

WIN A SPA TRIP! Go green at NY's eco-minded Mohonk Mountain House (page 12)

spa

travel+beauty+living

Get healthy & happy

- > easy, delicious **raw food** meals
- > **holistic therapies** that transform
- > ideas for a **healing garden**

summer SPA DEALS

Unwind & rejuvenate for as low as **\$89 per night**

AUGUST 2009 U.S. \$4.99



SKIN BRIGHTENERS
Do they work?

inner peace
how to ensure you find yours

SLIMMING SECRETS
5 treatments that banish cellulite

+
at home
create your own detoxifying scrub

* *A relaxing moment at The Oaks at Ojai, PAGE 60*



I travel

The view is serene from The St. Regis Honolulu Resort's one of a kind view of new properties opening on Kauai this year.

{ HOT SPOTS }

hawaii

With its indigenous healing traditions and abundance of tropical ingredients, this island state has long been a popular destination for spa-goers. Now a host of new resorts are taking the experience up a notch, pairing tradition with a modern sensibility. >>

{ HAWAII }

BIG ISLAND *eco-retreat* The first luxury resort to open here in more than a decade, the earth-friendly **Hawaii Island Retreat** at Ahu Pohaku Ho'omaluhia is one of those rare destinations that merge high-end details with authentic local influence. Beautifully designed rooms combine uplifting colors and oversize soaking tubs with handcrafted Hawaiian quilts, and the restaurant features food that comes mostly from the property's gardens and is every bit as good as what you'll find in the brand-name resorts on the Kohala Coast. The quality continues in the spa, where the menu sticks loyally to Hawaiian treatments, including an authentic lomilomi massage (\$100, 60 minutes). 250 Maluhia Road, Kapaau, (808) 889-6336, hawaiiislandretreat.com; from \$250 per night

beachside haven Nearly two years after an earthquake shook the Mauna Kea Beach Hotel to its foundation, the island's grand dame has reopened, adding a new spa to its hallowed halls (fans will be happy to know the East Asian art collection remains intact). The 4,000-square-foot Mauna Kea Spa by Mandara combines local ingredients, Balinese influences, and Elemis skincare products for a more complete spa experience than the resort ever has offered. Still, the best therapy available may be a walk and a swim at Mauna Kea's beach, considered by many to be the best on the island. 62-100 Mauna Kea Beach Drive, Kohala Coast, (808) 882-7222, princeresortshawaii.com; from \$450 per night

KAUAI *rainforest romance*
Walking distance from mystical

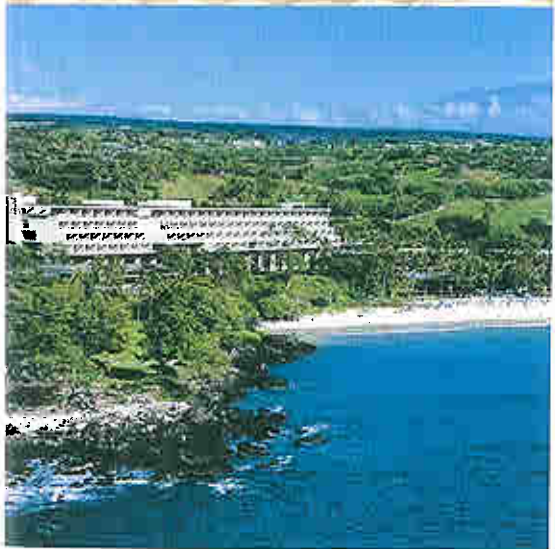


Hanalei Bay, the Princeville is a long-time favorite of couples looking to hide away. The resort is currently undergoing renovations and will reopen this fall as **The St. Regis Princeville Resort** (the first St. Regis in Hawaii), complete with the brand-new Halele'a Spa. 5520 Ka Haku Road, Princeville, (808) 826-9644, stregisprinceville.com; from \$750 per night

MAUI *home away from home*

Just north of Ka'anapali's resort row and directly off a fabulous snorkeling beach, **The Westin Ka'anapali Ocean Resort Villas** features multi-room condo units with fully equipped kitchens and large whirlpool baths. The recently completed 10,000-square-foot Heavenly Spa by Westin adds another level of resort luxury to

