

27 all-star spas



13 Weight Loss Tricks That Work! p.92

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Women's Health

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2,793

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RELAX &
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27
AMAZING
SPA TRIPS

NEW!
SHINY HAIR
MADE EASY



east

Canyon Ranch Berkshires

Lenox, MA
See "Mission: Relaxation"
on page 136.
canyonranch.com



Copperhood Inn & Spa Shandaken, NY

You have all the usual options for self-indulgence at this tiny Catskill Mountain retreat (with rarely more than 30 guests at once), and tailor-made fitness packages make it feel even more intimate. You'll likely start the day with a meditation class, followed by a power walk, some yoga, lunch, and a hike. **Don't miss** The African dance class with live drummers
copperhood.com



Gurney's Inn Resort & Spa

Montauk, NY
Off-season room rates make Gurney's a relative bargain for the spring, although meals, spa services, and fitness classes cost extra. It's perfect for the stressed-out—does anything soothe raw nerves better than a few days on a serene Atlantic beach? **Don't miss** The Peppermint Sea Plunge, a seaweed body treatment and massage
gurneysin.com



Hilton Head Health Institute

Hilton Head Island, SC
When it comes to serious weight loss, this spa is in a class by itself. It offers everything from nutritionists who tailor meal plans to behaviorists who help you break bad habits. **Don't miss** Hot-stone massages, yoga, Pilates, and meditation classes are all available too (rewards for shedding those pounds). **Don't miss** The morning walks along the Atlantic shore
hhhealth.com



The Lodge at Woodloch Hawley, PA

There are plenty of ways to break a sweat here, including kayaking, mountain biking, spinning, and tai chi. But the main thrust is chilling out: Take a photography or cooking class, then drink up the country-inn vibe with a cup of tea by the stone fireplace. **Don't miss** The tension-melting Awakening the Senses three-part body treatment
thelodgeatwoodloch.com



west

Cal-a-Vie Vista, CA

This intimate spa (it has only 24 rooms) deals in relaxation, coddling, and fitness, but its biggest draw is its success making bodies shrink fast: Your daily calories are limited to 1,200, 1,600, or 1,800. Its staff-to-guest ratio (four to one) is one of the best in the business, guaranteeing lots of personal attention. **Don't miss** The invigorating signature seaweed wrap
cal-a-vie.com



Canyon Ranch Tucson, AZ

If you're health-obsessed and money is no object, get your butt to the desert. What sets this large (240-guest) spa apart: A squad of medical experts do everything from metabolism testing to acupuncture in a luxurious setting. **Don't miss** The custom meal plan from a nutritionist
canyonranch.com



Cave B Inn and Spa at SageCliffe

Quincy, WA
No exercise classes to be found here—but plenty of opportunities to kayak, hike, and mountain bike around the jaw-dropping Columbia River Gorge. The fabulous vino from the adjacent winery and several toxin-zapping body treatments, like a hot-stone scrub and aromatherapy wrap, make this the ultimate escape for a worn-out party girl. **Don't miss** The Deep Exfoliation body polish, a rub with salts and flower petals
cavebinn.com



Golden Door Escondido, CA

There's a reason this Asian-inspired spa costs so much: It works. You'll lose weight and get fit wearing clothes provided by the spa—because packing is so stressful! With world-class beauty treatments and peaceful Japanese gardens, this is a terrific place to bond with Mom—and make her foot the bill. **Don't miss** The delicious Citrus Blend Sea Salt Scrub with Avocado treatment
goldendoor.com



Cave B Inn & Spa at SageCliffe
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