

## UNITED STATES

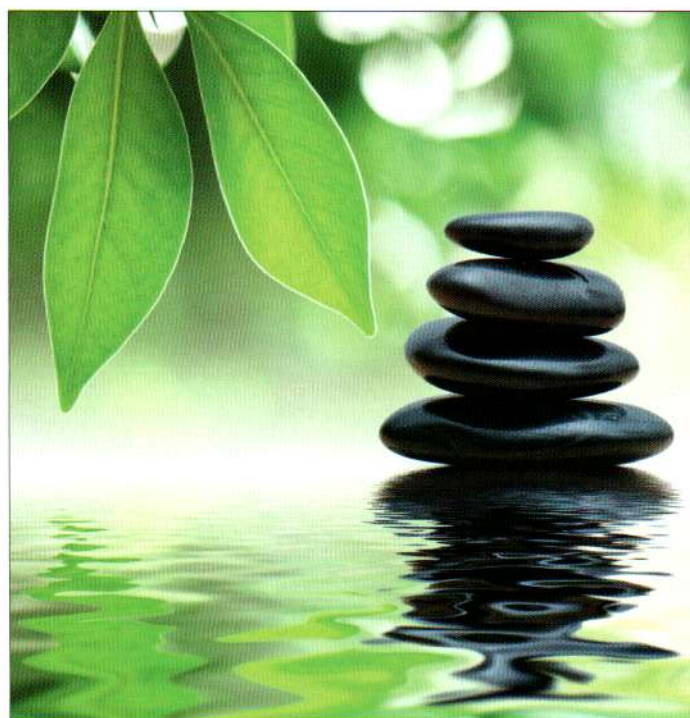
### THE GOLDEN DOOR SPA, THE BOULDERS CAREFREE, ARIZONA

New Age goes upscale at **The Golden Door Spa** at The Boulders, a longtime Valley of the Sun favorite in Carefree, just outside Scottsdale, Arizona. Oh, you can get a traditional massage (50 min/\$135) or such well-known comforts as an aloe vera body wrap (50 min/\$150), but you might want to try a turquoise wrap (80 min/\$205), swathing your body in warm turquoise clay followed by honey, or a session of Shirodhara (50 min/\$165), an Ayurvedic scalp and facial massage with warm oil designed to relax your “third eye” and ease you into a deep sleep. Craving vitamins E and C? An avocado citrus scrub (50 min/\$145) lets your skin drink in the nourishment and turns your body into a fresh, rich smoothie. If you want to explore the offbeat offerings even further, there’s a whole section of mind, body, and soul connection to supplement the more body-oriented treatments. From chakra balancing, life coaching, and astrological soul readings to hypnotherapy, the approach at The Golden Door is to do the internal healing that’s so important to keeping the body fit and relaxed. You can even do a shamanic ritual like a Talking Tree Reading, which uses the ancient runes (called the 20 talking trees) to explore what’s going on in your life. Of course, if all you want is a back wax, adobe clay wrap, or hot stone massage, you can do those too. Nestled among the desert rocks that give the resort its name, The Golden Door is the perfect combination of traditional and outré, upscale and low-key, active and relaxing. [www.theboulders.com](http://www.theboulders.com)

—Rich Ruben

### LE SPA AT SOFITEL BEVERLY HILLS, CALIFORNIA

Located directly across from the trendy Beverly Center is **LeSpa** at Sofitel, a 5,000-square-foot luxury spa, and SO Fit fitness center on the ground floor of the Sofitel Hotel. The fitness center is spacious, high tech, and not crowded, which is great for hotel guests but even better for LA locals who can pay around \$125/month for a gym and spa membership. The locker rooms at Le Spa are très petit, but the surprisingly spacious Swiss rain showers hidden inside blast you from the ceiling and all four walls with over 20 showerheads. Move into the waiting lounge for a more sprawling and relaxed environment. You’ll be reminded that Sofitel is a French chain when you’re greeted with “bonsoir” and



