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THE Wellness ISSUE

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OUR
FAVORITE
HOT
SPRING
RESORTS

*Harrison
Hot Springs
Resort in
Harrison,
British
Columbia*



Products for pampering
your pup
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TRAVEL

Road Map: top stops on
Route 395
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The New Age of Wellness

Holistic health trends, al fresco hot springs, and brand new spas where you can unwind and recharge.

By KATE WERTHEIMER

↑
Mii Ama

Ten Trends to Tune Into

Wellness seekers are going wild for all things spiritual, natural, and holistic. High-end tech treatments have given way to earthier modalities such as forest bathing and the incorporation of (truly) locally sourced ingredients. What was once purely hippie has now become haute, with some of the biggest names in wellness offering elaborate meditations, sound baths, CBD massages, and more. Whether you're a true believer or just down to dabble, these are the top holistic health trends to try this winter.

Nature Bathing

The need to connect with the earth is so strong, people now book time in advance just to get outside. **The Ranch at Rock Creek** in Philipsburg, Montana, keeps it simple with guided forest bathing inspired by the Japanese practice of *shinrin-yoku*, using the surrounding alpine forest as a source of sensory connection and stress reduction. At **Sundance Mountain Resort** in Sundance, Utah, a guided walk along the Stewart Falls Trail is followed by a complimentary mineral salt foot soak. For a change of scenery, try an hour of guided canyon bathing at **Mii Amo** in Sedona, Arizona—or search for one of the town's renowned energy centers on an expert-led Boynton Canyon Vortex Hike.



Rocks and Minerals

Hot stone massages are well and good, but these treatments will rock your world in a whole new way (pun obviously intended).

JADE + AMETHYST: **Amangani** in Jackson, Wyoming, offers a Nourishing Body Polish & Wrap Ritual featuring rejuvenating, restorative jade.

PETRIFIED WOOD: **The Spa at Cedarbrook Lodge** in Seattle uses heated, polished petrified wood hand-collected from Eastern Washington in their grounding Heated Petrified Wood Massage.

TURQUOISE: **Boulders Resort & Spa** in Scottsdale, Arizona, features turquoise clay in their Boulders Signature Clay Wrap; a turquoise stone is also placed on the forehead for peaceful vibes.

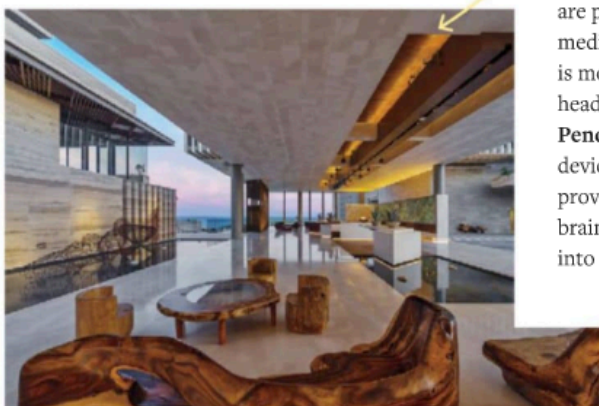
MINERAL SALTS: **Sorrel River Ranch** in Moab, Utah, boasts a blend of 72 trace minerals from the Great Salt Lake in their scrub, wrap and massage combo, the Salt of the Earth Experience.

FROM LEFT: COURTESY OF THE RANCH AT ROCK CREEK; COURTESY OF AMAN



Sound Therapy

Heal yourself with good vibrations at **Casa Madrona Hotel & Spa** in Sausalito, California; during the spa's Vibrational Sound Journey you'll be exposed to tones from Tibetan singing bowls, tuning forks and healing frequencies (at 432 Hz) through overhead speakers, all promoting cellular regeneration. For a more traditional sound bath, try the Holistic Twilight Ceremony at the **Spa at Las Ventanas** in Los Cabos, Mexico, hosted in a candlelit solarium with singing crystal bowls and a sage smoke energy-cleansing ritual. At **Pronghorn Resort** in Bend, Oregon, gemstone-infused singing crystal bowls are complemented by chanting for a sound bath-mantra meditation combo. Feeling antsy? **Allegretto Vineyard Resort** in Paso Robles, California, is home to the world's first sonic labyrinth, activated with motion sensors which play a series of gentle, soothing tones as you walk.



