

EALED: ASIA'S TOP SPAS, RETREATS, MORE!

TRAVEL LEISURE

EAST ASIA

FEBRUARY 2010

**cover
paradise**

as we peek
Malaysia's
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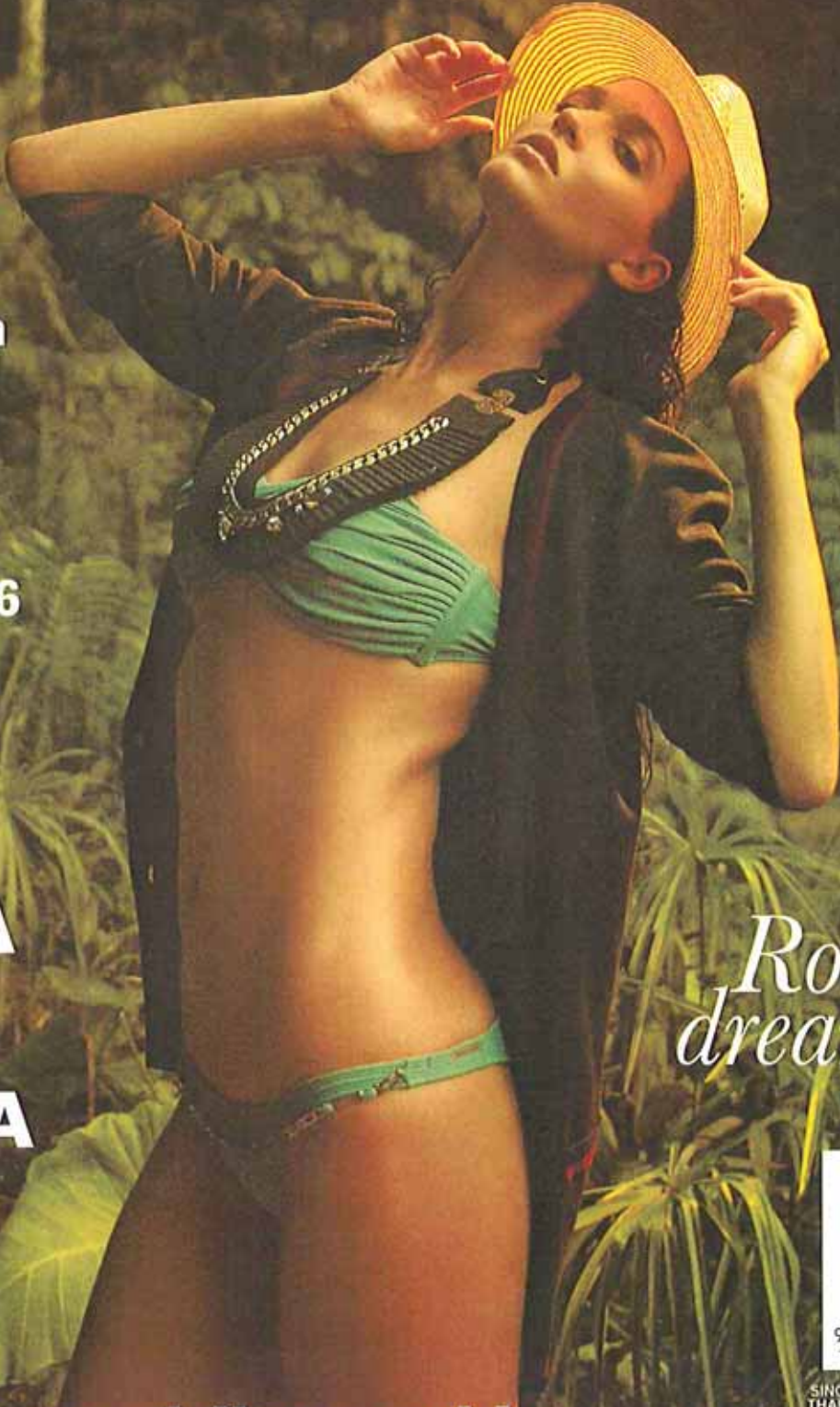
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WORLD'S BEST SPAS



An ahiwa massage at Florida's Hawks Cay Resort & Marina, voted the No. 1 hotel spa in the U.S. and Canada by *T+L* readers.

