



3 | AURIGA SPA AT CAPELLA PEDREGAL CABO SAN LUCAS, MEXICO capellapedregal.com

→ PRIVACY IS KING at this gem tucked away in Mexico's Pedregal Mountains. Those lucky enough to make their way to the property (via a man-made tunnel) soon learn that the Auriga Spa is the true star of the show. Inspired by the design of a shell, each of the eight-treatment "pods" floats over the spa's meditation pool. Upon your arrival, you'll receive an ancient cleansing footbath with thyme, rosemary and lime. Be sure to try the two-hour New Moon treatment, which includes a full-body eucalyptus salt scrub followed by a seaweed wrap. Let the scents of the essential oils soothe you while the gentle sounds of the ocean waves envelop you with a sense of calm. Your treatment will conclude with a tension-melting body massage and glowing facial cleansing. —Janell Hickman



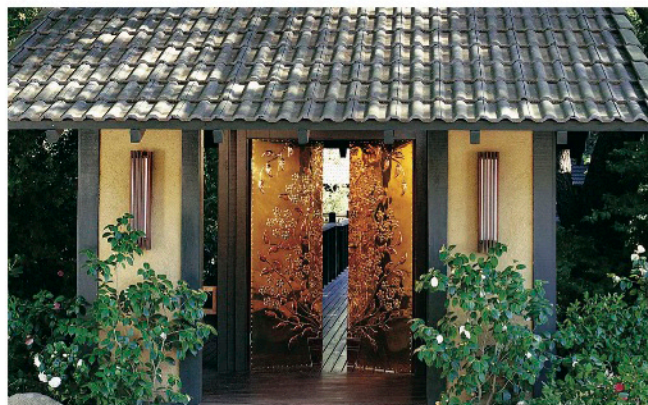
4 | BASK BY EXHALE AT REVEL ATLANTIC CITY, N.J. revelresorts.com or exhalespa.com

→ EAST COASTERS CAN NOW QUICKLY escape the hectic pace of the daily grind at this brand-new luxurious 6.3-million-square-foot resort. Unite your body, mind and soul at Bask by exhale, located on the lobby level. Before treatments, head to the unisex bathhouse and wet lounges before treatments to truly get your Zen on. Don't miss out on the unique detoxifying salt grotto made from pink Himalayan salt bricks, which help alleviate respiratory issues. And be sure to try the signature flow massage, selecting one of three custom oil blends to help you achieve utter relaxation. For the next 60 or 90 minutes, your therapist will knead away all your tense muscles, knots and worries with a mind-blowing deep-tissue massage. Believe us, you will float around for the rest of the day. —JH



5 | MIRAJ HAMMAM SPA BY CAUDALIE PARIS SHANGRI-LA HOTEL, TORONTO mirajcaudaliespa.com

→ ESCAPE FROM THE FAST-PACED metropolis of Toronto by transporting yourself to the Middle East. Miraj Hammam Spa has partnered with Parisian brand Caudalie to create an experience like no other. Try the spa's signature Hammam, Gommage and Rhassoul Body Masque. You'll begin by detoxifying and opening your pores while seated in the hammam, a 120-degree steam room. Collect your thoughts for 15 to 20 minutes while drinking a cup of cool water and letting your thoughts wander. Next, your personal therapist will apply the gommage, an exfoliating body scrub. Finally, your body will be painted with a mineral-rich rhassoul clay masque that removes toxins with each stroke. Your service is complete once you've been rinsed off with cool water. —JH



6 | GOLDEN DOOR SPA ESCONDIDO, CALIF. goldendoor.com/escondido

→ EMBARK ON A JOURNEY of personal well-being by heading to this 377-acre property in the hills. You'll feel a sense of calm take over the minute you walk into this überexclusive 40-guest-per-week resort. One of the "original" luxury-spa destinations, this lush retreat boasts a 20-mile private trail, a meditation labyrinth, in-room massages and fresh cuisine from its four-acre organic garden. Between your customized fitness routines, be sure to book one of the spa's signature treatments. We love the Ki-Atsu Water Therapy, a deeply relaxing massage. You'll float in a private pool while your therapist gently stretches tense muscles, relieving your aches and pains. The buoyancy, warmth and resistance of the water will calm and soothe you, allowing your body to find inner balance. —JH