

# spa

travel+beauty+living

ANNUAL ISSUE

# WORLDWIDE GUIDE 2010

WIN  
A TRIP  
to Grand Velas  
Riviera Maya,  
Mexico  
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## Find your dream getaway!

**38** alluring escapes—from **vinotherapy** in the French countryside to a **day of pampering** near you



What's your **SPA TYPE**?  
Take our quiz and find out **PAGE 11**

Look your best! **RESORT WEAR**  
solutions for day and night **PAGE 22**

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+ Essentials for *stress-free* travel

## transporting treatments

The mineral-rich Laghetti di Fanghi (mud baths) on Vulcano, a small island off Sicily's coast, draw thousands of tourists each year.

## water and earth

**E**VER SINCE THE ROMANS stepped out of their togas and into mineral-packed geothermal springs more than 2,000 years ago, Italy has been at the forefront of wellness. A whopping 180-plus registered *terme* (natural thermal water sources) span the country, from the sun-soaked hills of Piemonte to the volcanic island of Ischia.

Nothing defines Italy's entrance into the world of healthy living more than the introduction of the Roman bath. At its core are the steamy caldarium, **ITALY** warm tepidarium, and icy frigidarium, which work together to address everything from joint aches to rheumatism. Equally signature to Italy's spa repertoire is the thermal *fango* (Italian for "mud"). Since ancient times, clay and mud sediment from Italy's rich volcanic soil has been mixed with thermal water and aged in vats over several weeks or months, often blended with herbal tinctures or essential oils. This thick paste is then used to treat a score of maladies: muscle aches, arthritis, and even chronic diabetes and asthma. (Today this process is sometimes overseen by a spa physician and covered by health insurance.)

Lucky for us, Roman baths and mud therapies have expanded worldwide. Nearly every full-service spa features a Roman-inspired wet facility (typically including a soaking pool, Jacuzzi, steam room, sauna, and cold plunge pool), and mud treatments are ubiquitous. NICOLE ALPER

### on the menu

Roman bathing includes a series of soaks in water of varying temperatures to treat numerous maladies. Topical application of warm mineral-rich mud soothes skin eruptions and relaxes muscles.

### where to try it

**Caesars Palace,** Qua Baths & Spa, Las Vegas, (866) 782-0655, caesarspalace.com; doubles from \$120, all-day access to Roman bath from \$45 (free with treatment)

**Terme di Saturnia Spa & Golf Resort,** Saturnia, Tuscany, Italy, +(39) 0564600111, termedi.saturnia.it; doubles from \$306, entry to Roman bath from \$32

**Solage Calistoga,** Spa Solage, Calistoga, California, (866) 942-7442, solagecalistoga.com; doubles from \$375, access to mud bar and bathhouse free with treatment