When it comes to a great spa experience, attentive service, inventive treatments and, of course, value are top priorities. Here, the winning retreats in *Travel + Leisure's* annual readers' poll, plus wellness news, trends and deals. It's time to relax.
 Edited by CHRISTINE AJUDUA and SARAH KANTROWITZ



Serenity Now From left: The geothermal pool at Solage Calistoga, the No. 2 hotel spa in the continental U.S. and Canada; a ritual foot bath at Hawks Cay Resort & Marina in Duck Key, Florida, the top hotel spa in the region; the Fairmont Scottsdale, ranked No. 3 in the U.S. and Canada.

Top Hotel Spas by Region

- UNITED STATES AND CANADA** **HAWKS CAY RESORT & MARINA** Duck Key, Florida 95.00
HAWAII **FOUR SEASONS RESORT HUALALAI** Hawaii 90.43
THE CARIBBEAN, BERMUDA AND THE BAHAMAS **COUPLES SANS SOUCI** Ocho Rios, Jamaica 94.54
MEXICO AND CENTRAL AND SOUTH AMERICA **ESPERANZA, AN AUBERGE RESORT** Los Cabos, Mexico 95.80
EUROPE **FOUR SEASONS HOTEL GEORGE V** Paris 88.35
AUSTRALIA, NEW ZEALAND AND THE SOUTH PACIFIC **THE LANGHAM** Melbourne, Australia 85.00
ASIA **SHANTARA KOK SAMUI RESORT & SPA** Thailand 95.07
AFRICA AND THE MIDDLE EAST **TWELVE APOSTLES HOTEL & SPA** Cape Town 95.40

Top 25 Hotel Spas Continental U.S. and Canada

- HAWKS CAY RESORT & MARINA** Duck Key, Florida 95.00
- SOLAGE CALISTOGA** California 92.55
- FAIRMONT SCOTTSDALE** Arizona 91.41
- RITZ-CARLTON, BACHELOR GOLF** Avon, Colorado 91.04
- THE GREENRIER** White Sulphur Springs, West Virginia 90.73
- AMERICAN CLUB** Kohler, Wisconsin 89.35
- RITZ-CARLTON, NAPLES FLORIDA** 88.83
- HONOLULU MOUNTAIN HOUSE** New Paltz, New York 88.66
- RITZ-CARLTON, LAGUNA NIGUEL** California 87.96
- TOPNOTCH RESORT & SPA** Stowe, Vermont 87.89
- CALISTOGA RANCH** California 87.87
- MONTAGE LAGUNA BEACH** California 87.67
- THE PINECHIEAN** Scottsdale, Arizona 87.65
- THE FAIRMONT SONOMA** MISSION INN & SPA California 87.50
- CAMELBACK INN, A JW MARRIOTT RESORT & SPA** Scottsdale, Arizona 87.06
- AUBERGE DU SOLEIL** Rutherford, California 86.85
- THE GROVE PARK INN RESORT & SPA** Asheville, North Carolina 86.54
- THE BREAKERS PALM BEACH** Florida 86.52
- WYNN LAS VEGAS** 86.40
- ST. REGIS MONARCH BEACH** Dana Point, California 85.80
- JW MARRIOTT COSMOTT INDOOR RESORT & SPA** Phoenix 85.78
- RITZ-CARLTON, HALF MOON BAY** California 85.52
- RITZ-CARLTON, AMESWIS ISLANDS** Florida 84.56
- FOUR SEASONS RESORT SCOTTSDALE AT TROOM NORTH** Arizona 84.49
- THE HOTEL HERSCHEY** Pennsylvania 84.47

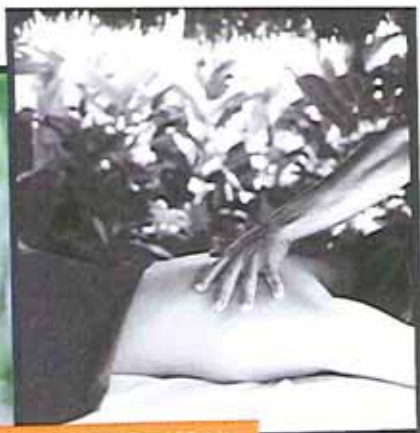
Denotes Great Value (a 60-minute massage for US\$100 or less).

