

City Life

**Relax,
Revitalize,
Rejuvenate**

with our
Health &
Wellness
Issue

**Jennifer
Nicole Lee** | *Shares her fitness story*

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Nothing says vacation like a relaxing deep tissue massage on a white sandy shore to rejuvenate you. But before you jet off, explore our list of the world's top spas and return home a new person – rested and ready to take on the world!

Calling All Spa Addicts—Ready, Set, Spahh...

By Stephanie D'Angelo



MIRAVAL – TUCSON, ARIZONA

The famous health spa at Miraval focuses on achieving beauty from the inside out. Offering massage and hydrotherapy suites, a complete range of facial and oriental body treatments and a full-service salon, the spa offers a holistic approach to beauty. Ayurvedic treatments, acupuncture, Chi Nei Tsang, Shiatsu, Jin Shin Jyutsu and Trager are just a taste of more than 100 treatment options. Quiet Room and luxurious locker rooms with wet steam, dry sauna and private whirlpools serve to make your experience an extraordinary one. After hours of lounging, you may want to escape to the great outdoors. Enhance your experience with some of Miraval's enticing activities. The desert resort offers invigorating fitness activities, horseback riding, rock climbing, tennis, golf, and even meditation and yoga techniques to help prevent stress. www.miravalresort.com

CAESAR SPA – TORONTO

Take a much-needed break from your busy day of meetings and deadlines to relax and indulge. It's easy to neglect your body when you're busy with commitments, but Caesar Spa's three convenient locations in the GTA make taking care of yourself just another item to check off of your To Do list. Truly governed by its mandate to relax, revitalize, rejuvenate and renew, the spa's goal is to look after you and help you reconnect with yourself. You'll return home with an energized body and a blissful spirit that is better able to nurture what's most important to you. With body treatments, hydrating facials, photo rejuvenation and chemical peels, Caesar Spa will pamper you from head to your toes. Let the courteous staff delight you with its professional and attentive service. www.caesarspa.com



ROSA ALPINA HOTEL & SPA – SAN CASSIANO, ITALY

The secluded Hotel & Spa Rosa Alpina is owned and managed by the Pizzinini family, and is located in San Cassiano, a small Italian village of 700 people. Its harmony with nature characterizes the hotel and gives it a unique charm. Surrounded by awe-inspiring nature and the Dolomites peaks, a visit to Rosa Alpina is truly out-of-this-world. Each of the spa's deluxe treatments are applied with care, in a tranquil atmosphere illuminated by candlelight and soft music playing in the background; helping you reach a higher level of relaxation. Personalized programs can be arranged through private consultations, where guests can be recommended specific diet and exercise regimes that suit their lifestyle. With the help of staff beauticians, fitness instructors and plastic surgeons, you can give your body everything it needs. Immersed in nature's kingdom, breathing clean air and basking in life's simple pleasures, you will leave Rosa Alpina feeling completely revitalized. www.rosalpina.it



ONE & ONLY REETHI RAH – NORTH MALE ATOLL, MALDIVES ISLANDS

The One & Only Reethi Rah Hotel is a chic resort offering a luxurious sophistication you won't find anywhere but the exclusive Maldives Islands. Set on one of the largest islands in North Male Atoll, and adorned with endless white sand coves and turquoise bays, guests enjoy an unprecedented degree of privacy. One & Only Reethi Rah is equipped with wonderfully spacious villas where you can enjoy beautiful ocean views. Villas, service and dining are geared to guests accustomed to world-class standards. Surrounded by the crystal blue ocean, this magnificent resort offers an unforgettable experience, with a gorgeous spa offering deluxe treatments that use the island's freshest fruit extracts and organic ingredients. Indulge in a deep tissue massage or an invigorating Reiki treatment after a day of incredible exploration. Sleek and spectacular, the One & Only Maldives at Reethi Rah promises the experience of a lifetime. www.oneandonlyresorts.com



LA SAMANNA – ST. MARTIN, CARIBBEAN

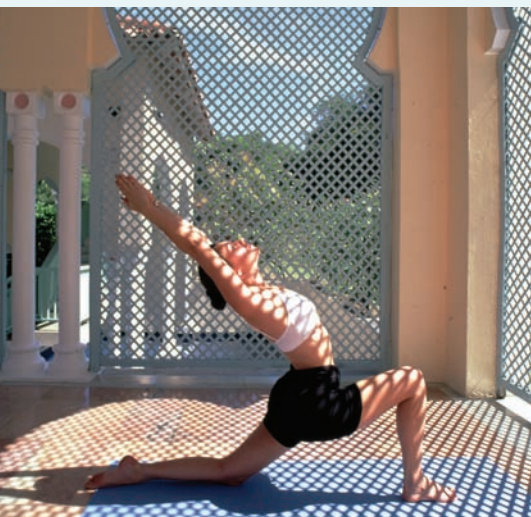
Located in beautiful St. Martin, La Samanna is a haven for luxury, elegance and superb cuisine. At La Samanna there is a wide variety of facilities, including a state-of-the-art fitness center, a beautiful and serene indoor/outdoor spa, the only Pilates studio in the Caribbean, three tennis courts, and the Orient-Express signature infinity pool. The Elysees Spa will pamper you with its world-class massages and spa treatments. Discover the healing power of the sea through the luxurious Physioderme and St. Barth product lines made from all natural ingredients. Elysees can customize any treatment to fit your special needs, and the staff will gladly provide you with sound advice for integrating a customized way of living for you to take back home. The perfect balance of body and mind makes Elysees Spa a great way to embrace a new and healthy lifestyle. www.lasamanna.com

Photographer: Jean Philippe Piter / La Samanna
www.orient-expressimages.com

HOTEL ARTS – BARCELONA

Plan a getaway to the shores of the Mediterranean Sea, and take in miles of Barcelona beachfront and the grand vista of Port Olympic. The Hotel Arts' striking cutting-edge architecture draws in the masses, and its gorgeous scenery makes it a top vacation destination for people all over the world. On the 42nd and 43rd floors of the sleek and contemporary Hotel Arts rests the Six Senses Spa. With open-air terraces that overlook the Mediterranean, this spa is like no other. Choose from marine-based treatments, chromotherapy, water therapy that heals with coloured lights, or try ear candling, an ancient Shaman therapy to cleanse the aura.

www.ritzcarlton.com/hotels/barcelona



THE BODYHOLIDAY – LE SPORT, ST. LUCIA

The BodyHoliday at LeSPORT is the first holiday in the world to combine the intense pleasure of personalized rejuvenation with the opportunity to acquire skills and insights that will enhance the rest of your life. A beautiful, traditionally built resort, LeSPORT is nestled on the tip of the jeweled island of St. Lucia. This superior resort embodies the concept of the holiday for the body. It offers wellness, diet and exercise, fitness, relaxation and restorative beauty, as well as therapeutic care. The Oasis Spa offers an impressive bevy of health and beauty treatments, including Tai Chi, meditation and stress management classes. It's a scheduled retreat and an oasis of calm, where you can pamper your body and free your mind of the world's stresses and strains. To emphasize the resort's commitment to body rejuvenation, each day of your stay includes a 50-minute body treatment from an Oasis massage therapist that is designed to relax, rejuvenate and awaken your senses.

www.thebodyholiday.com