

RELAX INTO THE NEW YEAR WITH A SPALIDAY

BY BEKAH WRIGHT

There’s no denying it – the holidays are here. As much as the world is filled with revelry and good cheer, accomplishing this often comes at the expense of tension, stress, and fatigue. Exactly why the holidays are also a time for a bit of self-gifting via the spa. We’re sharing some places around town for body tune-ups, as well as some destinations far and near, all just right for reinvigoration and renewal. The end result? Bring on 2018!



YOGA AND MORE AT RED MOUNTAIN RESORT

Red Mountain Resort is tucked away amidst Utah’s dramatic terrain. Here, Yogis will revel in classes in everything from Sadhana Practice and Yoga Flow to Kundalini, Yoga MELT® Fusion and Yoga Detox. (Who doesn’t need that to counterbalance holiday feasting?) The great outdoors also beckons with yoga classes in the red rocks of Snow Canyon State Park and quiet time journeying

through the resort’s labyrinth.

Pampering awaits at the resort’s Sagestone Spa & Salon. The Spiced Rum Pudding Manicure and Pedicure (available December 1–January 31) is on tap for the holidays. Antioxidant-rich fruit and olive oil soak with notes of gingerbread, a butterscotch-scented exfoliation with brown sugar, rice bran oil, premium-aged rum liquor, and a resurfacing mask infused with honey and coconut milk. Tying things up with a bow is a hydrating

hand massage with Backcountry Caramel Body Milk Lotion.

Can’t make it to Red Mountain Resort over the holidays? Consider catching an upcoming retreat. Two to put on your radar – Sacred Sisterhood Retreat: Earthing Your Life’s Purpose (January 11–15) and Indigenous Alchemy Retreat: Awaken to Your Path and Activate Your Potential (February 8–11). For more information, phone 877.246.HIKE, or visit RedMountainResort.com.

THE SURRENDER MESSAGE

Just in time for counteracting holiday stress, The Spa at Four Seasons Hotel Los Angeles at Beverly Hills is introducing The Surrender Massage (\$260). The 80-minute treatment’s goal: sheer relaxation, which is accomplished through a combination of targeting acupres-sure points along the Chinese meridians, sacred massage techniques and crystal-infused oils.

Something so right about this treatment: equal attention is paid to physical, mental, and emotional tension. Surrender’s vari-ous aspects work in sync to relax muscles and tendons, oxygenate the cardiovascular system, and improve range of motion. As a result, relaxation-inducing melatonin is released, along with joy-provoking serotonin and oxytocin. The body’s lymphatic system flushes out toxins, simultaneously boosting the immune system and clarifying skin. The Surrender Massage “melts tensions, and produces a revitalized body, clear mind and peaceful heart.” For more information, visit fourseasons.com/losangeles.

I AM GRATEFUL FOR YOU

Gratitude emanates from Larchmont Sanctuary Spa. One of the reasons for all this thankful-ness is a recent renovation. Joining the already warm and welcoming space is a custom-built, Himalayan Salt desk and patio herb garden. To celebrate, the spa is offering a 110-minute I Am Grateful For You treatment (\$389). Pampering kicks off with a 20-minute soak in a private copper Jacuzzi. Toast the season with an apple cider champagne cocktail, followed by a 90-minute massage of spa-goer’s choice: holistic couples, aromatherapy or deep tissue. For more information, phone 323-466-1028, or visit larchmontsanctuary.com.

SERENITY CANDLELIGHT YOGA AT SPA OJAI

In need of a quick escape? A mere two hours from Los Angeles is the veritable valley oasis of Ojai. Where can absolute tranquility be found? At Ojai Valley Inn’s Spa Ojai. Though year-round Zen reigns, it’s especially height-ened for spa-goers during the holidays. Setting the tone is Spa Ojai’s Serenity Candlelight Yoga (free - only 12 guests per session) held at 5 pm on Friday nights. The goal is to invoke peace on Earth through a yoga flow class that celebrates the day’s blessings.

VANILLA CHAI SPA EXPERIENCE AT SPA OJAI

A blessing unto itself is the Seasonal Vanilla Chai Spa Experience (\$175, available through February 28). This 50-minute body polish ignites the senses with essential oils of organic vanilla and a chai spice mixture of cardamom, cinnamon, ginger and pepper. Definitely wor-thy of a long inhale with these beneficial prop-



erties to be thankful for: healing antioxidants, natural digestive aid, and a sense of wellbeing. For more information, phone 855-697-8780, or visit ojairesort.com/spa-ojai.

THE CHOCOLATE MINT MUDSLIDE

The holidays are also an ideal time to heed the call of Calistoga, specifically at Solage, A Napa Valley Resort. The Spa Solage is known not only for decadent spa treatments, but its bath-house with geothermal waters and mineral-enriched mud. The Chocolate Mint Mudslide combines the best of both. This self-applied, detoxifying mud has chocolate and peppermint essential oils mixed in volcanic ash and clay. While soaking in all that goodness, you can sip on hot cocoa with an optional/included shot of Baileys Irish Cream. The cost is \$115 for a 60-minute treatment and \$165 for 90 minutes. For more information, phone 866-942-7442, or visit solage.aubergeresorts.com/spa/.

THE RED FLOWER MOROCCAN RHASSOUL WRAP

If you are craving a spa journey that involves serious mileage and leads to an idyllic destina-tion, or maybe you are visiting family and looking for a unique getaway, situated in the hustle and bustle of downtown Dallas, Texas is an historic icon: The Adolphus Hotel. Take an elevator up to the seventh floor and there’s a slice of heaven waiting in the Well-ness Wing. Located here are Pool Adolphus, the Fitness Center and Spa Adolphus. Just follow your nose to encounter a holiday ritual treatment steeped in cardamom and fig, the Red Flower Moroccan Rhassoul Wrap (\$190, 90-minutes). Rich rhassoul clay

coats the body, drawing out deep impurities. The face is gently caressed with illuminating rose collagen renewal serum. This treatment trinity culminates with a deep tissue massage using cardamom amber oil to release muscle tension. Sealing in moisture is a blend of shea butter, tangerine and fig. Post session, spend some time at Pool Adolphus in a semi-sub-merged lounge chair, sipping on tiki-inspired cocktails. Fantasies of Hawaii may come on. ‘Tis the season to make dreams come true ... For more information, phone 214-742-8200, or visit adolphus.com/spa/.

GOLDEN GLOVE FACIAL AND BODY TREATMENT

In Honolulu, the The Kahala Hotel & Resort is a hidden gem. Although it is within close proximity of bustling Waikiki, the resort is accessed through a peaceful residential area. The white sand beach calls for reclining, as does time in The Kahala Spa. Both spaces bring with them a “golden glow.” In the spa, the signature 150-minute Golden Glove Facial and Body Treatment (\$450) is all about renewing, refreshing, and uncovering youthful spirits. No SPF is required during this session that begins with dry brushing, a body polish and body wrap. A massage lulls, followed by an Oxygen Facial using a state-of-the-art hyal-uronic infusion delivery system that wakes up the skin. Mahalo for that! For more information, phone 808-739-8888, or visit kahalaresort.com.

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