

STYLISH GETAWAYS

TRAVEL

+ LEISURE

OCTOBER 2006

Provence New York Australia
Buenos Aires Amsterdam
London Barcelona Tokyo
Shanghai Fiji + more...

U.S. \$4.50 CANADA \$5.50
DISPLAY UNTIL OCTOBER 24, 2006



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Floating flowers in Chiva-Som's fountain. Clockwise from left: The entrance pavilion; the beachfront pool; an outside lounge.

Back to Basics

TRENDS Spas are focusing on the fundamentals again—well-being and healthy lifestyles. Below, three practices to look for.

Holistic Living Leading a healthy lifestyle just got easier. In the past year, **Canyon Ranch** (www.canyonranch.com), **Miraval** (www.miravalresort.com), and others have launched residential or vacation villa communities where owners have year-round access to spa facilities, exclusive treatments, private lounges and dining, and customized mind-body fitness programs.

Hawaiian Wellness Summits Perfect your asanas, attend organic-cooking demos, and sign up for intimate seaside sessions with local experts during the Ke Kumu at **Mauna Lani Bay Hotel and Bungalows** (www.maunalani.com), an expo-style event on the Big Island. Meanwhile, the like-minded LifeFest at **Kapalua Resort** (www.lifestkapalua.com), on Maui, draws big kahunas such as Dr. Andrew Weil and Deepak Chopra.

Bamboo Treatments A renewable resource with 101 uses, bamboo is being used at eco-friendly spas, where the crushed fiber serves as an exfoliant in the ginger-grass scrub at the **Carneros Inn** (www.thecarnerosinn.com) and as a ginseng body polish at the **Setai** (www.setai.com). At the **Ritz-Carlton, Naples** (www.ritzcarlton.com), dried bamboo stalks are rolled gently over tense muscles to induce lymphatic drainage. —Shane Mitchell



Top 15 Destination Spas

- 1 **Chiva-Som International Health Resort**, Hua Hin, Thailand **91.36**
- 2 **Grand Hyatt**, Hong Kong **86.43**
- 3 **Mii amo, A Destination Spa at Enchantment**, Sedona, Arizona **85.98**
- 4 **Wilderness Adventure Spa at Spring Creek Ranch**, Jackson Hole, Wyoming **85.56**
- 5 **Canyon Ranch**, Tucson, Arizona **85.21**
- 6 **Miraval, Life in Balance**, Catalina, Arizona **84.96**
- 7 **Westglow Resort & Spa**, Blowing Rock, North Carolina **83.46**
- 8 **Golden Door**, Escondido, California **83.20**
- 9 **Maya Tulum Wellness Retreat & Spa**, Pueblo Tulum, Mexico **83.04**
- 10 **Rancho La Puerta**, Tecate, Mexico **82.91**
- 11 **Hilton Head Health Institute**, South Carolina **82.57**
- 12 **Lake Austin Spa Resort**, Austin, Texas **82.48**
- 13 **Cooper Wellness Program**, Dallas, Texas **82.05**
- 14 **Canyon Ranch**, Lenox, Massachusetts **80.98**
- 15 **Body Holiday at LeSport**, St. Lucia **80.61**

Throughout the World's Best Awards, scores are rounded to the nearest hundredth of a point; in the event of an exact tie, properties share the same ranking.