CLOCKWISE FROM TOP LEFT: GEORGE B. DIEBOLD/CORBIS; ISTOCKPHOTO.COM; DIMAGGIO/KALISH/CORBIS; HENRY FECHTMAN; COURTESY OF MAUNA KEA BEACH HOTEL; TROY HOUSE; MARK SILVERSTEIN



CLOCKWISE FROM TOP LEFT: A scenic drive in Oahu provides immersion in the island's lush landscape; the Moana Surfriider is located on Waikiki Beach; amazing marine life abounds in the waters around Hawaii; Hawaii Island Retreat provides an eco-friendly respite; Mauna Kea recently reopened with a new spa; the spa at Ritz-Carlton Kapalua uses natural materials throughout; Westin Ka'anapali's open-air north lobby invites Hawaii's warm breezes indoors.

the property, offering both signature Westin therapies and locally inspired body treatments like the Lilikoi Fruit Melody scrub/wrap/massage combo (\$240, 100 minutes), which incorporates sugar cane, passion fruit (lilikoi), and a massage to leave you blissed out and smelling great all day. 6 *Kai Ala Drive, Lahaina, (808) 667-3200, westin.kaanapali.com; from \$540 per night*

secluded elegance With ocean and mountain views plus beachfront whale watching that would impress even the most jaded traveler, **The Ritz-Carlton, Kapalua** (which recently underwent an extensive renovation) is well worth the 45-minute drive from Kahului Airport. Spa treatments range from high-tech anti-aging facials (\$225, 50 minutes) to local-style body treatments (\$155, 50 minutes) with plenty of options in between. In addition, parents can rest easy in the spa while kids learn about the local ecosystem and how to protect it as part of the resort's Ambassadors of the Environment program. And while exploring the surrounding beaches and snorkeling spots is tempting, the prospect of leaving the resort's top-notch service gets tougher with each day there. 1 *Ritz-Carlton Drive, Kapalua, (808) 669-6200, ritzcarlton.com; from \$299 per night*

OAHU urban renewal Located in Waikiki's first resort (**Moana Surfriider, A Westin Resort & Spa**), the Moana Lani Spa also has the honor of being the only spa overlooking the state's most famous beach. In keeping with its history and location, the spa's lomilomi massage sessions (\$185, 80 minutes) begin and end in the traditional way—with a healing chant—and each treatment room is equipped with a bowl of Alaea Hawaiian sea salt in which guests are invited to deposit their worries. At the end of every day, the salt is returned to the ocean—along with guests' cares. 2365 *Kalakaua Ave., (808) 237-2535, moana-surfriider.com; from \$309 per night*

5 tried-and-true FAVES

1 Four Seasons Resort Lanai at Manele Bay (Lanai) > One of just two resorts on this tiny red-soiled island (the other is also a Four Seasons), Manele Bay incorporates coconut, ti leaves, sea salt, banana, or other local ingredients in nearly every spa treatment. (808) 565-2000, *fourseasons.com/manelebay; from \$345 per night*

2 Grand Hyatt Kauai Resort and Spa (Kauai) > Thanks to a 20,000-square-foot expansion in 2007, the resort's Anara Spa (a Hyatt Pure spa) now offers the lush outdoor treatment areas and soaking pools that make spa-ing in Hawaii so amazing. (Maui's other Pure Spa, Spa Moana, is at Hyatt Regency Maui Resort & Spa.) (808) 742-1234, *kauai.hyatt.com; from \$440 per night*

3 Grand Wailea Resort Hotel & Spa (Maui) > Consistently recognized as one of the top spas in Hawaii, Spa Grande is also the largest spa in the islands. (800) 888-6100, *grandwailea.com; from \$369 per night*

4 Halekulani (Oahu) > From its Vera Wang-designed honeymoon suite to its signature Polynesian-influenced spa product line, the 25-year-old Halekulani sees to every wonderful detail. (808) 923-2311, *halekulani.com; from \$425 per night*

5 The Mauna Lani Bay Hotel & Bungalows (Big Island) > The resort's Mauna Lani Spa was one of the first to champion authentic Hawaiian treatments, products, and culture. (808) 885-6622, *maunalani.com; from \$455 per night*