

THE (UN)DRESS CODE: ETIQUETTE GUIDE TO SPAS AND SAUNAS

# Condé Nast Traveler

SPECIAL ISSUE  
TRAVEL & HEALTH

TRUTH IN TRAVEL

JUNE 2011

## Costa Rica's RAIN FOREST WORKOUT

(Kayak, hike, zip-line!)

## Sweden's FOUNTAIN OF YOUTH

(Freeze, sweat, eat!)

## China's TAI CHI MASTERS

(Punch, kick, focus!)

300+  
PLACES  
TO FEEL  
GREAT  
NOW

READERS' POLL

**BEST SPAS** in the  
United States,  
Mexico, Caribbean  
& Canada

INVESTIGATION

What you *really* need  
to know about  
travel vaccinations

## TOP 250 SPAS

in the U.S., Canada, Central America, the Caribbean, and at Sea

THE VOTES ARE IN!

This year, our annual Spa Poll turns 21. And like any newly minted adult, it is wiser (and larger) than it was in infancy. Case in point: What began as a humble top three in 1990, with the high scorer earning a respectable 81.2, has transformed into a robust collection of 250, with the top-rated spa tipping the scales at 98.8. The winners on the following pages range from a tiny two-room enclave at St. Lucia's Jade Mountain to the 100,000-square-foot behemoth Canyon Ranch in Lenox, Massachusetts. However, what hasn't changed over these past 21 years is the lofty standards to which our readers hold each candidate. Thankfully, quality is ageless.

◀ Heads up: Deluge showers at the Spa at Wynn Las Vegas loosen muscles before massage treatments.

Text by  
**BEATA L. SANTORA**

Photographs by  
**DAVID DREBIN**

Still lifes by  
**RICHARD PIERCE**

# 20,000 square feet

The current size of the recently expanded spa at Park City, Utah's Stein Eriksen Lodge. Perhaps that explains its number one position on the U.S. Resorts list.



**BRING THE SPA HOME**

Aveda's Outer Peace Cooling Masque relieves manly razor burn (aveda.com; \$37).

**TREND #1**

## A MAN'S WORLD

The male is no longer new to the spa game. In fact, Americans spent \$4.8 billion on men's grooming products in 2009 alone. But lately, spas have upped the ante, courting more and more XY guests with guy-centric treatments. Some options for the testosterone team:

- ▶ **Kohler Waters Spa, at the American Club, Wisconsin:** An entire section of Kohler's menu is dedicated to the pampering of men. Treatments include the Gentleman's Bath, a vigorous exfoliation followed by a relaxing bath (\$120-\$140), the hydrotherapeutic Aquatonic for Him (\$155), and a Scalp Revival Treatment (\$75). A cadre of therapies specifically targets golfers, including the Golfer's Massage, to soothe those torquing muscles (\$143-\$208), and the Golfer's Foot Renewal, which consists of an algae-rich pedicure mask (\$92).
- ▶ **Canyon Ranch:** All three spas—Tucson, Lenox, and the newest in Miami Beach—have a 50-minute Gentleman's Facial that focuses on relieving skin irritation due to razor burn (\$130-\$150) and an 80-minute version at the Miami spa with an anti-aging vitamin C peel (\$240). Manly mani-pedis use guy-friendly ingredients like sandalwood, mustard seed, eucalyptus, and thyme (manicures, \$45-\$60; pedicures, \$75).

