

# On the Road

Discover the spas and destinations we've visited to bring you the latest spa happenings here and abroad.



## Palm Springs, CA

Although I don't consider myself to be a lazy person (it is hard to be sedentary in New York City), I do enjoy those rare days when there is nothing on the agenda except relaxing. That was the case on a recent trip to Riviera Resort & Spa, where I spent the majority of my time soaking up the desert sun. Thanks to a \$70 million renovation, no detail is overlooked at the resort, which made it difficult for me to leave my private poolside cabana, complete with refreshments, a plasma television, and even misters that I could activate if I got too hot. I did manage to tear myself away to go for a hike in the nearby San Jacinto Mountains, where I was in awe of the breathtaking views of the desert below. (That's me on the right.) Although the hike was a moderately easy one, I didn't turn down the offer to experience a muscle-soothing massage afterward at the resort's **SpaTerre**. Luckily for me, the spa is located right next to the pool, so it was quite convenient for me to take up residence once again in my cabana, where I whiled away the rest of the day, fully relaxed. For more on the spa, turn to page 86.—*Nanci McArdle*



## Tuscany, Italy

Last Thanksgiving, I decided to break with tradition and celebrate the holiday in Italy on a trip that concluded in Tuscany. Though I missed Thanksgiving, I realized I had many things for which to give thanks. Along with being amazed by the beauty of the countryside, I also discovered that late November is the perfect time to visit. The trees are changing colors, all of the olive oils have been freshly bottled, it's truffle season, and there are very

few tourists. As such, I met some incredible people who had plenty of time to share their stories, advice, and expertise. I stayed at Villa Mangiacane, a gorgeous retreat right outside of Florence. Along with enjoying a lovely massage at the on-site **Nadushka Spa**, I was treated to a Tuscan-style Thanksgiving dinner in the spectacular wine cellar. I also got a chance to visit Villa Ferraia, an amazing restored medieval villa near Siena. There, I met owner Vittorio Cambria (pictured), a fellow spa junkie. As he gave me an amazing tour of his property, he shared plans for an extensive Roman bath and spa that he is building on the ground floor of the villa. Turn to page 61 for more on my Tuscan travels, and stay tuned. We'll be providing more extensive coverage of Villa Ferraia's new spa once it is completed.—*Julie Keller*

## Marrakech, Morocco

As you can tell by looking at the pages of *American Spa*, I'm a fan of beautiful architecture and authentic design. During a recent trip to Marrakech to check out the new La Mamounia resort, I was treated to an embarrassment of riches in both arenas. The hotel, which just reopened with a Moroccan-style renovation, is chock-full of spectacular furnishings, rugs, accents, and more designed by regional craftsmen. And nowhere are the traditions of Marrakech more skillfully reflected than in **Mamounia Spa**, where I experienced a Royal Hammam treatment. The treatment involves argan oil, black olive soap, and Ghassoul clay from the Atlas Mountains, just three specialties from the region. For more on this incredible and unforgettable escape, turn to page 90.—*J.K.*



# spa radar

a look at the latest spa trends, offerings, and retail items



Villa Mangiacane offers 360-degree views of its private vineyards and olive groves.

## tuscan treasures

Italy's Tuscan countryside is renowned for its magnificent wines, succulent olives, lush landscape, and decadent private villas where travelers can enjoy *la dolce vita*. Spa-loving vacationers can also get their fill of relaxation at private spas at two enticing villa retreats. Villa Mangiacane, located just outside of Florence and marketed in the U.S. by LaCure Villas under the name Il Loggiato, is a sprawling 15th-century retreat built by the Machiavelli family. Along with signature wines and olive oils, 28 rooms, and impeccable Tuscan-inspired cuisine, the villa is home to **Nadushka Spa**. With three treatment rooms, an indoor heated pool, and state-of-the-art steam and sauna rooms, the spa is a haven for guests looking to

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relax. Thanks to a full menu of services performed using *Officina de' Tornabuoni* products made with fresh ingredients culled from the region, the spa offers the ultimate in private pampering.

Another decadent escape is Villa Ferraia, a restored medieval hamlet and estate outside of Siena. Also managed by LaCure in the U.S., the estate is home to an organic farm, and the cuisine is created entirely from the bounty of the property, making it an authentic farm-to-table retreat. Spa services using organic, all natural products, including a skin-saving honey concoction made by villa owner Vittorio Cambria, are available in cozy on-site treatment rooms. Guests can also partake in hydrotherapy offerings inspired by traditional Roman baths in three infinity-edge soaking pools of various temperatures, spacious steam and sauna rooms, and a large infinity-edge pool that overlooks the magnificent surrounding countryside. Cambria is also expanding the Roman bath benefits by building a spacious new spa on the ground floor of the villa. Numerous treatment rooms, soothing water experiences, a yoga studio, and more will offer guests the opportunity to have a true destination spa encounter, complete with healthy food, fitness, outdoor activities, and spa services. It's Italian spa elegance at its best.—*Julie Keller*



FROM TOP TO BOTTOM: Nadushka Spa at Villa Mangiacane features an inviting indoor pool; Villa Ferraia was restored by owner Vittorio Cambria to its original medieval style; among the hydrotherapy options available at Villa Ferraia are three soaking pools of various temperatures that can be enjoyed while taking in the breathtaking views.

## BON VOYAGE



Seabourn Odyssey spa-goers can enjoy the pleasures of a picturesque outdoor hydropool.

Spa-loving sea-goers can say ahoy to relaxation aboard the *Seabourn Odyssey*, a new vessel from the Yachts of Seabourn that includes the world's largest spa on any luxury yacht. The 11,400-square-foot **Spa at Seabourn**, which features treatments using *Elemis* and *SkinCeuticals* products, offers a number of amenities, including a hydropool, a Kinesis wall, and herbal steam rooms. Spa aficionados seeking privacy can receive services in one of two alfresco *Spa Villas*, which are located on the spa deck and include a two-person whirlpool, and a private balcony for sunbathing. *Odyssey* is the first of three new spa-centric ships from Seabourn, with *Seabourn Sojourn* launching in June and a third ship debuting in 2011. All offer opportunities for guests to set sail toward wellness.—*J.K.*