DISPATCH

Stress Management

Four new programs designed to help you unwind

- At Parrot Cay's **Como Shambhala Retreat** (parrotcay.com/bc; from US\$2,232 for three nights), in the Turks and Caicos, Dr. Swati—resident ayurvedic doctor and Reiki master—focuses on “releasing negative emotions.” That could mean a change of diet, beachside yoga or a daily deep-tissue massage.
- After an initial consultation, an on-staff physician prescribes everything from mental coaching to muscle-soothing techniques for the eight-day Burnout Prevention package at Design Hotels' new **Life Medicine Resort** (lifemedicine.com; from US\$3,860), in Bad Gleichenberg, Austria.
- For the program at **One & Only Palmilla** (mexico.oneandonlyresorts.com; US\$3,503 for three nights), therapists counteract anxiety with special vitamin regimens, *palapa*-shaded yoga and obsidian-rock massages.
- The De-Stress and Energize Life Passage at **Six Senses Phuket** (Thailand.sixsenses.com; from US\$2,433 for three nights) can involve unique meditation techniques (practiced, say, on a raft in the Andaman Sea) to restore mind-body balance. —RIMA SUQJ



Anantara Koh Samui Resort & Spa in Thailand: The No. 1 Top 10 Hotel Spas in Asia. Right: A Swedish massage at the Four Seasons Resort Hualalai, the top hotel spa in Hawaii. See our Four Seasons Resort Hualalai.

Top 10 Hotel Spas

Asia

1. ANANTARA KOH SAMUI RESORT & SPA Thailand 95.07
2. THE PENINSULA CHIANG MAI Thailand 94.96
3. THE PENINSULA HONG KONG 94.69
4. ANANTARA KUALA LUMPUR Thailand 94.61
5. ANANTARA HUA HIN RESORT & SPA Thailand 94.21
6. ANANTARA HUA HIN RESORT & SPA Thailand 92.19
7. SHANGRI-LA HOTEL Bangkok 91.80
8. SHANGRI-LA'S MALDEN PALACE RESORT & SPA Penang, Malaysia 91.52
9. SHANGRI-LA'S TANJUNG ARU RESORT & SPA Kota Kinabalu, Malaysia 91.15
10. THE PENINSULA Bangkok 90.63

Top 10 Hotel Spas

The Caribbean, Bermuda and the Bahamas

1. COUPLES SANS SOUCI Ocho Rios, Jamaica 94.54
2. COUPLES ROSAHI Jamaica 93.15
3. COUPLES SWEET AWAY Negril, Jamaica 92.23
4. JACO HIGHLANDS St. Lucia 91.32
5. PETER ISLAND RESORT British Virgin Islands 90.18
6. WESTWOOD LITTLE CAYMAN BAY Virgin Gorda, British Virgin Islands 90.03
7. ANSE CHASTANET RESORT St. Lucia 89.67
8. RESORT PALMS Turks and Caicos 88.28
9. HALF MOON Rose Hall, Jamaica 87.50
10. COUPLES SANS SOUCI Ocho Rios, Jamaica 86.61

Top 5 Hotel Spas

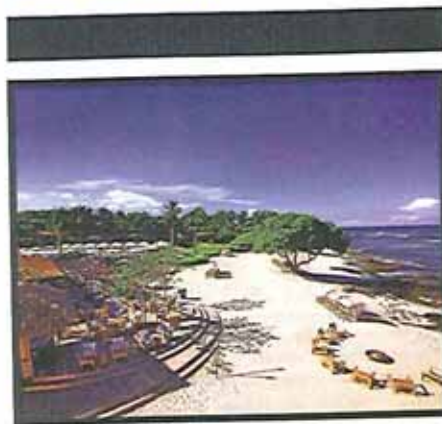
Hawaii

1. FOUR SEASONS RESORT HUALALAI 90.43
2. GRAND MAUNA KEA, THE MAUNA KEA HOTEL & SPA 87.92
3. FOUR SEASONS RESORT MAUI AT MAILEA 85.94
4. GRAND HYATT MAUI RESORT & SPA 83.26
5. BESTIN MAUI RESORT & SPA 83.20

