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PARIS

DREAMSCAPE
SOUTH BEACH

BALI
PARADISE OR PARADISE LOST?

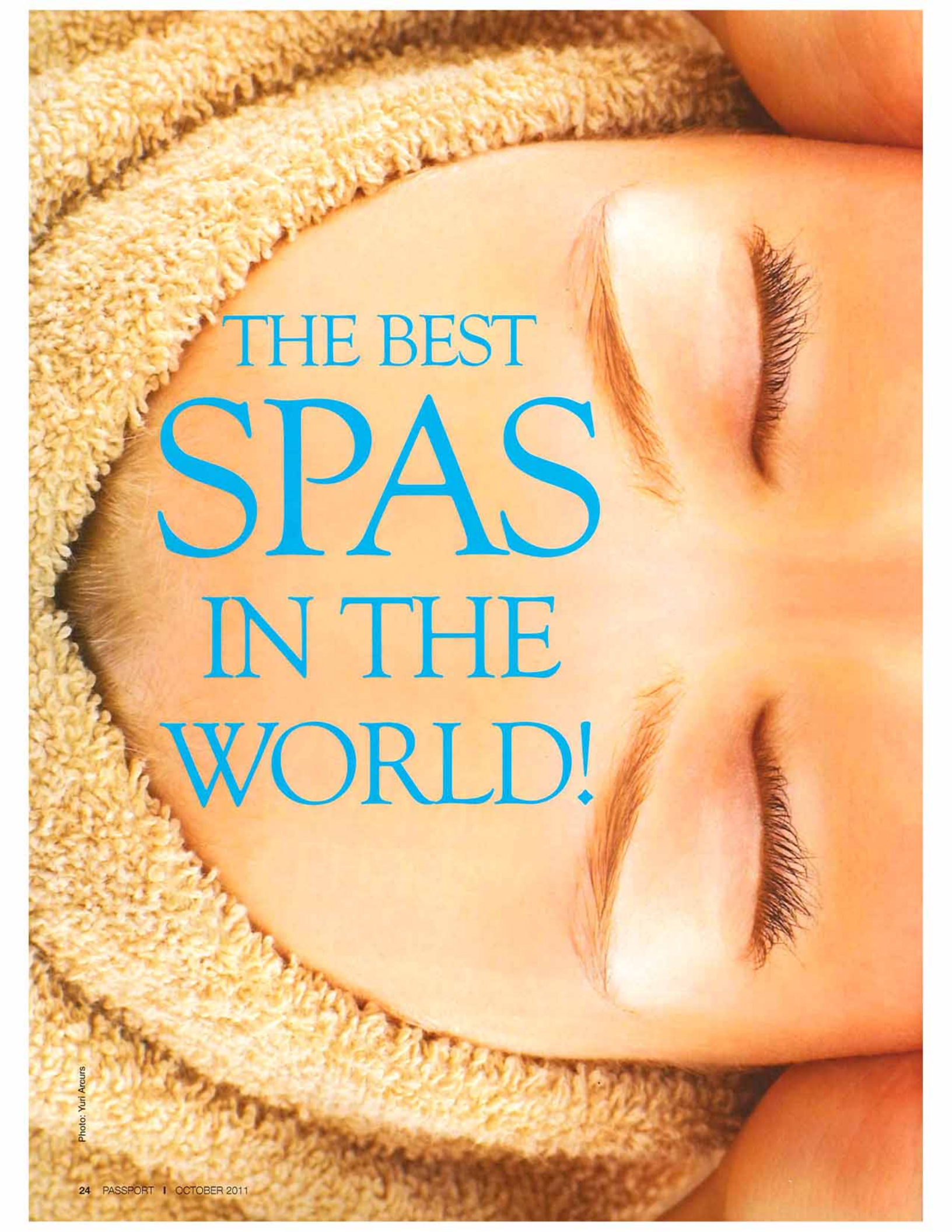
IN THE VIP LOUNGE
KIM CATTRALL

OCTOBER 2011
USA \$4.95 CANADA \$5.95



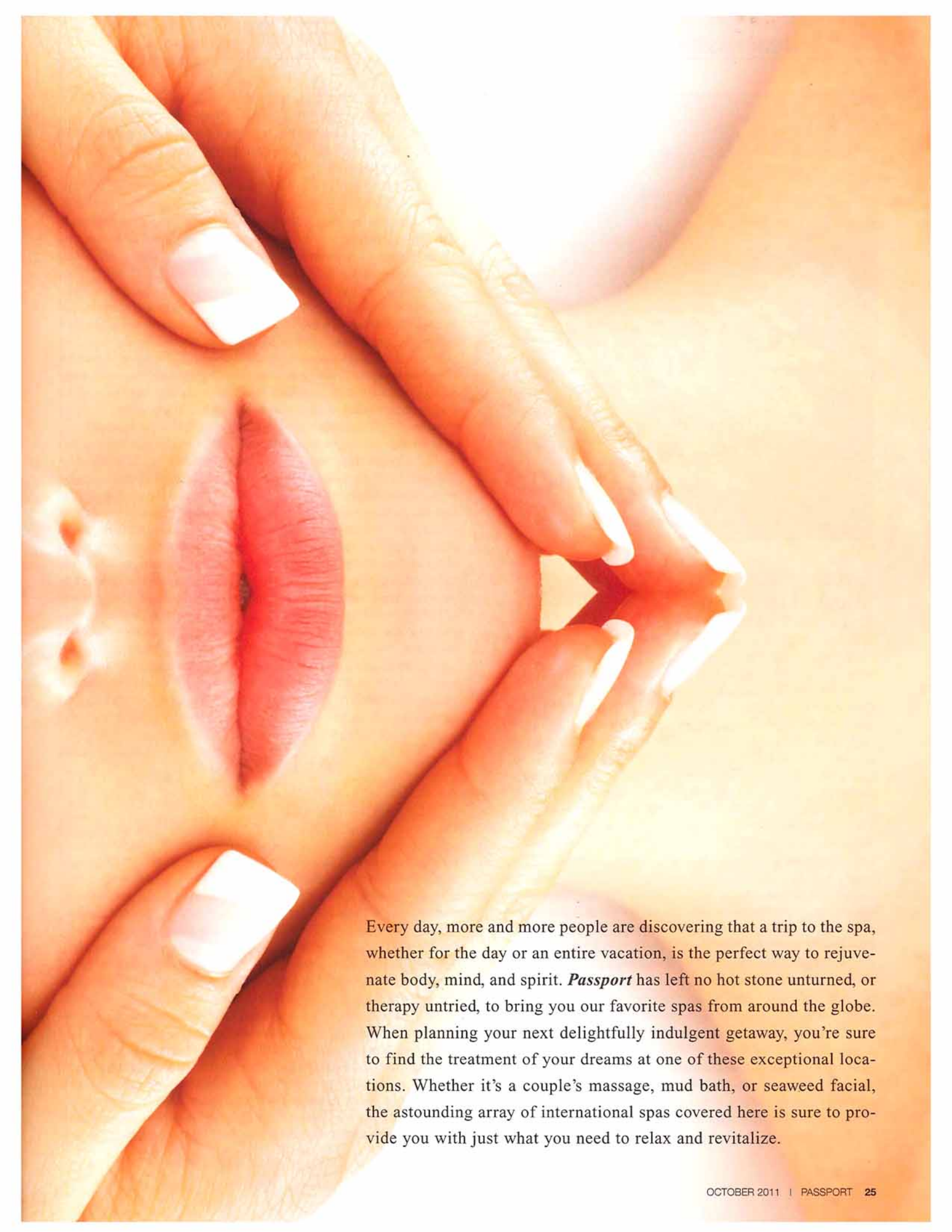
**THE BEST SPAS
IN THE WORLD!**





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Photo: Yuri Arcurs



Every day, more and more people are discovering that a trip to the spa, whether for the day or an entire vacation, is the perfect way to rejuvenate body, mind, and spirit. *Passport* has left no hot stone unturned, or therapy untried, to bring you our favorite spas from around the globe. When planning your next delightfully indulgent getaway, you're sure to find the treatment of your dreams at one of these exceptional locations. Whether it's a couple's massage, mud bath, or seaweed facial, the astounding array of international spas covered here is sure to provide you with just what you need to relax and revitalize.

