

THE STYLE + CULTURE ISSUE

TRAVEL + LEISURE

OCTOBER 2007

mexico's
*** next**
great beach
towns

the
pleasures
of
italy

INSIDER TIPS
ON FLORENCE
POSITANO
AND BEYOND



EXCLUSIVE!
22 GREAT WINTER
GETAWAY
DEALS FOR YOU



WORLD'S BEST SPAS 2007

A waterfall-filled oasis in the middle of a city, in-house yogis, hands-on service (literally)—it takes a lot for a spa to be named one of the best in the world. Here, the destination and hotel spas that earned your votes in *TRAVEL + LEISURE'S* 12th annual readers' survey



T+L ONLINE
Airport delay? Long layover?
Don't hit the roof—hit the spa. Find
out about the growing number of
airport spas at travelandleisure.com.

Poolside at Esperanza,
in Los Cabos, voted the
No. 1 hotel spa in Mexico
and Central and South
America by T+L readers.



Thailand's Six Senses Erawan.

10 to Watch

In order to be eligible for the World's Best Awards, spas on our list must receive not only high marks but also a minimum number of reader evaluations. Here, new properties that haven't yet reached the required threshold but that our editors expect to see on T+L's lists in the future.

LINDEN SPA AT THE INN AT PERRY CABIN ST. MICHAELS, MARYLAND

Herbal remedies to the rescue at this resort spa on the Chesapeake. Expect local botanicals such as linden blossom, verbena, and black birch in treatments based on the traditions of Colonial apothecaries.

SPA BY THE SEA AT THE WAUWINET NANTUCKET

Spa treatments get a New England twist with an Atlantic-seaweed wrap and cranberry-crush scrub at this sun-and-sand addition to a classic Massachusetts resort.

SPA SOLAGE AT SOLAGE CALISTOGA RESORT NAPA VALLEY

Belly up to the Mud Bar & Bathhouse for full-body mud "cocktails" and soaks in mineral-rich geothermal pools. Top it off with a hydrating facial with products from renowned skin-care expert Kate Somerville.

PRADA BEAUTY EXPERIENCE AT THE RITZ-CARLTON ST. THOMAS

At this newly renovated Caribbean spa, two pink and smoke-gray treatment rooms are devoted to designer replenishing body treatments by Prada Beauty skin care.

AQUAPURA DOURO VALLEY, PORTUGAL

Pampering therapies from Karin Herzog (a Swiss beauty specialist) and Ytsara (an organic Thai treatment line) complement the updated hydrotherapy circuit at this converted 19th-century manor house in a remote wine region.

FOUR SEASONS RESORT PROVENCE AT TERRE BLANCHE FRANCE

Lavish beauty rituals from Terraké, a French line of globally sourced botanicals, are performed in a garden of cypress and olive trees. "Med lite" cuisine follows at the Infusion spa café.

SIX SENSES ERAWAN PHUKET, THAILAND

On a private island accessed by rice barges, this treatment center serves only fresh fish and organic produce and has healing experts to aid your tropical cure. Each of the spa villas has an ocean view and a plunge pool.

SPA AT BULGARI BALI ULUWATU, INDONESIA

This hand-carved-teak sanctuary set on a cliff above the beach has rain showers, plunge pools, and both holistic Balinese and modern Italian beauty treatments. Practice your sun salutations in the yoga pavilion.

SPA BY ESPA AT THE PENINSULA TOKYO

Outstanding high-rise views may distract you from a *kiatsu* massage in a Zen aerie of black marble, shoji screens, and *washi*-paper lanterns. After your treatment, continue to unwind with a cup of specially selected tea.

LODGE AT KAURI CLIFFS MATAURI BAY, NORTHLAND, NEW ZEALAND

Overlooking a fern glen and a winding stream, this totara-forest spa has fireplaces in its garden treatment spaces. The traditional local therapies are inspired by green jade, seashells, and bloodstone crystals. —S.M.

