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THE SPA PROFESSIONAL'S CHOICE

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## ELEGANT ESCAPE

TRUTH + BEAUTY (ROSLYN, NY)



# On the Road

Discover the spas and destinations we've visited to bring you the latest spa happenings here and abroad.

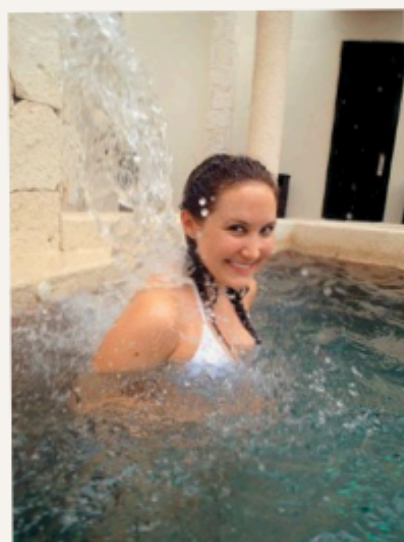


## Cary, NC

Years ago, when The Umstead Hotel and Spa first opened, I had the pleasure of writing about the spa. More recently, I was invited to visit the new and improved **Umstead Spa**, after it underwent an extensive renovation. With my friend Anna in tow, I spent a lovely weekend discovering the charms of this luxury property. From an incredible meal at Herons, the hotel's signature restaurant, to an idyllic afternoon spent relaxing in the spa, we couldn't have asked for a better girls' getaway. Here we are outside the spa, enjoying a gorgeous North Carolina day. For more on the spa, turn to page 102.—*Heather Mikesell*

## Granby, CO

For as long as I can remember, I've wanted to visit a dude ranch. However, it wasn't until this past August that I actually got the chance with a trip to Grand County. There, my boyfriend and I spent a night at C Lazy U Ranch, where we met families who have visited annually for decades. Already enamored with the **Lazy You Spa** and its treatment tents, we were even more smitten after experiencing the spa's moonlit Copper Tub Soak. The next day, our infatuation grew during our couples' massage, as we heard the sound of horses splashing through the nearby creek. We ended our visit on a high note, with a trail ride to remember under a stormy sky. For more on the spa and others in Grand County, turn to page 23.—*H.M.*



## Riviera Maya, Mexico

This summer, as a bonus to my honeymoon package at our Riviera Maya resort, I took the plunge, literally, into my first hydrotherapy circuit. I've lounged in mineral hot springs in Colorado before, but that's nothing compared to the carefully designed system of healing waters at **Pevonia Spa** at Secrets Maroma Beach. This beautiful alfresco water journey—steam room, sauna, cool showers, hot tubs, waterfalls, cool tubs, and more—covered all the bases. My new husband and I embarked on the aquatic journey together, and we found the self-guided tour easy to follow and very refreshing after a week of sun, sand, and indulgent meals. My favorite feature was one of the waterfalls, a super-strong stream that hit my shoulders exactly where I craved some serious TLC. We followed the posted hygiene guidelines carefully, but didn't think twice about the possibility of bacteria throughout the water features. As a spa director, instilling this level of cleanliness confidence in guests should be at the forefront of your mind. For more expert advice to ensure that waters heal, not infect, check out page 50.—*Jennifer Barnes*





CLOCKWISE: The spa's treatment tents prove to be the ideal spot for massages and copper tub soaks after a day on horseback.

## Lazy Daze

For a truly memorable experience, guests at C Lazy U Ranch (Granby, CO) will want to saddle up for a visit to the **Lazy You Spa**, which is made up of four treatment tents situated along Willow Creek. Jutting out over the river, two of the tents feature a glass floor window, allowing spa-goers to gaze at the flowing water below. The spa's appropriately named Five-Spur Signature Services, such as the Tranquil Trails Massage (\$125, 50 minutes; \$185, 80 minutes) and the Riverstone Release Massage (\$145, 50 minutes; \$205, 80 minutes), are ideal for those looking to relieve sore muscles after a day in stirrups. Wrangle Wraps (\$75, 30 minute add-on) and Soothing Scrubs (\$75, 30 minute add-on) are also available to help spa-goers brush off the grit and grime from the ranch's dusty trails. Couples will be especially smitten with the Copper Tub Soak (\$295 for two), also known as the Cowboy Soak, a relaxing moonlit bath in deep copper tubs overlooking the creek. Champagne and strawberries complete the unforgettable experience. This popular Colorado guest ranch proves that laziness can be a virtue.—H.M.



PHOTOGRAPHY: DEREN AUBAMSON (TENTS, MASSAGE, TUBS, WAGON)