served Champagne and an indulgent macaron after your treatment. If you order one of the bath services (30 min/\$75) along with your massage, you’ll be upgraded to a swank VIP treatment suite, with a private shower and treatment room, and an amazing chromatherapy Jacuzzi full of bath salts and essential oils. For a very LA experience, the Simply Glowing treatment (80 min/\$165) starts off with a full-body salt and flower exfoliation, followed by a balm to counteract sun damage, and topped off with Decleor’s botanical self-tanner for a California glow. LeSpa also features a well-developed men’s spa menu, including energy facial (80 min/\$150), which uses clove, flax seed, wheat germ, and sunflower to refresh after a long flight. The winning treatment for me was the Firm Facial (90 min/\$280), which has actually become my new favorite LA facial (and I’ve tried many in this town). The Firm is a high-tech anti-aging treatment which uses Carita Renovateur, a luxury scrub made from crushed, roasted sunflower seeds, thyme, lemon oil, and cloves, which they make more potent by fermenting for two years like a fine wine. The treatment also uses a gentle but distinct micro-current technology, which helps deliver the products deep into the skin and produces an overall firm look. The Firm facial isn’t cheap, but it’s a facial rejuvenation that you’ll actually be able to see and feel. Ask for the beautiful Tej Maarfi (direct from France), she’s a gifted aesthetician and my face’s new best friend. [www.lespala.com](http://www.lespala.com)

—Paul Horne

### SPA MONTAGE, MONTAGE BEVERLY HILLS BEVERLY HILLS, CALIFORNIA

The newest sister property to the spectacular Montage Laguna Beach is Montage Beverly Hills, with its own luxurious **Spa Montage** to match. Located in the center of the “Golden Triangle” around Rodeo Drive, the 20,000-square-foot facility is the kind of spa where just visiting the locker room and wet area is its own treatment. Men and women have separate private lounges with skylights and a fireplace, as well as wood and marble locker rooms with steam, sauna, whirlpool, and Swiss showers. There is also a shared co-ed relaxation lounge and mineral pool, where you can meet with friends, read a magazine, have lunch, or just sip Champagne while you wait for your treatment. The Montage’s approach to wellness treats the entire body, so the spa incorporates personal training at the hotel’s gym, a schedule of fitness classes including kickboxing, yoga, and hip-hop, a barber shop, and a flagship Kim Vo salon. Holistic spa services are broken down by element: water (hydro baths, Vichy shower), earth-inspired (mud and herb wraps, body sculpting, hot stone massage), orchard-inspired (chakra balancing, salt and coffee scrubs), and touch (traditional massage, reflexology, and two-therapist massage). The facial therapies menu is kept simple, with a choice of either the customized facial (30 min/\$125, 60 min/\$225, or 90 min/\$295), a back facial (60 min/\$225), a gentleman’s facial to address shaving irritation (30 min/\$125, 60 min/\$225, or 90 min/\$295), a serum-based anti-aging facial (90 min/\$320), or a set of “renew” lymphatic massage facials (60 min/\$200) designed specifically to precede or follow cosmetic surgery (they know their audience). The Montage’s signature Day of Indulgence gives you a choice of massage or facial, lunch poolside at the rooftop Conservatory Grill, and plenty of time to enjoy the pool and spa facilities (all for only \$200). Add in a trip to the salon and a Rodeo drive shopping spree, and you’re an honorary Kardashian. [www.spamontage.com](http://www.spamontage.com)

—Paul Horne

### THE SPA AT CALISTOGA RANCH CALISTOGA, CALIFORNIA

Visitors who come to California’s vineyard-rich Napa Valley to be indulgently dined and wine will find a deluxe spot to unwind at Calistoga Ranch and its singular spa, **The Spa At Calistoga Ranch**. For over a century, the small town of Calistoga has been celebrated for its hot mineral springs and their reputed healing powers. Budget-minded Northern Californians enjoy no-frills wallows at several inexpensive, slightly sloppy roadside mudbath concessions throughout the town, but the spa is something altogether different—it’s an intimate wood and stone