UNITED STATES

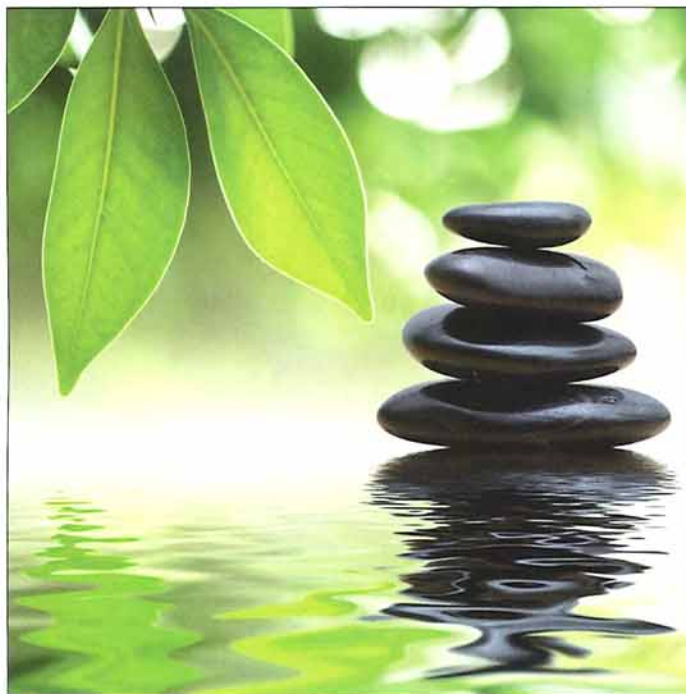
THE GOLDEN DOOR SPA, THE BOULDERS CAREFREE, ARIZONA

New Age goes upscale at **The Golden Door Spa** at The Boulders, a longtime Valley of the Sun favorite in Carefree, just outside Scottsdale, Arizona. Oh, you can get a traditional massage (50 min/\$135) or such well-known comforts as an aloe vera body wrap (50 min/\$150), but you might want to try a turquoise wrap (80 min/\$205), swathing your body in warm turquoise clay followed by honey, or a session of Shirodhara (50 min/\$165), an Ayurvedic scalp and facial massage with warm oil designed to relax your “third eye” and ease you into a deep sleep. Craving vitamins E and C? An avocado citrus scrub (50 min/\$145) lets your skin drink in the nourishment and turns your body into a fresh, rich smoothie. If you want to explore the offbeat offerings even further, there’s a whole section of mind, body, and soul connection to supplement the more body-oriented treatments. From chakra balancing, life coaching, and astrological soul readings to hypnotherapy, the approach at The Golden Door is to do the internal healing that’s so important to keeping the body fit and relaxed. You can even do a shamanic ritual like a Talking Tree Reading, which uses the ancient runes (called the 20 talking trees) to explore what’s going on in your life. Of course, if all you want is a back wax, adobe clay wrap, or hot stone massage, you can do those too. Nestled among the desert rocks that give the resort its name, The Golden Door is the perfect combination of traditional and outré, upscale and low-key, active and relaxing. www.theboulders.com

—Rich Ruben

LE SPA AT SOFITEL BEVERLY HILLS, CALIFORNIA

Located directly across from the trendy Beverly Center is **LeSpa** at Sofitel, a 5,000-square-foot luxury spa, and SO Fit fitness center on the ground floor of the Sofitel Hotel. The fitness center is spacious, high tech, and not crowded, which is great for hotel guests but even better for LA locals who can pay around \$125/month for a gym and spa membership. The locker rooms at Le Spa are très petit, but the surprisingly spacious Swiss rain showers hidden inside blast you from the ceiling and all four walls with over 20 showerheads. Move into the waiting lounge for a more sprawling and relaxed environment. You’ll be reminded that Sofitel is a French chain when you’re greeted with “bonsoir” and



served Champagne and an indulgent macaron after your treatment. If you order one of the bath services (30 min/\$75) along with your massage, you’ll be upgraded to a swank VIP treatment suite, with a private shower and treatment room, and an amazing chromatherapy Jacuzzi full of bath salts and essential oils. For a very LA experience, the Simply Glowing treatment (80 min/\$165) starts off with a full-body salt and flower exfoliation, followed by a balm to counteract sun damage, and topped off with Decleor’s botanical self-tanner for a California glow. LeSpa also features a well-developed men’s spa menu, including energy facial (80 min/\$150), which uses clove, flax seed, wheat germ, and sunflower to refresh after a long flight. The winning treatment for me was the Firm Facial (90 min/\$280), which has actually become my new favorite LA facial (and I’ve tried many in this town). The Firm is a high-tech anti-aging treatment which uses Carita Renovateur, a luxury scrub made from crushed, roasted sunflower seeds, thyme, lemon oil, and cloves, which they make more potent by fermenting for two years like a fine wine. The treatment also uses a gentle but distinct micro-currant technology, which helps deliver the products deep into the skin and produces an overall firm look. The Firm facial isn’t cheap, but it’s a facial rejuvenation that you’ll actually be able to see and feel. Ask for the beautiful Tej Maarfi (direct from France), she’s a gifted aesthetician and my face’s new best friend. www.lespala.com