Top 10 Hotel Spas

Mexico and Central and South America

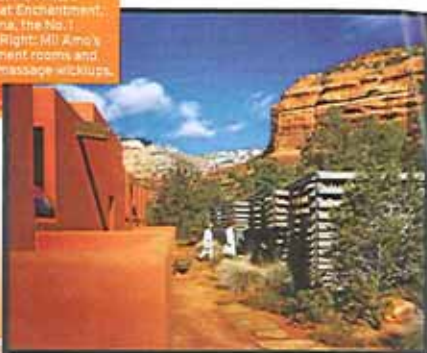
1. ESPERANZA, AN AMERGE RESORT Los Cabos, Mexico 95.80
2. PUERTO REAL RESORT & SPA LOS CABOS Los Cabos, Mexico 88.09
3. RITZ-CARLTON Cancun, Mexico 85.69
4. ANAMARITZ CANCUN RESORT & SPA Mexico 85.47
5. FOUR SEASONS RESORT COSTA RICA AT PENINSULA PAPAICAVO 85.34
6. CANTON RANCH SPA TUCSON Arizona 83.93
7. ONE & ONLY PALMILLA Los Cabos, Mexico 83.90
8. LES VENTURES AL PARADIS Los Cabos, Mexico 83.78
9. ALVEAR PALACE HOTEL Buenos Aires 82.59
10. OPTIMA CANCUN RESORT & SPA Mexico 82.43



Denotes Great Value.



The indoor pool at MIJ Amc, a Destination Spa at Enchantment in Sedona, Arizona, the No. 1 destination spa. Right: MIJ Amc's adobe spa treatment rooms and individual wood massage walkups.



BEAUTY NEWS

Custom Treatments

These personalized services allow you to extend your spa experience.

- Stella Gray, "spa elder" at Half Moon resort's **Fern Tree** (halfmoon.com), in Jamaica, picks the herbs for your bath soak (US\$55), scrub (US\$130), or massage oil (US\$115) from her garden; you'll walk away with a sample—and the recipe. ■ At the apothecary in Hawaii's **Four Seasons Resort Hualalai Spa** (fourseasons.com), a spa concierge mixes indigenous ingredients (sea salts; volcanic clay) to personalize your scrub or wrap (from US\$170).
- For the aromatherapy massage (from US\$135) at the sleek new **Sè Spa**, in the Sè San Diego Hotel (seandiego.com), therapists blend a range of essential oils to relieve tension and give you a 18-milliliter bottle to take with you.
- Before he became creative director at **Shibui Spa**, in New York's Greenwich Hotel (greenwichhotel.com), Thuyen Nguyen developed a following for his custom-made beauty products; you can leave with the mask he creates for your facial (US\$325). —n.s.

Top 10 Destination Spas

1. MIJ AMC, A DESTINATION SPA AT ENCHANTMENT Sedona, Arizona 89.59
2. SHANGRI-LA'S MALDEN PALACE RESORT & SPA Penang, Malaysia 88.16
3. MIRAVALE, ARIZONA RESORT & SPA Tucson 87.73
4. CANTON RANCH IN TUCSON Massachusetts 83.93
5. LAKE AUSTIN SPA RESORT Austin, Texas 83.28
6. CASADIEGO LA FORTUNA Tecate, Mexico 83.21
7. CANTON RANCH IN TUCSON Arizona 82.59
8. CALSA SPA ESCONDI DO Escondido, California 82.43
9. THE OAKS AT OJAI California 82.34
10. THE LODGE AT WOODBROOK Hawley, Pennsylvania 78.55

SPA SPECIAL: Exclusive Deals for T+L Southeast Asia Readers

■ SONEVA KIRI
Ko Kood, Thailand

REJUVENATE IN THAILAND'S
LAST FRONTIER PARADISE

What's Included A three-night stay at the best available rate in the villa of your choice; breakfast; a Jungle Escape Spa Journey for two, including: a herbal scrub and massage; a 60-minute facial for two; and a daily group activity at the spa. **Savings** 28 percent. sonova.com; from US\$3,576, double, April 1–December 19.