### Top 100 Resort Spas—U.S. Mainland



Rank	Resort Name	Overall Score	Treatments	Staff	Facilities	Rooms	Basic Massage
1	Stein Eriksen Lodge, Park City, Utah	98.8	100	100	96.3	16	\$160
2	Westin Riverfront Resort & Spa, Avon, Colo.	97.5	97.3	96.9	98.2	14	\$140
3	Sanderling Resort & Spa, Duck, N.C.	97.3	96.0	100	96.0	9	\$110
4	Four Seasons, Las Vegas, Nev.	96.9	96.8	100	93.8	16	\$155
5	Ritz-Carlton Lodge, Reynolds Plantation, Greensboro, Ga.	96.3	96.6	95.6	96.6	18	\$145
6	Stowe Mountain Lodge, Vt.	96.1	94.1	95.6	98.6	18	\$150
7	Ritz-Carlton Orlando Grande Lakes, Fla.	95.9	97.6	96.4	93.8	40	\$130
8	Hyatt Regency, Santa Ana Pueblo, N.M.	95.8	100	93.8	93.5	13	\$130
9	Callstoga Ranch, Napa Valley, Calif.	95.5	97.5	95.1	93.8	5	\$150
9	Enchantment Resort, Sedona, Ariz.	95.5	94.9	95.0	96.5	20	\$150
11	Sanctuary at Klawah Island Golf Resort, S.C.	95.2	95.1	95.2	95.2	12	\$160
12	Encore, Las Vegas, Nev.	95.1	96.0	96.4	92.9	51	\$160
12	Sallsham Spa & Golf Resort, Gleneden Beach, Ore.	95.1	92.6	96.3	96.3	8	\$120
14	Inn at Palmetto Bluff, Bluffton, S.C.	95.0	97.0	92.5	95.5	7	\$145
15	Peaks Resort, Telluride, Colo.	94.9	97.0	93.9	93.9	32	\$130
16	St. Regis, Monarch Beach, Dana Point, Calif.	94.7	96.4	92.0	95.6	24	\$175
17	Montage Laguna Beach, Calif.	94.4	94.4	92.6	96.2	22	\$225
17	Sundara Inn & Spa, Wisconsin Dells, Wis.	94.4	94.4	92.6	96.2	13	\$135
19	Lake Austin Spa Resort, Texas	94.2	94.7	94.7	93.0	24	\$160
20	Miramonte Resort & Spa, Indian Wells, Calif.	93.9	95.7	95.7	90.2	12	\$135
20	Solage Callstoga, Napa Valley, Calif.	93.9	92.6	92.7	96.4	15	\$125
22	Disney's Animal Kingdom Lodge, Lake Buena Vista, Fla.	93.7	95.2	95.2	90.5	3	\$90
23	Kenwood Inn & Spa, Sonoma, Calif.	93.6	97.9	97.9	85.1	5	\$140
23	Lodge at Sonoma, Calif.	93.6	94.6	91.9	94.4	9	\$125
23	Wynn Las Vegas, Nev.	93.6	93.4	93.0	94.3	45	\$160
26	The Greenbrier, White Sulphur Springs, W.Va.	93.5	95.1	92.7	92.6	40	\$140
26	Kingmill Resort, Williamsburg, Va.	93.5	93.5	93.5	93.5	9	\$105
28	Sanctuary Camelback Mountain, Paradise Valley, Ariz.	93.4	93.8	92.6	93.7	11	\$150
28	The Spa of Colonial Williamsburg, Va.	93.4	96.2	92.0	92.0	16	\$120
30	Little Nell, Aspen, Colo.	93.3	96.7	93.3	90.0	3	\$145
31	Four Seasons Resort, Jackson Hole, Wyo.	93.1	90.7	93.2	95.5	16	\$150
31	The Sagamore, Lake George, N.Y.	93.1	95.2	93.2	90.9	13	\$105
33	Four Seasons Resort The Biltmore, Santa Barbara, Calif.	93.0	94.2	91.9	93.0	11	\$160
33	JW Marriott Starr Pass Resort & Spa, Tucson, Ariz.	93.0	93.0	91.7	94.4	25	\$125
33	Ritz-Carlton, Bachelor Gulch, Avon, Colo.	93.0	92.2	91.7	95.0	19	\$195
36	Ponte Vedra Inn & Club, Ponte Vedra Beach, Fla.	92.9	92.3	92.3	94.1	22	\$115
37	American Club, Kohler, Wis.	92.5	94.2	90.9	92.5	24	\$163
37	Cliff House Resort & Spa, Ogunquit, Me.	92.5	95.0	92.5	90.0	8	\$95
39	Four Seasons Resort and Club Dallas at Las Colinas, Tex.	92.3	93.8	93.6	89.4	16	\$125
40	Teton Mountain Lodge & Spa, Jackson Hole, Wyo.	92.0	92.7	90.5	92.9	10	\$135
41	Ten Thousand Waves, Santa Fe, N.M.	91.8	95.7	90.4	89.4	19	\$99
42	Camelback Inn, Scottsdale, Ariz.	91.7	94.4	87.5	93.1	32	\$125
42	Royal Palms Resort and Spa, Phoenix, Ariz.	91.7	90.4	94.4	90.4	7	\$150
42	West Baden Springs Hotel, French Lick, Ind.	91.7	92.5	90.2	92.5	11	\$140
45	Barnesley Gardens Resort, Adairsville, Ga.	91.6	92.4	93.7	88.6	10	\$95
45	Vail Cascade Resort & Spa, Colo.	91.6	93.3	93.3	88.0	14	\$140
47	Westin Savannah Harbor Golf Resort & Spa, Ga.	91.5	89.7	89.7	94.9	20	\$115
48	Los Abrigados Resort & Spa, Sedona, Ariz.	91.4	90.6	92.7	90.9	8	\$95
49	Stowe Mountain Resort & Spa, Stowe, Vt.	91.3	91.5	92.3	90.0	30	\$125

