

# spa

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## Summer *Worldwide* Guide

- MUST-SEE SPAS
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AROUND THE WORLD**

**STEAL VS.  
SPLURGE  
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Thai massage;  
opposite: Reiki

## 6 THAI MASSAGE

The nickname for Thai massage — “lazy man’s yoga” — really does it no justice. Typically a 90-minute treatment (or longer), Thai massage incorporates facilitated stretching with deep-tissue massage. You’re lightly clothed, and the massage takes place on a mat on the floor, where the therapist will assist you in stretching, pushing you farther than you think you can go, and massaging your muscles along the way. Thai massage ranges from the Western version, during which the therapist will likely check in with you along the way and not push you too far, to the more traditional Thai version, during which the therapist will seemingly punish you (but you will thank her for it later). Either way, the treatment requires a degree of openness and willingness to communicate, but it can be incredibly beneficial. **TRY IT AT:** Dheva Spa at Mandarin Oriental Dara Dhevi, Chiang Mai, Thailand (80 minutes, \$130), [mandarinoriental.com](http://mandarinoriental.com); The Spa at Terranea Resort, Rancho Palos Verdes, California (90 minutes, \$245), [terranea.com](http://terranea.com)

## 7 Caviar Facial

Caviar is thought to be similar in structure to human collagen, and is packed with natural proteins, antioxidants, and vitamins A, D, B6 and B12 — all of which help to plump and hydrate the skin. The treatment was popularized by celebrities and has since trickled down to the rest of us. While it might conjure up images of smelly fish eggs, rest assured: Caviar products are usually created in mask, cream or eye-cream form and blended with enough non-caviar ingredients to feel rich and creamy, not fish-like. **TRY IT AT:** Safety Harbor Resort and Spa, Safety Harbor, Florida (80 minutes, \$165), [safetyharborspa.com](http://safetyharborspa.com); The Spa at Four Seasons Hotel Los Angeles at Beverly Hills (90 minutes, \$275), [fourseasons.com](http://fourseasons.com)

## 8 CRYSTAL STEAM

Booking any type of treatment or simply paying the facilities fee at some resorts can get you access to the mother of all steam rooms — the crystal steam room. Covered with amethyst crystals (typically a smattering of small stones on the walls and occasionally at least one large anchor stone), these steam rooms are typically found in the locker rooms or near the water circuit areas. Plan to stay in the crystal steam room at least 10 minutes, and consider meditating there — the amethysts are thought to clear the mind of negative energy and aid in meditation. Afterward, alternate between the steam room, cold shower or plunge pool, and sauna to give your circulatory system and skin a boost as well. **TRY IT AT:** The Spa at Gleneagles by ESPA at The Gleneagles Hotel, Perthshire, Scotland (free with treatment), [gleneagles.com](http://gleneagles.com); The Spa at Mandarin Oriental, New York, New York City (free with treatment), [mandarinoriental.com](http://mandarinoriental.com)



## 10 REIKI

Reiki masters channel what they call “universal healing energy” into your body, clearing up negative energy, stress and, in some cases, physical ailments. On its own, Reiki can seem like a non-treatment — in a few cases the therapist may never actually touch the client; when the therapist does touch, it’s only very lightly. If the idea of lying on a massage table while someone hovers his or her hands over you is not appealing, consider adding Reiki on to a massage. It’s not always available, but when it is, a Reiki-trained massage therapist will typically work on your energy after loosening up your muscles. If you’re open to the idea of energy healing, it can be amazing on its own or take a great massage to whole new level. **TRY IT AT:** Canyon Ranch resort, Tucson, Arizona (50 minutes, \$130), [canyonranch.com](http://canyonranch.com); Emerson Resort & Spa, Mount Tremper, New York, (25 minutes, \$55), [emersonresort.com](http://emersonresort.com)

## 9 Lymphatic Massage

Despite its name, lymphatic massage (also known as lymphatic drainage) is not a massage of your lymph nodes. Rather, it’s a massage of the tissues aimed at supporting the body’s natural detox processes. As plasma leaves the heart, it travels through the body’s tissues, creating a fluid that not only carries oxygen and nutrients to the cells, but also picks up cellular waste. That fluid is called lymph, and it needs to get from wherever it’s at to your lymph nodes in order to be filtered and sent off to become part of plasma again. Since the lymphatic system doesn’t have a pump, lymph can get stuck on its way to the lymph nodes, causing everything from puffiness and cellulite to a weakened immune system and even emotional strain. By manually stimulating the lymphatic vessels, the therapist can help the lymph to drain and, in the process, help to make the

skin look firmer and boost the immune system. The treatment comes one of two ways: Lymphatic stimulation is a light and rhythmic massage, akin to Swedish massage but with gentle tapping and rhythmic sweeps as the therapist attempts to move lymph toward the lymph nodes; manual lymphatic drainage alternates between light touch and a deeper tissue massage aimed at hitting the lymphatic vessels closer to the organs. It can be targeted to the face, thighs or any other area that seems to be retaining fluid. **TRY IT AT:** Yon-Ka Signature Day Spa, Carmel, California (30 minutes, \$70), [yonka-signature.com](http://yonka-signature.com); Six Senses Yao Noi Beyond Phuket, Thailand (60 minutes, \$191), [sixsenses.com](http://sixsenses.com)

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