

# WHAT'S HOT AT SPAS

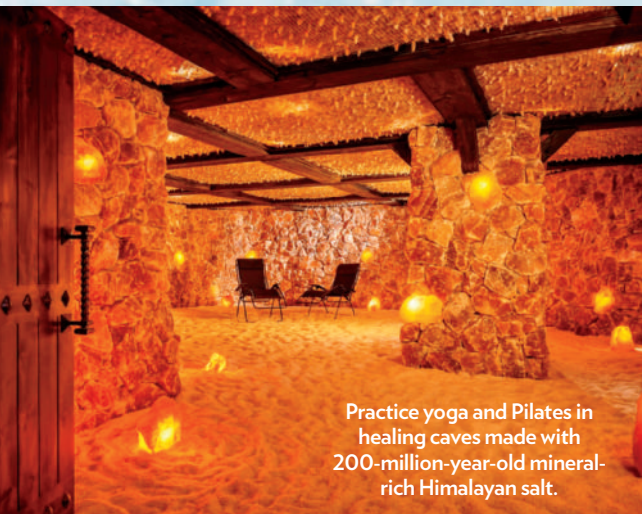
Rest, relaxation and...a beer bath? Pamper yourself with one of these luxurious (and unexpected!) treatments



## Salt Caves

SALT CAVE SANTA BARBARA, SANTA BARBARA  
\$25 FOR 45 MINUTES

Ancient crystalline salt is believed to have healing properties (like calming respiratory issues and curing insomnia). Breathe in the rich mineral air of a salt cave or get a salt massage and scrub-down for \$145.



Practice yoga and Pilates in healing caves made with 200-million-year-old mineral-rich Himalayan salt.

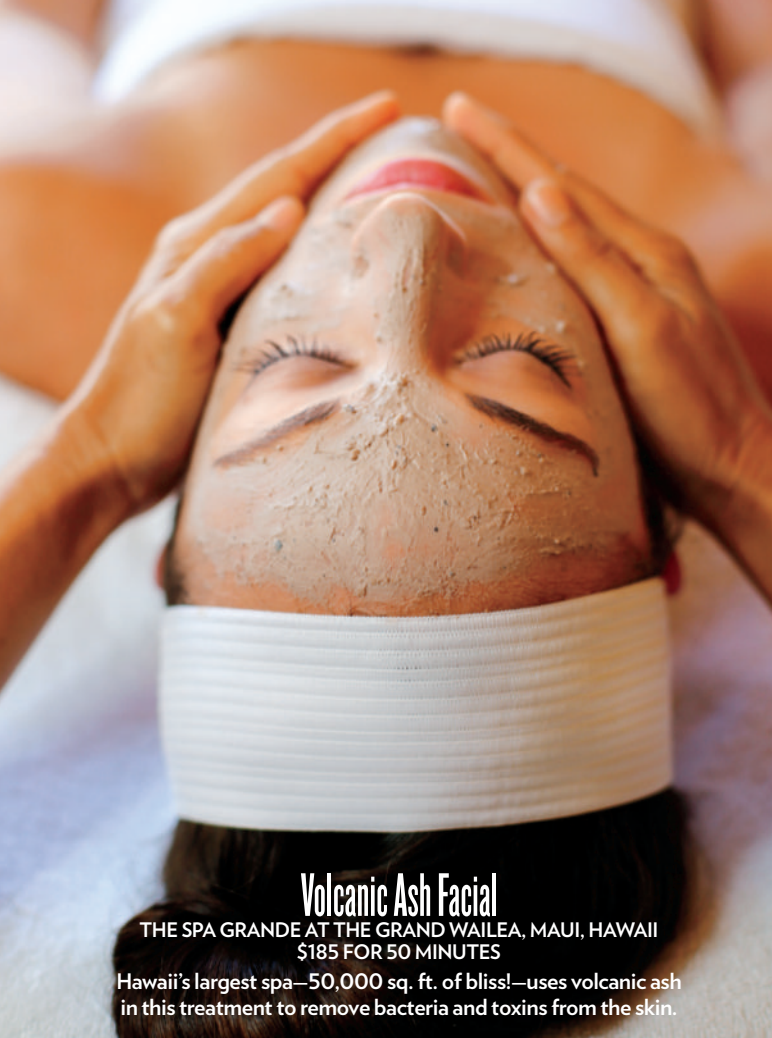
## Beer Brew Bath

THE FOUR SEASONS SPA, VAIL, COLO.  
\$55 FOR 30 MINUTES

Beer's yeast purifies the skin and helps your body get rid of bacteria. Kick back while sipping a local brew in an ale-filled tub.