★ Overall score | 🏠 Treatments | 👤 Staff | 🌿 Facilities | 🛏️ Number of treatment rooms | 💰 Basic massage

**METHODOLOGY**

Condé Nast Traveler's 2011 Spa Poll results were derived from our 2010 Readers' Choice Survey, whose questionnaire was available through a secure Web site. Tabulation of the survey's 25,916 responses was done by Global Market Insight, Inc., of Marlborough, Massachusetts. Spas were rated excellent, very good, good, fair, or poor on three criteria: Spa Facilities, Spa Staff, and Spa Treatments. Those criterion scores, representing the percentage of respondents who rated a spa excellent or very good, were averaged to determine the final rating for the spa. A minimum number of responses was required for inclusion in these rankings.

10

The number of perfect 100 criteria scores in this year's spa poll.

**BRING THE SPA HOME**

Clarins's Tonic Body Treatment Oil firms and tones with geranium, mint, and rosemary (clarins.com; \$52).

**Top 50 Hotel Spas—U.S. Mainland**



1	Mayflower Inn & Spa, Washington, Conn.	98.3	100	98.3	96.7	8	\$165
2	The Peninsula, New York, N.Y.	96.7	95.0	97.5	97.5	12	\$195
3	Old Edwards Inn and Spa, Highlands, N.C.	95.8	96.9	93.8	96.8	10	\$120
4	Omni Mandalay Hotel at Las Colinas, Dallas, Tex.	94.7	96.8	93.8	93.8	7	\$115
5	JW Marriott Denver at Cherry Creek, Colo.	93.9	93.2	95.5	93.2	10	\$90
6	Langham Huntington, Pasadena, Calif.	93.8	95.3	93.0	92.9	13	\$130
7	Four Seasons Westlake Village, Los Angeles, Calif.	93.7	94.3	94.3	92.5	28	\$145
8	Auberge du Soleil, Napa Valley, Calif.	92.9	90.9	92.5	95.3	8	\$180
8	Four Seasons, San Francisco, Calif.	92.9	96.4	92.9	89.3	9	\$114
10	The Peninsula, Chicago, Ill.	92.6	93.1	93.3	91.4	8	\$160
11	The Setai, Miami Beach, Fla.	92.5	93.5	93.5	90.3	4	\$180
12	Zic Museum Hotel, Louisville, Ky.	92.4	95.7	95.9	86.0	2	\$90
13	Ritz-Carlton New York, Central Park, N.Y.	92.2	97.1	94.1	84.8	6	\$200
14	Hotel Viking, Newport, R.I.	92.0	96.6	89.7	89.7	6	\$110
15	Ritz-Carlton, Dallas, Tex.	91.7	95.0	90.0	90.0	12	\$125
16	Viceroy Palm Springs, Calif.	91.4	93.5	96.8	83.9	6	\$135
17	L'Auberge de Sedona, Ariz.	91.3	94.1	94.3	85.7	4	\$130
18	Mandarin Oriental, Washington, D.C.	91.2	90.9	91.3	91.3	8	\$155
19	Mandarin Oriental, Miami, Fla.	91.1	95.1	87.8	90.2	17	\$150
20	Post Ranch Inn, Big Sur, Calif.	90.9	93.4	92.5	86.5	4	\$140
21	Gasparilla Inn & Club, Boca Grande, Fla.	90.8	89.7	93.1	89.7	8	\$110
22	Borgata Hotel Casino & Spa, Atlantic City, N.J.	90.7	91.5	88.6	92.1	30	\$130
22	Mokara San Antonio, Tex.	90.7	91.8	90.2	90.2	18	\$129
22	Shutters on the Beach, Santa Monica, Calif.	90.7	90.7	90.7	90.7	6	\$150
25	Inn and Spa at Loretto, Santa Fe, N.M.	90.3	91.9	92.1	86.8	5	\$125

