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ORLANDO NORTH CAROLINA MOUNTAINS TUSCANY ATLANTA SALT LAKE CITY LOUISIANA



SPA HOUND

We arrive at the Greek Revival mansion perched atop the Blue Ridge Mountains in time for the “Afterglow,” when guests lounge on the West Portico, sipping chardonnay and watching the sun set behind Grandfather Mountain.

Blue Ridge Bliss



KNOWN AS A “VICTORIAN VISIONARY,” ARTIST ELLIOTT DAINGERFIELD (1859–1932) MIGHT VERY WELL HAVE WISHED TO ADD SPA FLOURISHES TO HIS WORK.

m

Y MOTHER and I don't agree on a lot of things—and going to a spa is one

of them. While I live for facials and massages, she barely tolerates manicures and pedicures. That's why I've set up a weekend getaway at Westglow Resort & Spa in Blowing Rock, North Carolina.

Counted among the world's best by top travel magazines, Westglow is much more than just a spa—it's an enchanted place steeped in art and history. We arrive at the Greek Revival mansion perched atop the Blue Ridge Mountains in time for the “Afterglow,” when guests lounge on the West Portico, sipping chardonnay and watching the sun set behind Grandfather Mountain.

In fact, that's how Westglow got its name. “Never glaring, always glowing through shadows, clouds and mists”—New York artist Elliott Daingerfield described the sunsets in these words when he finished building the house in 1916. He had summered in Blowing Rock for many years because of his poor health and because he found his greatest inspiration in the North Carolina mountains.

Five original Daingerfields grace the downstairs Blue Ridge Parlor and the stairwell. But not all of the art is what it seems: Push a button on a remote in the library, and an oil landscape retracts into its golden frame. Voilà! A giant flat-screen TV! Upstairs, our posh quarters await: golden

chaise longue, crystal lamps, fireplace, chilled mineral water, flowers, and a basket of artisanal chocolates and fresh fruit. “I just have one question for you,” Mom says, lying in bed atop the sumptuous

linens. “Have I died? I feel like I'm on a white, fluffy cloud.”

The next morning, after a breakfast of Frangelico french toast, we find ourselves in the lobby of heaven, the spa's minimalist Relaxation Lounge. Wrapped in a white robe, nestled on a white leather sectional, toasty warm by the white marble fireplace, Mom remarks, “There's not a lot of stuff to look at, but it's very soothing.” One entire wall is made of glass and overlooks the mountain, guarded by eagles and hawks in flight. Who needs more to look at?

After Mother goes for her—you guessed it—pedicure, I dip into the whirlpool; lie back in the sauna, with its mountain view; lift weights in the gym; and power through some intense yoga and water aerobics. By the time R.J. (a.k.a. “Papa Bear”) calls me for a Blue Ridge Body Wrap, I'm →

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SPA HOUND

face right up in my toes!" But can I persuade her to try another treatment?

At dinner in the resort's fine-dining room, Rowland's, Mother is not amused by her amuse-bouche, grilled rabbit sausage, although she devours the New York strip. She winces when I suggest a facial. But in the end, she offers up the kindest

sentiments to both place and daughter: "I can truly say that everyone who I've encountered here has been as nice as they can be. . . . You asked me earlier what I like the best, and I was just thinking that it wouldn't be the same if it weren't for me and you." Finally, something we can agree on.—*Waynette Goodson*

Splendor!

STYLE + TRAVEL NOVEMBER

Finally! That clever Splendor gives us the perfect excuse to eat chocolate in the morning. Adding bacon, a major food group and, did we mention, breakfast staple? Genius!

AUTUMN GETAWAY The Heritage House, Little River, California

HAUTE CITY Tokyo

WHAT TO SPORT Football in the front yard

WHAT TO BAG T. Anthony shoe case

WHAT TO ACCESSORY Nike Vintage Running Collection

WHAT TO FRAGRANCE Volø AZ 686 by Profumum

WHAT TO GIFT Cuisinart Mix It In Soft Serve Ice Cream Maker

SECRET WEAPON German and Roman chamomile essential oil (helps get you to sleep naturally)

TRAVEL ESSENTIAL Paper soap sheets (add water and they dissolve)

WHAT TO GADGET iPhone

WHAT TO LISTEN The Go! Team, *Proof of Youth*

WHAT TO READ Michael Pollan, *The Omnivore's Dilemma*

WHAT TO EAT Vosges bacon & chocolate exotic candy bar

WHAT TO DRINK Aguas frescas

WHERE TO DRINK IT Mexico City

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ready. First he massages in a rich lavender lotion. Then he wraps warm towels around me, then white plastic (OK, a little weird), then a white sheet. While I'm steeping in lavender, he massages my scalp so that I want to stay cocooned forever. But alas, I must emerge, and in one Houdini-like sloop, R.J. removes all the layers, exclaiming, "And the salt stayed on there!" Impressive! (Not to mention the full body massage that follows, leaving my once-knotted muscles as soft and supple as my new skin.)

Over an impeccable spa lunch of tomato lentil stew and herb-baked chicken, Mom waxes on and on about her pedicurist: "She was so meticulous! She had her



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