Next-level Meditations

Meditation offerings are becoming more elaborate: During the Espiritu of Baja Meditation at **Solaz** in Los Cabos, Mexico, guests are verbally guided through various environments in Baja—the desert, ocean, islands, and mountains, each corresponding to a distinct part of the body and spirit—then offered tea infused with the soothing Damiana plant. At **Civana** in Carefree, Arizona, guests are treated to a “floating meditation,” suspended in aerial silk ribbons while sound bowls are played to deepen the meditative state. If your practice is more practical, look for Muse headbands at resorts such as **Spa Pendry** in San Diego—the sleek devices use brain-sensing tech to provide real-time feedback on brain activity to help guide you into a consistent practice.



Soothing CBD

CBD is everywhere these days, and spas are no exception. At the **Spa at St. Julien** in Boulder, Colorado, guests can choose from one of three CBD-infused Colorado Bliss treatments: Classic massage; deep tissue massage; or a scrub, wrap, and massage combo accompanied by a tasty CBD-infused tea.

Mud Mania

Mud is on almost every spa menu this year, but we're giving props to the OG mudslinging capital, Calistoga, California. **Solage, Auberge Resorts Collection** has modernized the town's traditional mud bath with its lavish, three-part Signature Mudslide Treatment.

The mud: A mineral-rich, oil-infused mud bath (applied with the help of an attendant), enjoyed while basking in the sun.

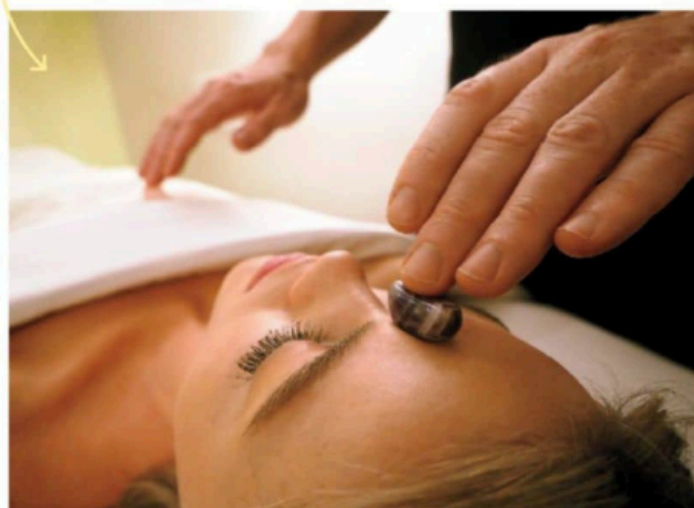
The water: A private soaking tub with healing, geo-thermal mineral waters.

The rest: A state-of-the-art sound chair emitting soothing music and healing vibrations.



Sleep Therapy

Is there a more important ingredient for wellness than a good night's sleep? Get your ZZZs with ease when you book the Tranquil Damiana Treatment at **Viceroy Los Cabos**. Your therapist will synchronize each movement with ASMR sleep techniques including sustained rhythms, harmonic intervals, and pulsing beats, after which you'll be treated to a damiana flower liqueur to lull you deeper into relaxation. The Sleep Tonic Massage at **Red Mountain Resort** in Ivins, Utah—designed to alleviate insomnia—focuses on areas where stress pools, like the hands, feet, and abdomen, and uses a special probiotic flower-infused massage oil to calm the nervous system. Afterward, you can take the oil back to your room to incorporate into your own nighttime ritual.



Flotation Therapy

The fanciest float around is at **Amangiri**, in Canyon Point, UT. Guests are immersed in body-temp water from the Dead Sea, where they can meditate or repeat a spoken mantra which will reverberate throughout the space, due to the flotation tank's cylindrical dome (inspired by the same principles used in the Whispering Gallery of St. Paul's Cathedral).



Local Bounty

Lose the lavender and honey (sorry bees, still love ya) and check out some locally harvested wellness ingredients you won't find at every other spa.

AGAVE: In the Cactus Gel Wrap and agave nectar massage oil at **Rancho La Puerta** in Tecate, Mexico.

PINE: In the Deep Forest Escape massage oil at **The Allison (1)** in Newberg, Oregon.

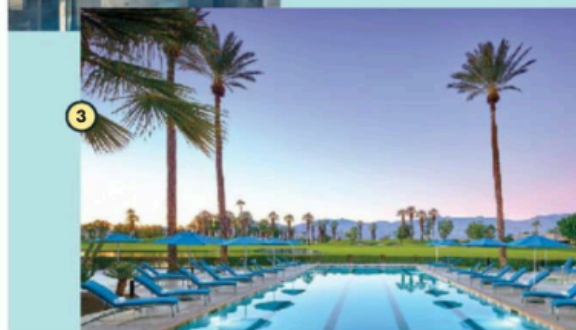
ALPINE ARNICA: In the Alpine Arnica Soothing Soak, along with basil, bay laurel, camphorous and rosemary, at **Sun Valley Resort** in Sun Valley, Idaho.

