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TO A
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WHAT IT REALLY TAKES

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PARADISE FOUND

From a private island hideaway to a warm geothermal lagoon, ELLE presents the best spas to transform both mind and body—whether you want to stay close to home or go the distance

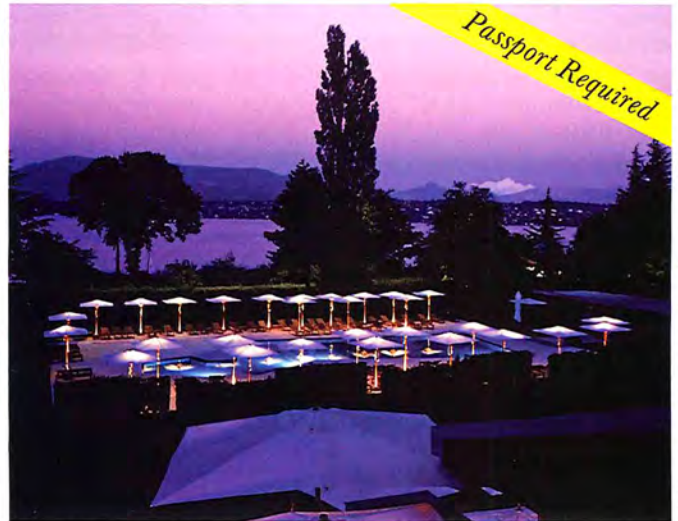
LUXE BOOT CAMP



MIRAVAL RESORT & SPA

Tucson, Arizona, miravalresorts.com

When Oprah needs inner peace, she heads to Miraval, a transformative resort now home to the U.S.'s first Life In Balance Clarins spa. From fitness and art classes to an "equine experience" program on a local ranch, plus sessions with on-call integrative doctors, a stay at Miraval can help banish insomnia or jump-start weight loss. **TOP TREATMENT:** Purify pores with the Miraval Signature Facial: Clarins botanicals plus a depuffing, cheekbone-enhancing lymphatic massage.



LA RÉSERVE GENÈVE

Geneva, Switzerland, lareserve.ch

Straight from the Paris shows, European editors check into this Lake Léman resort for *le cure*, a four-day program supervised by on-site medical staff. After a battery of health checks, you'll get a customized regimen to help treat anything from hair loss to bone health. **TOP TREATMENT:** During the 80-minute Better Aging massage, suction cups placed over acupressure points melt muscle tension and boost blood flow.

From top: Trunkarchive.com; courtesy of Miraval Resort & Spa; courtesy of La Réserve Hospitality Collection

WATER CURES



SOLAGE CALISTOGA
Calistoga, California
solagecalistoga.com

After a day of wining at Napa Valley's vineyards, relax in Spa Solage's geothermal Jacuzzi and warm mud baths. The mineral-packed soaks can amp up circulation and detoxify away the pinot. What hangover? TOP TREATMENT: NorCal chemist Marie Veronique Nadeau, founder of ELLE-editor-obsession Marie Veronique Organics, designed the spa's glow-getting facial, which brightens with vitamin C, licorice, and niacinamide.



Passport Required

BLUE LAGOON
Blue Lagoon, Iceland
bluelagoon.com

Not only will paddling around in this steamy geothermal pool make you feel as if you're vacationing on Saturn, the mineral- and algae-rich water will soothe dry skin and aching muscles. TOP TREATMENT: The Silica Salt Glow and Massage delivers the works—a therapist polishes your back and limbs with purifying silica mud while you float weightlessly in the lagoon. You will have never been more blissed out. And your skin? Never softer.

ROMANTIC LEADS



LITTLE PALM ISLAND
Little Torch Key, Florida
littlepalmisland.com

Who says the oligarchs have all the fun? On this nearly six-acre private island in the Florida Keys, you'll feel like a trillionaire as you start your day swimming with manatees and miniature Key deer and end it listening to a supper serenade by the Indigo Girls. TOP TREATMENT: Post-kiteboarding or -bonefishing, soften wind-chapped skin with the Hot Coconut Poultice, a warm massage using a blend of raw coconut and coconut oil.



Passport Required

RANCHO PESCADERO
Baja California Sur, Mexico
ranhopescadero.com

Write your Eat, Surf, Love memoir at this hip hacienda overlooking San Pedrito's famous A-frame breaks. Damiana, an antioxidant wonder herb with clinically proven aphrodisiac effects, has been worked into everything from the hotel's luxe handmade body lotion to the spa's custom cocktails. TOP TREATMENT: Steam out toxins in the eucalyptus-infused temazcal sauna (a local ritual), then sign up for a damiana-rich couples massage.

SKIN FIX



BEVERLY HILLS HOTEL
Beverly Hills, California
beverlyhillshotel.com

Legendary Pink Palace habitué Marilyn Monroe would have loved the Old Hollywood-glam La Prairie spa (on site since 2004), where a California glow is bestowed on even the most lackluster complexions. TOP TREATMENT: The Diamond Anniversary Facial (available until December 2012; a tip of the hat to the hotel's centenary) is a 30-minute La Prairie facial that feels superindulgent but still leaves plenty of time for celeb-spotting by the pool.



Passport Required

LES SOURCES DE CAUDALIE
Bordeaux, France
sources-caudalie.com

A spa nestled in a vineyard where you sip wine posttreatment? *Mais oui!* Whether you choose to soak in a Barrel Bath, depuff with a Merlot Wrap, or get buffed with a Crushed Cabernet Scrub, this place is all about grapey goodness. TOP TREATMENT: Say *au revoir* to droopy jowls with the VinoSculpt Instant Lift Facial, combining microcurrent stimulation, LED therapy, and Caudalie's anti-aging skin care.

Top to bottom, from left: Trinetta Reed; Oddgeir Karisson; courtesy of Little Palm Island Resort and Spa; Jav Graham; courtesy of the Beverly Hills Hotel; courtesy of Caudalie Paris Archives