

ESTATES WEST

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GREAT ESCAPES: 8 SUMPTUOUS SPAS

+ SPLASHY
SHOWERS

CHIC SUMMER ENTERTAINING
LUXE LIVING IN THE LONE STAR STATE
SAN FRANCISCO'S FINEST FAIRWAYS

SUMMER 2008

\$9.95 US & CAN €12.50EU

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eight for 2008

By Melissa Castleman

AS FAR AS RESORT SPAS GO, THESE EIGHT WONDERS OF THE WEST HAVE IT ALL—STUNNING SETTINGS, INSPIRING WORKOUTS AND (THE BEST PART) OVER-THE-TOP TREATMENTS. WE REVEAL WHERE TO GO FOR THE MOST GORGEOUS SWIM, THE BEST BEACH WORKOUT AND MORE.





SOLAGE CALISTOGA

FROM THE EARTH TO THE SPA TABLE

Earthy delights—from mud to gems—put a lavish spin on local sourcing.

- At Solage Calistoga in Northern California, cozy up to the Mud Bar for a customized blend of Solage mud, essential oils and Calistoga-sourced geothermal water—all mixed by a Mudtender according to your needs. Jetlagged? The Mud Mojito reinvigorates with lime, spearmint and honey. When it comes to applying the gooey elixir, it's D.I.Y.-time in the Mud Lounge. 60 minutes, \$95; includes bath and blanket-cocooned rest. **866.942.7442, www.solagecalistoga.com.**
- Amethyst mined from Arizona's Four Peaks mountains plays a starring role in the Amethyst Body Renewal treatment at CopperWynd Resort and Club in Fountain Hills, Ariz. After receiving a cleansing spritz of water infused with the gem—known for its purifying properties—luxuriate with a massage that incorporates amethyst-laced body cream. 90 minutes, \$195. **877.707.7760, www.copperwynd.com.**
- The High Desert Hydration Body Treatment at Wyoming's Wilderness Adventure Spa at Spring Creek Ranch features locally sourced mesquite tree powder to exfoliate dry skin, a red-clay mud wrap to detoxify and local sagebrush-saturated lotion to give skin a nourishing drink. 80 minutes, \$175. **800.443.6139, www.springcreekranch.com**