DATES: In the Coachella Date Facial at the **Spa at Desert Springs, JW Marriott (3)** in Palm Desert, California.

GRAPSEEDS: In the Vineyard Deja Vu treatment's body buff and scalp treatment tea at **Auberge du Soleil (2)** in Rutherford, California.

SEAWEED: In the Salish Sea Vitality Series skin treatments at the **Fairmont Empress Victoria** on Vancouver Island, British Columbia.

HAWAIIAN TI LEAF: In the mud wrap portion of the Huki Huki treatment at the **The Ritz-Carlton Residences, Waikiki Beach** in Waikiki, Hawaii.



Authentic Ayurveda

Ayurveda's all that again, now that Santa Monica Proper Hotel is the hip new home of Ayurvedic guru, doctor, chef, and herbalist Martha Soffer's renowned **Surya Spa**. The 3,000 square-foot flagship offers Ayurvedic wellness in whatever dose you're comfy with, from simple massages and facials to more traditional oil treatments and even personal consultations with Soffer herself. Want to go all in? Check out Surya's signature residential Panchakarma Series, lasting anywhere from three to 21 days, with four hours of therapy per day plus an Ayurvedic lunch and dinner to keep your body nourished.



MAUNA LANI'S
POOL IS AS
TEMPTING AS
ITS SPA



Open for Wellness

Notable and anticipated openings from big names in the hospitality game

The Lodge at Blue Sky, Wanship, Utah: an Auberge property boasting the High West Whiskey Rubdown: Sip a glass of whiskey during a salt and sage foot soak, followed by an old-style liniment massage and a hot-towel compress. Opened June 2019

Four Seasons Resort and Residences Napa Valley, Calistoga, California. This 8-room spa will feature steam pods in which hammocks will be suspended above geo-thermal pools so guests can absorb the vapors. Opening early 2020

Espacio The Jewel of Waikiki, Waikiki, Hawaii: The hotel's luxury spa enhances traditional Hawaiian treatments like hot stone and lomi lomi with holistic add-ons such as dry brushing, bio-drainage cupping and lymphatic drainage. Opened September 2019

Mauna Lani, Waimea, Hawaii: This newly-renovated property now under the Auberge name boasts a spa primarily using the Honua Skincare line, made with locally sourced, organic ingredients from the Big Island. Opening early 2020

PORTABLE OPTIONS

Signature oils, salts and lotions bring these fancy spas to your own space

Relaxing Pillow Spray, \$12 from Mii Amo in Sedona, AZ

Liquid Gold Exclusive Ayurvedic Face Oil, \$180 from Surya at Santa Monica Proper Hotel in Santa Monica, CA

Shobu Bath Salts, \$12 and Yuzu Body Lotion, \$19 from Ten Thousand Waves in Santa Fe, NM

Bees Milk Facial Scrub, \$62 from The Ranch in Malibu, CA

LakeHouse Gifts of the Garden Shea Body Butter, \$45 from Lake Austin Spa Resort in Austin, TX

Hinoki Pacific Salt Body Scrub, \$58 from Golden Door Resort & Spa in San Marcos, CA

THE RANCH'S
UBER-POPULAR
FACIAL SCRUB



From immunity-boosting foods to detoxing your home, find more ideas for winter self-care at sunset.com/wellness

Pamper Your Pup

Some particularly pet-friendly spas offer massages for both you and your furry best friend.

At **The Resort at Paws Up** in Greenough, Montana, a 15-minute Wag the Tail dog massage is complimentary with any 60-minute treatment for humans. Pup massages at **Tenaya Lodge** at Yosemite in Fish Camp, California, (20 minutes for \$40 or 50 minutes for \$70) end with a paw massage and a tasty dog treat. And for the most decadent dogs, **The Ritz-Carlton Bachelor Gulch** in Avon, Colorado, offers a one hour Pampered Pup massage for \$135, plus dog toys and special treat delivery.



FIDO-FRIENDLY VERSIONS OF OUR FAVORITE BATH PRODUCTS



Aesop Animal Skin and Fur Wash, \$40; aesop.com



Khel's Cuddly-Coat Grooming Shampoo, \$24; khels.com



Malin+Goetz Dog Shampoo, \$28; malinandgoetz.com

CLOCKWISE FROM TOP LEFT: STEELBLUE/COURTESY MAUNA LANI, AUBERGE RESORTS COLLECTION; CLARISSA KOENIG PHOTOGRAPHY/COURTESY OF THE RANCH MALIBU; PRODUCT SHOTS: COURTESY OF COMPANIES; COURTESY OF RITZ-CARLTON