—Paul Horne

SPA MONTAGE, MONTAGE BEVERLY HILLS BEVERLY HILLS, CALIFORNIA

The newest sister property to the spectacular Montage Laguna Beach is Montage Beverly Hills, with its own luxurious **Spa Montage** to match. Located in the center of the “Golden Triangle” around Rodeo Drive, the 20,000-square-foot facility is the kind of spa where just visiting the locker room and wet area is its own treatment. Men and women have separate private lounges with skylights and a fireplace, as well as wood and marble locker rooms with steam, sauna, whirlpool, and Swiss showers. There is also a shared co-ed relaxation lounge and mineral pool, where you can meet with friends, read a magazine, have lunch, or just sip Champagne while you wait for your treatment. The Montage’s approach to wellness treats the entire body, so the spa incorporates personal training at the hotel’s gym, a schedule of fitness classes including kickboxing, yoga, and hip-hop, a barber shop, and a flagship Kim Vo salon. Holistic spa services are broken down by element: water (hydro baths, Vichy shower), earth-inspired (mud and herb wraps, body sculpting, hot stone massage), orchard-inspired (chakra balancing, salt and coffee scrubs), and touch (traditional massage, reflexology, and two-therapist massage). The facial therapies menu is kept simple, with a choice of either the customized facial (30 min/\$125, 60 min/\$225, or 90 min/\$295), a back facial (60 min/\$225), a gentleman’s facial to address shaving irritation (30 min/\$125, 60 min/\$225, or 90 min/\$295), a serum-based anti-aging facial (90 min/\$320), or a set of “renew” lymphatic massage facials (60 min/\$200) designed specifically to precede or follow cosmetic surgery (they know their audience). The Montage’s signature Day of Indulgence gives you a choice of massage or facial, lunch poolside at the rooftop Conservatory Grill, and plenty of time to enjoy the pool and spa facilities (all for only \$200). Add in a trip to the salon and a Rodeo drive shopping spree, and you’re an honorary Kardashian. www.spamontage.com

—Paul Horne

THE SPA AT CALISTOGA RANCH CALISTOGA, CALIFORNIA

Visitors who come to California’s vineyard-rich Napa Valley to be indulgently dined and wined will find a deluxe spot to unwind at Calistoga Ranch and its singular spa, **The Spa At Calistoga Ranch**. For over a century, the small town of Calistoga has been celebrated for its hot mineral springs and their reputed healing powers. Budget-minded Northern Californians enjoy no-frills wallows at several inexpensive, slightly sloppy roadside mudbath concessions throughout the town, but the spa is something altogether different—it’s an intimate wood and stone



Photo: Robert Miller

sanctuary on the bank of a spring-fed lake that beautifully merges indoor and outdoor spaces. There's an air of blissful privacy with each of five treatment cabins opening onto its own garden and steam-billowing soaking pool; they're ideal for couples' services followed by a bit of a cuddle by the outdoor fireplaces. Set with subtle drama on a series of platformed structures in a leafy green forest hollow, the spa offers a sense of serene seclusion despite its proximity to the Napa and Sonoma wine trails and a mere hour's drive from San Francisco. Treatments, like the Milk & Honey Indulgence Body Wrap (120 min/\$300) and the Bee Well Body Massage (60 min/\$150), incorporate local honey, wildflower extracts, and grape seed oil. One signature service is a delicious full-body breakfast—an oat and brown sugar body scrub followed by a buttermilk bath and walnut oil massage. Ranch guests—whose freestanding lodges are a minimum of 600 square feet each and feature floor-to-ceiling windows and outdoor showers—can also take advantage of yoga classes on platforms set in the woods, biking and hiking trails, and, needless to say, local wine tastings. www.calistogaranch.com

—Jim Gladstone

SPA LA QUINTA, LA QUINTA RESORT & CLUB LA QUINTA, CALIFORNIA

Desert cities like Indian Wells and La Quinta in the Coachella Valley host some of the largest and most famous annual events and attractions in the desert, like the BNP Paribas Open, PGA WEST, and the hugely popular Coachella and Stagecoach music festivals. It's here you'll also find one of the most luxurious resorts in this desert region. La Quinta Resort & Club has grown tremendously since its original construction in the 1920s, when Hollywood royalty such as Frank Capra and Greta Garbo would escape from the public limelight to what was then a far-flung desert sanctuary. The original Spanish Colonial design has been retained, and throughout the property you'll discover historic buildings, furnishings, and photos. During my visit to the resort's recently remodeled **Spa La Quinta**, I indulged in an exfoliating body treatment meant to shed flaky dead skin and get the body's largest organ hydrated and glowing for some fun in the sun. My California Essential treatment (75 min/\$180) was administered by a masterful therapist named Verdie who has been at the spa since it opened in 1998. She started the exfoliating process with a dry brushing of my entire body, which I found surprisingly soothing. In between steps, she administered eucalyptus inhalation and a cool compress over my eyes. Following the exfoliation, my skin was ready to receive the nutrient rich application of a custom avocado lotion through gentle massage, with focus on the head, neck, and feet. Guests are encouraged to take advantage of the spa's steam room and outdoor spa before this treatment, and to refrain from bathing for at least a few hours afterwards to allow for full hydration of the avocado lotion. If you're lucky enough to be traveling with your pampered pooch, be sure to check out the spa's Canine Suite, where your best friend can receive a therapeutic massage by the resort's certified animal massage therapist. www.laquintaresort.com

