

TOWN & COUNTRY

JANUARY 2014

THE
Rock
Aristos,
Movie Stars,
and Mavericks
*Who Make
L.A. Glitter*

Starring:

GAVIN & GWEN
ROSSDALE STEFANI

Born to Ride

A LIFE IN THE SADDLE by Anjelica Huston

Plus:

- » Scotland's Castle of Scandal
- » Fiji's Island Eden
- » The 15 Best Spas in the World

LOOKING

GLASS

January 2014

BEAUTY, HEALTH, AND WELLNESS

SPA GUIDE

SPA-TIFY

A pampering playlist of 14 transformational wellness destinations that can't be missed in 2014.

BY NORA ZELEVANSKY

THE YEAR AHEAD PROMISES TO BE FILLED WITH PLEASURES BOTH humble (beginning the last season of *Mad Men*, hunting for the next cronut) and extravagant (flying to Paris for the reopening of the Musée Picasso or to Brazil for the World Cup). After all that stimulation you'll need to recalibrate, so we've curated our version of a playlist: mind-blowing spa experiences that fulfill New Year's goals and put a premium on relaxation and rejuvenation. Whether you aim to lose five pounds, get back five years, commune with nature, or just unwind, kick off 2014 on the right note and plan for a respite at one of these must-visit escapes.

THE TUSCAN VINTAGE

Essere Spa at Castello di Casole, Casole d'Elsa, Italy, castellodicasole.com

NEW YEAR'S RESOLUTION: Drink more red wine. For health purposes, of course.
HOUSE SPECIALTY: Treatments like the Puro Sacred Nature Ritual, which incorporates olive oil, oranges, and cinnamon from the hotel's own groves.
THE COMMITMENT: At this restored 10th-century castle turned hotel, wellness is pursued against a bucolic backdrop. Fragrant cypress trees perfume the property, yoga is practiced in a nearby church, and the Technogym fitness center overlooks rambling Tuscan vineyards. The Essere Spa, located in the estate's former wine cellar below stone archways, has retained the original barrel-vaulted ceilings and features Etruscan artifacts from the 3rd and 4th centuries BC that were discovered during restoration. The treatments use a then-and-now approach, employing hot candle wax (carefully) during an aromatherapy massage and enzyme peels for facials.

THE RISING STARS

Ten more spas that are worth the journey.

THE ENERGY HEALER

Aman Spa at Amanoi, Ninh Thuan Province, Vietnam, amanresorts.com

NEW YEAR'S RESOLUTION: Escape the tourist trap. **HOUSE SPECIALTY:** This is the latest beachside Aman Spa and the first of its kind in Vietnam. Situated near Nui Chua National Park, it offers mind- and body-healing treatments using indigenous herbs, aloe, rice, and coffee. The Vietnamese Aromatherapy Massage combines acupressure and meridian-point cupping; another aligns heart chakras.

THE EASTERN BEAUTY

Raffles Spa, Hainan, China, raffles.com

NEW YEAR'S RESOLUTION: Get to China, already. **HOUSE SPECIALTY:** Raffles Hainan, on Clearwater Bay, is a cluster of villas echoing a traditional village (a very upscale traditional village). The spa offers bamboo, rose, and Chinese herb-filled treatments inspired by the stages of the lotus flower: bud, blossom, and bloom.



THE EQUINE ADVENTURE

Salamander Spa, Middleburg, Virginia, salamanderresort.com

NEW YEAR'S RESOLUTION: Rediscover your love of horses. **HOUSE SPECIALTY:** The Salamander Resort & Spa is a 25-acre equestrian center near Washington, DC, with 17 horses suited to different skill levels. During the Human/Horse Synergy Ride, an expert evaluates your riding and recommends customized body work to improve your equine synergy—with your own horse or theirs.

THE INDIGENOUS ESCAPE

The Spa at Palacio del Inka, Cusco, Peru, libertador.com.pe

NEW YEAR'S RESOLUTION: Go south for the winter. **HOUSE SPECIALTY:** At the Palacio del Inka spa, at the enchanting Libertador retreat in Cusco, Peru, you can get solo or couples treatments that use Inca mud, gold, quinoa, and coca leaves, with natural antioxidants that fight altitude sickness and promote circulation.



THE SEASIDE GEM

Spa at the Ritz-Carlton Herzliya, Herzliya, Israel, ritzcarlton.com

NEW YEAR'S RESOLUTION: Have a cross-cultural experience. **HOUSE SPECIALTY:** Ritz-Carlton's first foray into Israel sits on the Mediterranean in upscale Herzliya, near Tel-Aviv, and boasts a spa featuring Shiseido treatments that promise a Japanese cure for jet lag and wrinkle woes.

THE FARM-TO-TABLE

Awili Spa, Maui, Hawaii, maui.andaz.hyatt.com

NEW YEAR'S RESOLUTION: Green your beauty routine. **HOUSE SPECIALTY:** The Andaz Maui at Wailea's new eco-conscious Awili Spa takes an organic approach to wellness. Consultants at the Apothecary Lounge create personalized teas, oils, and lotions with locally grown herbs, plants, and produce. Ingredients range from papaya to passion fruit, and even the pulp from morning juicing goes to the spa for use in products.

THE TROPICAL PARADISE

Royal Davui Spa, Royal Davui Island, Fiji, royaldavui.com

NEW YEAR'S RESOLUTION: Satisfy your desert island fantasy without having to scavenge for food. **HOUSE SPECIALTY:** Fiji's intimate, exclusive, and unplugged five-star resort on Beqa Lagoon, Royal Davui is a natural draw for honeymooners. It offers snorkeling, private beaches, and a brand new spa that overlooks a barrier reef. Treatments for one or two integrate local Beqa stones, banana leaves, and Pure Fiji products.



THE GREAT OUTDOORS

The Umstead Spa, Cary, North Carolina, theumstead.com/spa

NEW YEAR'S RESOLUTION: Become one with nature. **HOUSE SPECIALTY:** At the newly renovated Umstead Spa, guests can explore nearby William B. Umstead State Park before settling into temperate pools that are walled off for privacy but exposed to the sky. The services—delivered with Southern hospitality—are inspired by local flora such as dogwood and longleaf pine.



THE ROYAL TREATMENT

Luceo Spa, St. Petersburg, Russia, fourseasons.com

NEW YEAR'S RESOLUTION: To be czar and zarina, at least for a day. **HOUSE SPECIALTY:** At the Four Seasons Hotel Lion Palace in St. Petersburg, housed in a 19th-century royal residence, guests wander the four-level Luceo Spa. A birch branch sauna sets the mood for a traditional Russian massage that uses Santa Maria Novella Four Seasons oils and skin-transforming facials from the Hungarian line Omorovicza.

THE IMPRESSIONIST ESTATE

Mirbeau Inn & Spa, Plymouth, Massachusetts, mirbeau.com

NEW YEAR'S RESOLUTION: Indulge your inner Francophile. **HOUSE SPECIALTY:** The Mirbeau Inn & Spa, which opens this spring at the Pinehills, near Cape Cod, is styled like a French country manor. Impressionism is the design inspiration, but we doubt Monet imagined heated foot pools and an Aqua Terrace.