

Spa

Healthy Living,
Travel & Renewal

wrinkle fillers
for instant results

spa cuisine
tips & recipe inside

winter retreats
5 destination
spa getaways

relax & unwind

36 top spas to release stress,
nurture yourself, and find bliss



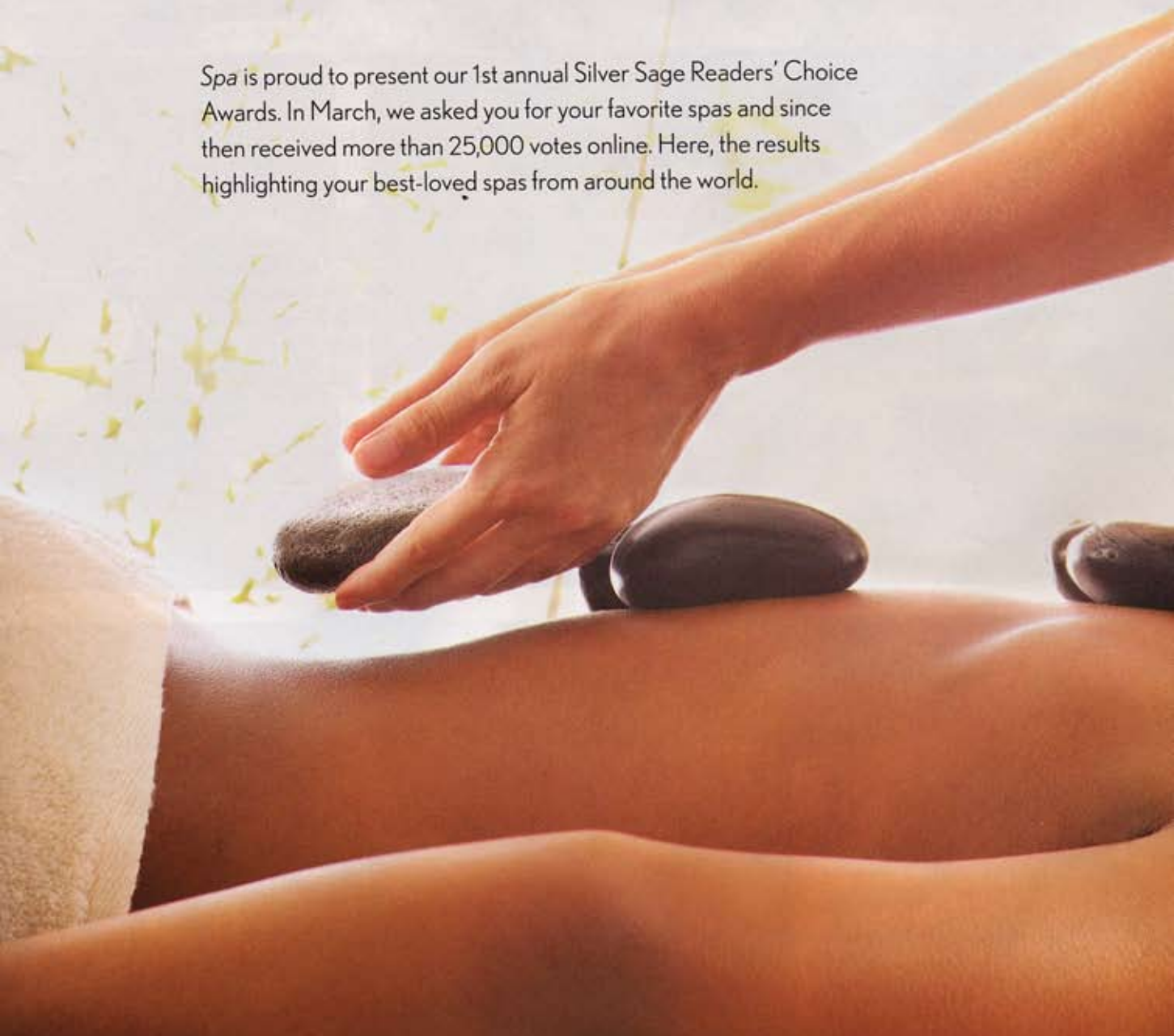
staying healthy

HOW TO AVOID HOLIDAY BURNOUT



silver sage *readers' choice awards*

Spa is proud to present our 1st annual Silver Sage Readers' Choice Awards. In March, we asked you for your favorite spas and since then received more than 25,000 votes online. Here, the results highlighting your best-loved spas from around the world.



silver sage

readers' choice awards

Resort+Hotel Spas

Asia Four Seasons Resort Chiang Mai (Chiang Mai, Thailand) • Mandarin Oriental Dhara Dhevi (Chiang Mai, Thailand) • The Peninsula Hong Kong (Hong Kong)

Caribbean The Fairmont Southampton (Southampton, Bermuda) • Four Seasons Resort Great Exuma at Emerald Bay (Emerald Bay, Great Exuma, Bahamas) • The Ritz-Carlton Grand Cayman (Grand Cayman, Cayman Islands)

Canada The Fairmont Banff Springs (Banff, Alberta) • The Fairmont Chateau Whistler (Whistler, British Columbia) • Ste. Anne's Country Inn & Spa (Grafton, Ontario)

Continental U.S. Bellagio (Las Vegas) • Bliss 49 at W New York (NYC) • The Breakers (Palm Beach, FL) • The Fairmont Scottsdale Princess (Scottsdale, AZ) • Four Seasons Hotel Los Angeles at Beverly Hills (Los Angeles) • Mandarin Oriental Miami (Miami) • Mandarin Oriental New York (NYC) • The Ritz-Carlton New York Central Park (NYC) • The Venetian Resort Hotel Casino (Las Vegas)

Europe Fonteverde Natural Spa Resort (San Casciano Dei Bagni, Italy) • Four Seasons Hotel George V Paris (Paris) • Mandarin Oriental Hyde Park (London)

Hawaii & South Pacific Bora Bora Lagoon Resort & Spa (Motu Toopua, Bora Bora, French Polynesia) • Four Seasons Resort Maui at Wailea (Wailea, HI) • Grand Wailea Resort Hotel & Spa (Wailea, HI) • Mauna Lani Resort (Kohala Coast, HI)

Mexico The Fairmont Acapulco Princess (Acapulco, Guerrero) • JW Marriott Cancun Resort & Spa (Cancún, Quintana Roo) • Le Méridien Cancun Resort & Spa (Cancún, Quintana Roo)

FOR DETAILS SEE THE SOURCE, PAGE 127.