CLOCKWISE FROM BOTTOM LEFT: COURTESY SALT CAVE; YVONNE BIEGEL; COURTESY CAESAR; SYVE PARROTTI; COURTESY JOANNA VARGAS; COURTESY RITZ CARLTON SOUTH BEACH; COURTESY FOUR SEASONS VAIL



### Volcanic Ash Facial

THE SPA GRANDE AT THE GRAND WAILEA, MAUI, HAWAII  
\$185 FOR 50 MINUTES

Hawaii's largest spa—50,000 sq. ft. of bliss!—uses volcanic ash in this treatment to remove bacteria and toxins from the skin.

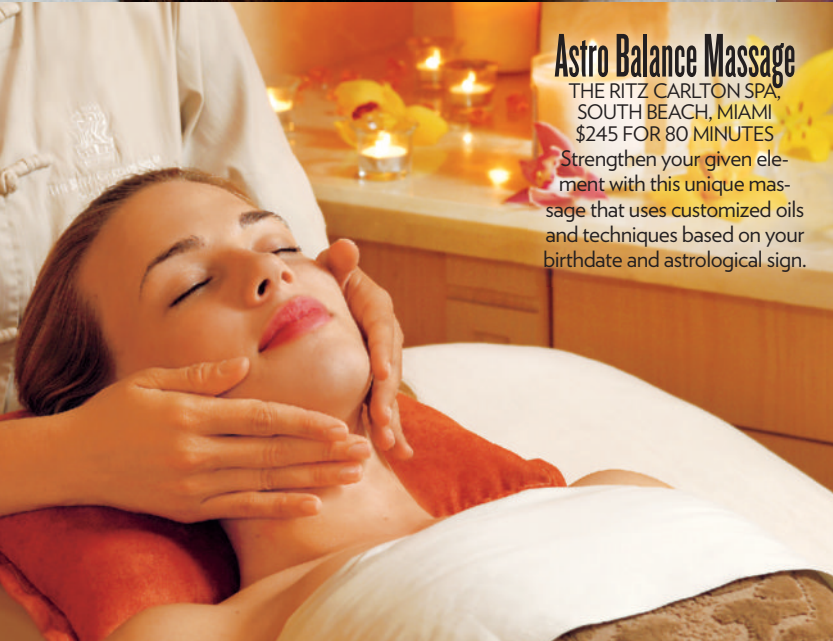


### Arctic Ice Room

QUA BATHS & SPA  
AT CAESARS PALACE,  
LAS VEGAS

FREE WITH ANY TREATMENT

Heated benches, falling "snowflakes" and a shaved-ice fountain make this one-of-a-kind chamber the perfect place to chill out. The ice room tightens pores and aids respiration.



### Astro Balance Massage

THE RITZ CARLTON SPA,  
SOUTH BEACH, MIAMI  
\$245 FOR 80 MINUTES

Strengthen your given element with this unique massage that uses customized oils and techniques based on your birthdate and astrological sign.

### Easy (and Healthy!) DIY Face Mask

This combination of peaches and yogurt is not only beneficial to your skin—it can be a nutritious snack too, says its creator, celebrity facialist Joanna Vargas (right).



#### PEACH MASK

- ½ of a ripe peach (leave the skin on—that's where most of the vitamins are)
- 2 tbsp. plain, whole cow's milk yogurt
- 1 tsp. cold-pressed grape-seed oil
- ½ tsp. honey

Mash the peach in a small bowl. Mix in the yogurt (which, like the peach, gently exfoliates). Add honey, for its moisturizing and antibacterial properties, and grape-seed oil (which provides vitamins and linoleic acid to strengthen the skin barrier). Massage the thick paste onto face and leave for 20 minutes to reveal a glowing complexion.



3 SPA STANDOUTS IN N.Y.C.

### Red Wine Ritual

AIRE ANCIENT BATHS, MANHATTAN  
\$500 AND UP FOR 3.5 HOURS

Pamper your skin with antioxidants in a Tempranillo grape soak, then top it off with a four-handed grape-seed oil massage.

### White Caviar Illuminating Facial

LA PRAIRIE SPA AT THE RITZ CARLTON,  
MANHATTAN  
\$1,250 FOR 90 MINUTES

This over-the-top facial promises a red-carpet glow thanks to La Prairie's white caviar products (which you get to take home!)

### Sensory Deprivation Tanks

LIFT/NEXT LEVEL FLOATS, BROOKLYN  
\$79 FOR FIRST-TIME FLOATERS

Float in massive water tanks containing 1,000 lbs. of Epsom salt, said to relieve stress, fatigue and many physical ailments.