversary tradition. I hope that for years to come you will want to celebrate your special day and renew your vows to good health—at a spa.