—Joseph Schmitt

THE SPA AT SPA RESORT CASINO PALM SPRINGS, CALIFORNIA

Since 1960, the Spa Resort has been the main attraction of downtown Palm Springs. The architecturally significant structure has grown greatly since then and has seen numerous design fads come and go, but new renovations to the guest rooms are updating the property and highlighting its mid-century charm. Today, a major draw for visitors is the adjacent casino as this section of Palm Springs is Native American land. For this spa enthusiast, putting my money on a spa service is a better bet than a visit to a casino. Admission into **The Spa** varies from \$35 for hotel guests to \$20 when combined with a massage, body treatment, or facial. Non-guests are permitted at \$40 without a treatment, excluding holidays and weekends. In the slower summer months, these exclusions are sometimes waived. Additionally, you'll have access to the resort's main swimming pool, two adjacent outdoor mineral pools, and the impressive fitness facility. Inside **The Spa**, the signature experience is called **The Taking of the Waters** (60 min/\$35), with separate facilities for men and women. This five-step program includes steam room, sauna, eucalyptus inhalation, a ten-minute soak in a private tub full of the hot mineral waters for which the city is named, and a relaxing cool down in the Tranquility Room. On my visit, a faint sulphuric odor permeated the men's lounge, a telltale sign I was in the presence of authentic hot mineral waters. It was surprising to learn that this is the only facility in Palm Springs that hosts such artesian hot waters, although other such springs are tapped miles out of town in Desert Hot Springs. Allow 50 to 60 minutes for the full experience, before indulging in a SRC Signature Facial (50 min/\$105) or the You Gotta Try This Massage (75 min/\$165). www.sparesortcasino.com

—Joseph Schmitt

THE SPA AT PEBBLE BEACH PEBBLE BEACH, CALIFORNIA

"Improve your game and your outlook" is how the 22,000-square-foot **Spa at Pebble Beach** promotes its Gentlemen's Favorites treatments, and for golf enthusiasts, it's hard to imagine a better spa location than in the midst of one of America's most celebrated golfing areas. Follow your time on the links getting out the kinks with a Post-Golf Therapy session (50 min/\$145) with massage focused on forearms, neck, lower back and hips. Or try a deep-tissue Sports Bodywork (90 min/\$215), specially designed to improve your range of motion. The spa also offers a full range of men's barbering services, including **The Bald Eagle** (\$85), a deep facial cleansing, followed by a straight-razor shave and head shave. By all means, if your partner is a non-jock, bring him along for indulgent body treatments, including the **Lasapa Lelima** Native American cleansing ceremony (100 min/\$260) that draws on traditions of the local Monterey area's Esselen tribes, incorporating locally harvested sage, elderberry, and blue cornmeal in a combination scrub and massage. A signature **Couples Massage** (50 min/\$290) treatment precedes a dual massage with flotation wraps in which you and your partner lie on the massage table equivalent of a waterbed, dry floating on a heated, fluid-filled mat that conforms to your bodies as you're luxuriously mummified in skin-smoothing and moisturizing herbal formulas. The men's locker room is an escape in and of itself, with a steam room, sauna, ionization room, and Jacuzzi available to use before and after your treatments. Plus the heated outdoor pool and luxe lounge with complimentary snacks and beverages make it easy to consider skipping the greens altogether one day. Go get 'em. www.pebblebeach.com

—Jim Gladstone

SAN FRANCISCO SPA AT HOTEL MONACO SAN FRANCISCO, CALIFORNIA

One of the best-known properties belonging to super gay-friendly Kimpton Hotels company, the Hotel Monaco is an icon of style and welcoming in the city by the bay. That extends to the small but stylish spa, which uses organic, eco-friendly ingredients in a peaceful setting, just steps away from the hustle and bustle of Union Square. Located in the hotel's fitness center on the lower level, the **San Francisco Spa** has a sauna, steam room, Jacuzzi and uses Kerstin Florian products. Among the fragrant treatments (many of which are also available in pri-