

11 SALT THERAPY

Originating in Eastern Europe, salt therapy is also called “speleotherapy” or “halotherapy.” In its original incarnation, salt therapy consisted of walking or just sitting in salt caves (caverns caked with natural salt crystals). Breathing in the minerals helps address respiratory issues, and the mineral-rich air is good for the skin as well. Some say time spent in these caves can cure allergies and eczema, and reduce stress to boot. Today salt caves and salt therapy have become something of a trend, with spas that are nowhere near a natural salt cave building their own man-made versions indoors. Experts recommend spending 30 to 45 minutes in the cave; fortunately, spas have provided lounge chairs, banquettes and magazines to help you pass the time. **TRY IT AT:** CastaDiva Resort, Como, Italy (free access for hotel guests), castadivaresort.com; The Spa & Salon at ARIA Resort & Casino, Las Vegas (\$30 for all-day access to facilities, including water circuit, Shio Salt Room, heated-stone beds and outdoor therapy pool), arialasvegas.com; Toskana Terme Bad Sulza, Bad Sulza, Germany (\$25 day fee), toskanaworld.net

13 Vinotherapy

We’ve long known that the antioxidants in red wine can be beneficial to our bodies, internally, and now we know that resveratrol, one of nature’s most potent anti-aging ingredients and a component of the grape, is fantastic for the skin as well. Vinotherapy — which refers to incorporating wine or grape skins in everything from baths to wraps to facials — was pioneered in 1993 by Caudalíe (in France, naturally) but is now popular in spas around the world. While the idea of a wine bath or wrap is fun, to get the most bang for your buck, opt for a facial. Resveratrol is thought to be leaps and bounds ahead of other anti-aging ingredients out there, so while a wrap or bath may leave your skin smooth ... and slightly purple ... a facial can take years off in an hour, minus the wine stains. (Companies are much more careful about facial products not staining than body products.) **TRY IT AT:** Caudalíe Vinothérapie Spa at The Plaza, New York City (50 minutes, \$185), caudalie-usa.com; The Allison Inn & Spa, Newberg, Oregon (60 minutes, \$115), theallison.com; Kenwood Inn and Spa, Kenwood, California (50 minutes, \$145), kenwoodinn.com



14 CHAKRA BALANCING

Ayurveda points to seven chakras on a person that are junctions between the mind and the body, and link our physical, energetic, emotional, mental, social and spiritual selves. To bring the chakras into balance, massage therapists use a mix of techniques, including reflexology, energy work, and the use of stones or crystals placed along the chakras. Usually moving from bottom to top, the therapist works with one chakra at a time, explaining the chakra to you and giving you a chakra-related color to focus on while he or she is working on that particular area. The result is total stress relief, greater health and a general sense of well-being. **TRY IT AT:** The Palms Spa at The Palms Hotel & Spa, Miami Beach, (80 minutes, \$175), thepalmshotel.com; The Living Spa at El Monte Sagrado Living Resort and Spa, Taos, New Mexico (90 minutes, \$190), elmontesagrado.com; Ste. Anne’s Country Inn & Spa, Ontario, Canada (60 minutes, \$120), steannes.com

15 Hammock Massage

It sounds like the ultimate relaxation hour, but the hammock part isn’t a gimmick: This technique, thought to be borrowed from the Mayans and Timucuan Indians, uses a hammock instead of a massage table, elongating the spine and creating a zero-gravity effect. The therapist works on you from above and also from underneath the hammock, allowing for a rhythmic massage similar to what you might experience in water, but without having to get into your bathing suit. (Spas recommend wearing lightweight clothing for the treatment.) **TRY IT AT:** The Ritz-Carlton Orlando, Grande Lakes, Orlando, Florida (70 minutes, \$230) and The Ritz-Carlton, Amelia Island, Florida (60 minutes, \$180), ritzcarlton.com; The Tides Riviera Maya, Mexico (50 minutes, \$150), tidesrivieramaya.com *

12 Watsu

A massage therapy that takes place in water, Watsu can be deeply relaxing and is a great option for those with joint pain. You are often outfitted with light arm and leg weights or floats to keep you completely buoyant and weightless in the water. Be prepared for an unusual treatment — you’ll be in a bathing suit, and always in close proximity to the therapist, who will move you around gently, stretching and massaging along the way, and sometimes cradling you. If you can get the mental picture of being cradled by a stranger out of your head, it truly can be a fantastic experience. If not, it can become your funniest spa-ing story. **TRY IT AT:** Miraval Resort, Tucson, Arizona (50 minutes, \$150), miravalresorts.com; Terme di Saturnia Spa & Golf Resort, Grosseto, Italy (35 minutes, \$166), termedisaturnia.it; The Well Spa at Miramonte Resort & Spa, Indian Wells, California (60 minutes, from \$135), miramonteresort.com