★ Overall score    🛏 Treatments    👤 Staff    🌸 Facilities    🏠 Number of treatment rooms    💰 Basic massage



25	Salish Lodge & Spa, Snoqualmie, Wash.	90.3	91.3	87.1	92.4	7	\$115
27	Four Seasons, Los Angeles at Beverly Hills, Calif.	89.8	95.3	95.2	79.1	8	\$165
28	St. Regis, New York, N.Y.	89.7	93.1	96.6	79.3	4	\$165
29	Beverly Hills Hotel and Bungalows, Calif.	89.6	93.8	92.2	82.8	6	\$190
30	Four Seasons, New York, N.Y.	89.5	91.4	88.6	88.6	9	\$225
31	White Barn Inn & Spa, Kennebunkport, Me.	89.2	92.5	92.5	82.5	4	\$135
32	Blantyre, Lenox, Mass.	88.9	90.5	100	76.2	3	\$125
32	Montage Beverly Hills, Calif.	88.9	83.3	87.5	95.8	17	\$205
34	Mandarin Oriental, New York, N.Y.	88.5	89.1	87.5	89.1	6	\$215
34	Monterey Plaza Hotel & Spa, Calif.	88.5	88.9	87.2	89.4	9	\$130
34	Rosewood Crescent Hotel, Dallas, Tex.	88.5	89.7	89.7	86.2	12	\$115
37	Charleston Place, Charleston, S.C.	87.6	90.8	83.1	89.1	9	\$115
37	Harrah's Atlantic City, N.J.	87.6	87.1	81.8	93.9	23	\$120
39	Four Seasons, Atlanta, Ga.	87.4	89.7	93.1	79.3	9	\$110
40	Hotel Healdsburg, Sonoma County, Calif.	87.3	95.2	95.2	71.4	6	\$110
40	Houstonian Hotel, Club & Spa, Houston, Tex.	87.3	81.0	85.7	95.2	21	\$110
42	The Mondrian, Los Angeles, Calif.	86.7	85.0	95.0	80.0	3	\$145
42	Trump International Hotel & Tower, New York, N.Y.	86.7	88.6	91.4	80.0	2	\$160
44	The Peninsula, Beverly Hills, Calif.	86.6	91.3	90.0	78.6	7	\$160
45	Hotel Victor, Miami Beach, Fla.	86.4	86.4	86.4	86.4	9	\$125
45	Ritz-Carlton, Chicago, Ill.	86.4	85.7	87.8	85.7	5	\$125
47	Beverly Wilshire, Beverly Hills, Calif.	86.2	88.9	90.5	79.0	9	\$165
48	Loews Santa Monica Beach Hotel, Calif.	85.4	90.3	81.8	84.4	4	\$115
49	Ritz-Carlton, Miami Beach, Fla.	85.3	88.5	86.9	80.6	14	\$145
50	Four Seasons, Chicago, Ill.	85.2	88.9	86.1	80.6	4	\$145

★ Overall score   ● Treatments   👤 Staff   ✨ Facilities   🏠 Number of treatment rooms   💰 Basic massage

#### TREND #5

## FACEBOOK FACIAL

Your social networking skills are now the key to rejuvenation—and savings. Many spas have embraced social media as a way to post exclusive limited-time offers, allow users to instantly make or cancel appointments, and interact with their guests. Here's a sampling of recent deals available only via Facebook and Twitter:

● **Enchantment Resort, Sedona:** The best tweet in its Twitter-only Mother's Day essay contest earned a two-day package at the resort's Mii Amo spa.

● **Montage Laguna Beach, Laguna Beach, California:** Facebook followers got a \$75 discount on a 60-minute massage, facial, or body treatment.

● **Mandarin Oriental, Miami:** Mentioning Facebook when making an appointment for an 80-minute massage earned guests a free scrub.

● **Mandarin Oriental, New York:** In a promotion exclusive to the hotel's Facebook and Twitter pages, bringing a friend got guests \$50 off any treatment.