■ SHANGRI-LA'S TANJUNG
ARU RESORT AND SPA
Kota Kinabalu, Malaysia

BURNED PARADISE PACKAGE

What's Included Three nights in a Tanjung Seaview room; breakfast; a dinner at Coco-Joe's; a 60-minute massage for two; free mini-bar; and complimentary broadband. **Savings** 30 percent. shangri-la.com; RM3,500, double, February 1–December 31.

■ SHANGRI-LA'S RASA
SAYANG RESORT AND SPA
Penang, Malaysia

SPA SEDUCTION PACKAGE

What's Included Accommodation in a deluxe sea-view room in the garden wing; breakfast; a signature therapy and a head and shoulder massage for one; 10 percent off additional spa treatments; and free broadband. **Savings** 23 percent. shangri-la.com; RM739 per night, double, minimum four-night stay, February 1–June 22.

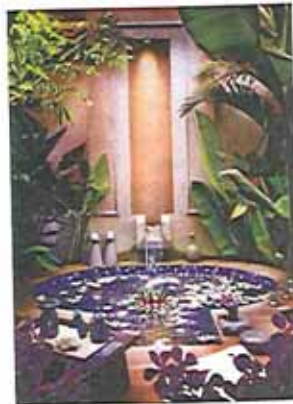
■ GRAND HYATT
Singapore

BALANCE PACKAGE

What's Included Breakfast; S\$100 credit at Damai spa; exclusive to T+L SEA readers, a 30-minute reflexology treatment; and late check-out at 2 P.M. from Sunday–Thursday and 4 P.M. Friday–Saturday. **Savings** Up to 49 percent. hyatt.com; price changes, rates in February start at S\$500 per night, double, minimum two-night stay; February 1–May 30; see T+L SEA.

Denotes Great Value.

Saving Face From top right: An outdoor bath at The Regent Maldives; the Crystal Energizing Facial at the Pudong Shangri-La; pampering at Devarana Spa; a sunken bath at the Banyan Tree Phuket.



Beyond Backrubs.

From sleep analysis to serious workouts, spas in Asia are now offering much more than rubdowns. Here, five emerging trends in the region

SLEEP

A solid night's sleep is key to good health—a fact that spas are latching onto. If you're suffering from ailments such as insomnia or sleep apnea, consider a sleep counseling session at Singapore's **Medical Sleep Spa** (Level 20, Pongon, 290 Orchard Rd.; 65/6887-1299; medicalsleepspa.com; sessions from \$368), where Dr. Kenny Pang will do a nasal endoscopy and a detailed sleep assessment. Depending on your diagnosis, the medical treatment may involve minimally invasive tonsil removal, palate expansion or tongue suture operations using surgery techniques pioneered by Pang himself. Afterwards, patients are

then prescribed a holistic regimen of massages, facial treatments, and yoga and Pilates classes. Need a quick recharge? Try the three-hour Power Nap Program offered by **Devarana Spa** in Bangkok's Dusit Thani hotel (946 Rama IV Rd.; 66-2/636-3596; devaranaspa.com; Bt4,900 per treatment). Clients are lulled with a lavender body scrub, a hot milk bath and a Swedish massage before 30 minutes of sweet slumber. There's even a lullaby CD for you to bring home.—MELANIE LEE

TEA

Tea's medicinal qualities are well-known, but imbibing isn't the only way to reap its benefits. Soak in a tub

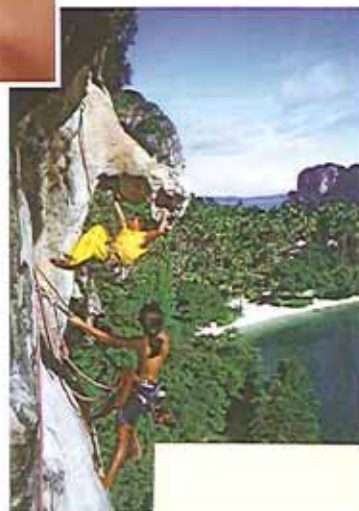
of this soothing, anti-aging brew before your spa treatment at the **Spa Village in Cameron Highlands Resort** (Tanah Rata, Cameron Highlands, Pahang Darul Makmur; 60-5/491-1100; cameronhighlandsresort.com; treatments from RM200)—a ritual that pays tribute to the property's tea plantation past. In Jakarta, **O Day Spa** (No. 9 Jln. Ganesawarna; 62-21/725-0114; treatments from Rp650,000) takes the antioxidant-packed leaves further by offering a wide range of tea-based treatments such as a herbal tea body scrub, a hot stone massage using tea essential oils, and a green tea scalp treatment and hair spa. With purported hydrating properties, white tea is also gaining popularity: in Singapore, **Body Contours' White Tea Spa Ritual** treatment (#01-03, 30 Hill St.; 65/6334-6198; bodycontours.com.sg; \$2200 per treatment) starts with a full body cleansing with tea, followed by a white tea-and-honey polish and a white tea wrap with lemongrass and grapefruit extracts.—M.L.

