

NEW DAWN IN
VIETNAM

A COUNTRY
COMES OF AGE

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NATIONAL
GEOGRAPHIC

TRAVELER

APRIL 2015

GO LOCAL

THE PERFECT FRENCH ROAD TRIP

*Exploring the
Other Provence*

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Adventures
for the
Modern
Family

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SPAS

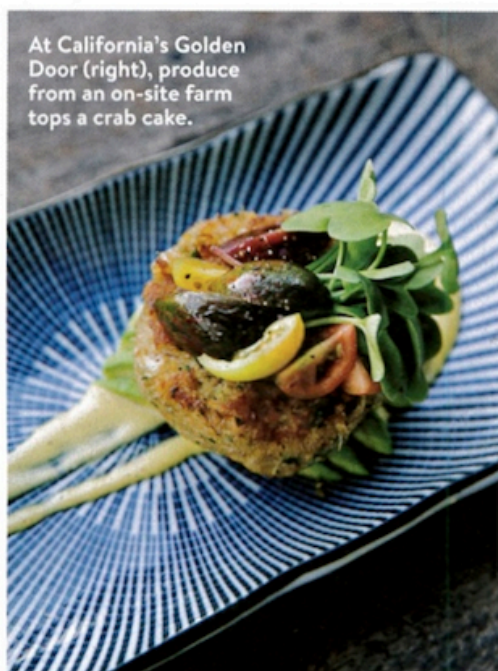
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\$4.99US \$6.99CAN



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At California's Golden Door (right), produce from an on-site farm tops a crab cake.



CHECKING IN

The American Spa Grows Up

From fat farms to transformational centers

RANCHO LA PUERTA TECATE, MEXICO

Claim to fame: Turning 75 in June, it's North America's oldest destination spa. **Then:** "\$17.50 a week, bring your own tent." Burt Lancaster joined other health buffs in the desert south of San Diego and baked bread in an outdoor oven. **Now:** A loyal clientele books casitas adorned with Mexican tile and art, most with fireplaces, and takes classes such as "Hot Latin Cardio." They hike boulder-strewn Mount Kuchumaa and stroll 150 acres of organic gardens. **What's new:** A lounge pouring local wines; body treatments using herbs from the garden. Mexican cooking lessons are on the menu, followed by salsa dancing under the stars. **Cost:** From \$3,250 weekly

GOLDEN DOOR ESCONDIDO, CALIFORNIA

Claim to fame: The U.S.'s first pampering spa retreat, opened in 1958. **Then:** Celebrities dropped weight for roles in a cossetting hideaway north-east of San Diego, styled like a Japanese inn and entered through a gleaming bronze portal. **Now:** Repeaters and newbies stay in 40 refurbished rooms with shoji screens, set in meticulously landscaped courtyards with paths lit by antique lanterns. They enjoy fragrant citrus-and-herb body wraps and daily in-room massages. **What's new:** Paddleboard yoga, mountaintop tai chi, plus classes to enhance sleep quality. More male-only weeks as men discover spa-going benefits. **Cost:** \$6,000 for four nights

CANYON RANCH TUCSON, ARIZONA

Claim to fame: A spot to hit your reset button via medical assessments, alternative therapies, and spa treatments. **Then:** In 1979, a health convert transformed a cattle ranch in the desert at the base of the Santa Catalina Mountains into a fitness resort serving 800-calorie-a-day meals. **Now:** A 158-room center for wellness and optimal aging, it dishes up hefty meals including grass-fed beef and potato pancakes in Southwest-flavored surroundings. A Life Enhancement Center hosts themed weeks—"brain health" is one. **What's new:** "He stays free" promos targeting men; wilderness survival classes teaching animal tracking. **Cost:** From \$2,540 for three nights

NOTE: RATES ARE THE HOTELS' PUBLISHED PRICES. INQUIRE ABOUT SPECIAL OFFERS.