

Spa

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beauty
wellness

15
to take
right
where
celebs
go to
unwind

the truth
about
CIALS
that works for
20s, 30s, 40s
and beyond



Spring Awakening

So long, winter! Spring has arrived, and with it come refreshing new treatments and great reasons to head outdoors.

BY AMY CASSELL

HERE ARE 10 OF OUR FAVORITE OFFERINGS FOR EMBRACING THE SEASON.

1 BOYNE FALLS, MICHIGAN
BOYNE MOUNTAIN RESORT has more than 4,000 acres of lush hiking trails, perfect for exploring in the height of spring. The Spring Nature Adventure package includes a guided morning hike, lunch, kayaking trip along the Boyne River and choice of any one of their 50-minute spa treatments. Our pick: the vitamin C-rich Eternal Spring Pevonia facial. *June 18, from \$175 per person, boyne.com*

2 CARY, NORTH CAROLINA
 With the **UMSTEAD HOTEL AND SPA's** Spring Escape Package, spot songbirds and deer on a naturalist-led hike through Umstead State Park. After a night in a garden- or lake-view room, day two is for pampering, including an organic sugar scrub, Swedish massage, Thermal Water Facial (with imported Belgium spring water) and classic mani-pedi. *April only, from \$1,100, theumstead.com*

3 GLENWOOD SPRINGS, COLORADO
 Shoot down the Colorado River through Glenwood Canyon (halfway between Aspen and Vail) on an early-morning white-water rafting adventure courtesy of the **GLENWOOD HOT SPRINGS' Paddle & Pool**

Package. Afterward, soothe your muscles with a soak in the hotel's Hot Springs Pool (the world's largest natural outdoor pool) or a detoxifying Spirit Purification Ritual at the new Spa of the Rockies, which uses minerals from the springs. *From \$130 per person, hotspringsspa.com*

4 LAGUNA BEACH, CALIFORNIA
 At the **E-volve Well-**ness center at **MONT BEACH**, a yoga, meditation and health consultation expert Ashli off with an Laguna Beach planned to full moon access to the facilities at the resort. *from the Mont Beach, April 16-17, lagunabeach.com*

5 NAPA, CALIFORNIA
 With the aptly named **Spring Renewal Package** at **AUBERGE DU SOLEIL**, start with a private yoga class surrounded by olive groves and fragrant vines in the open-air Pagode, then shed dry skin with an exfoliating Winter Blues Remedy Wrap. After rinsing off in your private outdoor garden, finish the day with a full body massage and 60-minute hydrating Renewal

facial. *Through May, \$600, aubergedusoleil.com*

6 NEW ORLEANS, LOUISIANA
 Create your own body scrub at **THE RITZ-CARLTON, NEW ORLEANS'** apothecary bar, which features more than a dozen exfoliants, essential oils and herbs like rosemary and eucalyptus. The Spring Cleaning package includes custom-made body scrub, a Power Peel facial and makeup removal. *through August,ritzcarlton.com*

7 BERG, MONTAN
 Spring Renewal Package at **THE RITZ-CARLTON, BERG** was created for *Spa* readers. The package's accompaniment includes a \$50 salon to the indoor pool and fitness center. *from \$484 per person, theallison.com*

8 NEWPORT, RHODE ISLAND
 Relax with a Balinese massage at the SpaTerre at Newport's historic **HOTEL VIKING**. The 50-minute treatment combines acupressure, rolling motions

and long strokes to energize muscles and increase blood flow. With the Shed Your Winter Skin package, you'll also receive a moisturizing facial, mani-pedi and SpaTerre Green Tea body lotion to take home. *Through April, \$400, hotelviking.com*

9 SKANEATELES, NEW YORK
 Explore the Finger Lakes region during an Outdoor Adventure Retreat at the 34-room **MIRBEAU INN & SPA**. Chef Stephen Landon will help you pack a healthy gourmet picnic before you hike, bike or kayak to witness the local vineyards in bloom. Also included is a daily treatment from Spa Mirbeau; the Vinotherapy line includes a nourishing Pinot Noir body mask and wrap. *June 12-15, from \$1,025, mirbeau.com*

10 WEST TOWNSEND, VERMONT
 At the 21-room **WINDHAM HILL INN**, the Spring Fitness Weekend includes morning yoga on the lawn, tennis boot camps and afternoon hikes along the inn's 3 miles of trails. Each evening gourmet four-course meals include delicacies like organic pear and blue cheese salad and pecan-encrusted halibut. Further indulge with a massage at the Inn's intimate, one-room spa. *May 19-22, from \$1,026, windhamhill.com*

PLUS

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HOW TO USE SPRING'S HOT BEAUTY INGREDIENTS