TRAINS

Pampering goes on the move as new luxury trains in Asia debut with spa cars. India's **Golden Chariot** (91-11/4686-8686; goldenchariottrain.com; US\$2,450 per person for a seven-night journey) offers Ayurvedic massages in their massage rooms—a restorative accompaniment to the passing scenery of charming Karnataka. Next year, the long-awaited **Tangula Luxury Trains** (86-10/5809-5533; tangulaluxurytrains.com; US\$3,300 per person for a three-night journey) will provide customized treatments using organic Ila products as you traverse across the remote Western regions of China.—M.L.

PRECIOUS GEMS

Diamonds are a spa-goer's best friend: hotel spas are utilizing gemstones in treatments. During the two-hour **Diamond Magnetic Jewel** ritual at the **Four Seasons Macau** (Estrada da Baía de N. Senhora da Esperança; 853/2881-8888; fourseasons.com; treatment MOP1,700),



The tea bag eye treatment at the Spa Village in Cameron Highlands Resort, left. Rock climbing near the Anantara Si Kao Resort & Spa, right.

therapists apply semi-precious stones such as jade and lapis lazuli onto your chakra points and then buff your skin with a body polish made with diamond dust and micronized iron. In Shanghai, the Chi spa at the **Pudong Shangri-La** hotel (33 Fu Cheng Lu, Pudong; 86-21/6882-8888; shangri-la.com; treatment RMB1,280) deploys Biotroga's Royal Aquamarine products, containing powdered aquamarine, in its Crystal Energizing Facial. The Pearl of the Orient package at the **InterContinental Hong Kong** (18 Salisbury Rd., Kowloon; 852/2721-1211; hongkong-ic.intercontinental.com; treatment HK\$2,500) uses a nourishing emulsion blended with pearl powder to give your body a luminous glow.—SONIA KOLESNIKOV-JESSOP +

GET FIT, PAMPERING & FOR LIGHTWEIGHTS—THESE HOTEL SPAS COMBINE INDULGENCE WITH FITNESS FOR TOTAL WELL-BEING

Banyan Tree Phuket

Until the end of March, the resort is offering four personalized programs called Retreat for the Senses. The three-day exclusives combine indulgence with a range of activities, including Aerobics Thai Boxing, ATV Quad Biking and Nordic Walking. The Sense of Bliss program includes a snorkeling trip to the Khai Islands; according to the spa experts, underwater time helps relieve muscle tension, increase circulation and clear up acne. 33/3327 Moo 4, Srisaanthorn Rd.; Chiangmai.Amphur Takong; 66-76/324-374

banyantree.com; programs from US\$1830 per couple

Anantara Si Kao Resort & Spa, Trang

From half-day workshops to three-day journeys, Anantara's new rock climbing courses give participants an opportunity to experience Siko's majestic limestone cliffs. Beginners and advanced climbers benefit from improved strength, stamina and willpower. Afterwards, venture into the area's virgin rainforests and mangrove reserves—the humid environment keeps skin moist and young. 198-199 Moo 5 Hat Pak Mong.

Chiangmai.Rit.Maklat; 66-75/205-888; siko.anantara.com; courses from Bt4,000

SNEAK PEAK The Regent Maldives

Opening this spring, Thaa Atoll's highly anticipated resort will boast a spa that brings together health, beauty and fitness. Morning swims in the ocean-view Vitality Pool and private tai chi, yoga or Pilates instruction in a pavilion overlooking a lagoon are followed by a massage and organic cuisine. 960678 0088; regenthotels.com; prices unavailable as of press time.—LILI TAN