

SPA-CATION SEASON



OUR COAST-TO-COAST GUIDE TO THE COUNTRY'S BEST NEW WELLNESS RETREATS

BY JACKIE COOPERMAN

1. ASPEN, COLORADO

Visits to the Rocky Mountains' new **Yarrow spa at the Hotel Jerome** begin with a complimentary service — the Grounding Botanical Foot Soak, a relaxing treatment featuring custom-blended ingredients that clients choose for themselves. Geared toward easing muscles tired from skiing and hiking, the spa menu includes the Green Recovery massage (which incorporates local, cold-pressed CBD oil blended with grapeseed oil, arnica, chamomile and vitamin E) and the Oxygen Renewal facial, a super-hydrating combination of pressurized oxygen in tandem with Laurel's Roots + Roses botanical oil.

2. NEW YORK CITY

The new **Spa Diane Barrière at Hotel Barrière Fouquet's New York** brings a distinctly French savoir-faire to Tribeca. Using products from Paris-based Biologique Recherche, the Red Carpet Ready facial incorporates microcurrent remodeling technology and advanced massage techniques to lift, sculpt and tighten faces. Body treatments include a massage that combines lymphatic drainage, trigger point and Swedish techniques. It's also the only spa in the US to offer Mon Huilette — a French, women-owned aromatherapy line. Before or after a treatment, guests can enjoy a Manhattan rarity: a soak in the spa's hydrotherapy pool. If all that sounds too sybaritic, you can book a notoriously tough workout through a partnership with the neighboring Dogpound Gym.

3. HAMPTON BAYS, LONG ISLAND

Hollywood glamour comes to the Hamptons via the new **Canoe Place** hotel, whose spa has an exclusive partnership with the Onda beauty line, co-founded by Oscar-nominated actress Naomi Watts. Built on the site of America's oldest inn, the property's spa follows Onda's injunction to "treat your body like your face." Among treatment options is the Body Bliss, which uses an ionic dry brush to stimulate lymphatic flow, an exfoliator to soften skin, and applications of a body mask, serum and anti-aging balm intended to detoxify and slim. The Ultimate Lift Facial uses Venn treatment products, massage, acupuncture and a Carbonique massage tool to tighten skin and increase collagen production.

4. RANCHO MIRAGE, CALIFORNIA

Tech billionaire Larry Ellison's new **Sensei Porcupine Creek** brings a scientific perspective to spa services. The Oracle founder partnered with Dr. David Agus (a physician, biomedical scientist and best-selling author) to create the 230-acre property near California's Palm Springs, designed with both luxury and preventive wellness in mind. Sensei offers highly customizable packages, tailored to each guest's specific health goals and concerns. Among the offerings on the spa menu is a 90-minute Thermal Body Mapping and Massage, which employs proprietary thermographic technology to map asymmetries and muscle tightness, helping therapists target problem areas. The Gua Sha Uplifting Facial, also a decadent 90 minutes, is said to improve circulation, relieve tension and enhance muscle tone.

5. SEDONA, ARIZONA

Two years and \$40 million later, Sedona's beloved **Mii Amo** wellness retreat has just reopened with a commitment to "slow well-being." (Sessions are now at least 75 minutes.) Its treatment menu includes old favorites — like reiki and ayurvedic body wraps — plus newer cannabidiol (also known as CBD), sound and light therapies. Nestled in the red rocks, this immense spa's delights include 26 treatment rooms, a 3,300-square-foot fitness studio, a crystal grotto, a pool, a sauna, a whirlpool and a steam room. In keeping with the property's New Age roots, its therapists excel in energy clearing, hypnosis, sound resonance therapy and celestial manifesting.

6. SURFSIDE, FLORIDA

Austrian holistic skin-care guru Susanne Kaufmann recently redesigned the treatment menu at **The Spa at the Four Seasons Hotel at the Surf Club**, emphasizing eco-friendly products, sophisticated technology and human touch. Her eponymous 75-minute Transformative Facial combines collagen-boosting mineral complexes, gemstone essences and tree-bud extracts. The Surf Club is also the only hotel in the US offering Body Slimmer and Roll Slimmer (pictured) devices, which use vacuum technology, roll massage and infrared radiation to boost circulation and zap excess fat. The spa is intimate, with just six treatment rooms, promoting a sense of calm and privacy. Its sauna, steam room and hammam all require reservations, and rather than a communal lounge, guests are treated to individual relaxation alcoves, overlooking palm trees and the beach.

