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# american spa

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## JUNGLE PARADISE

COMO SHAMBHALA ESTATE (BALI, INDONESIA)



Special International Issue

## On the Road

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

### Bermuda

Although New York City mayor Michael Bloomberg has been reluctant to fess up as to his whereabouts during the post-Christmas snowpocalypse, rumor has it that he was at his vacation home in Bermuda. I recently had the chance to drive through his tony neighborhood, and I must say, I can't blame him for keeping the news under wraps. What struck me most about Bermuda is the air of civility that pervades the island getaway. Privacy is just one of its many attractions. Visiting in the low season, I felt as if I had the island to myself. Here, I'm enjoying the view from The Reefs-Bermuda after getting a pedicure at **La Serena Spa**. Although the weather was brisk, it was a welcome change from the east coast's frigid temperatures. It also made the spas all the more warm and welcoming. One particular high note was experiencing the \$100,000 Silver TAG shower with 18 showerheads at **The Spa at Tucker's Point**. For more on the spas of Bermuda, check out page 17.—*Heather Mikesell*



### Shanghai, China

As an avid traveler, I've been fascinated by mainland China for some time. When I was invited to visit The Langham, Yangtze Boutique Shanghai, I was beyond excited. The brand's **Chuan Spa** is known for incorporating traditional Chinese medicine (TCM), and I couldn't think of a better place than China to experience it firsthand. In fact, my trip to Shanghai was filled with many firsts, such as a visit to the World Expo (shown here), a stay at the legendary Fairmont Peace Hotel, a walk along the crowded Bund, and numerous photo ops with various locals, including a very charming toddler I was tempted to bring home as a souvenir. For more on all The Langham's Chuan Spa has to offer, turn to page 94.—*H.M.*

### Doonbeg, Ireland

While I have visited Ireland several times, I've only been to the usual tourist spots, such as Dublin, Cork, and Shannon. So when I was invited last year on a trip to The Lodge at Doonbeg, which is in County Clare, I started packing immediately. Located on the southwest coast about 15 minutes north of Kilkee, the village of Doonbeg exudes authentic Irish charm that is not as easily found in the more well-known regions. During the trip, we shopped along the main street, visited several local pubs and landmarks, listened to local bands playing traditional Irish music, and went on a hike in the countryside. Back at the resort, which resembles an Irish country home, we enjoyed pints of Guinness while listening to stories from some of the regulars, partook in a whiskey tasting, and feasted on Irish fare at Darby's Pub, the resort's casual restaurant. But it wasn't all gluttonous. We also had the option to horseback ride along the coast, play golf on an award-winning Greg Norman-designed course, and experience treatments at the resort's **White Horses Spa**, where I enjoyed the amazing Irish Accent Swedish Massage. After five days of non-stop fun in the Emerald Isle, I can't wait to return to my Irish roots as soon as possible. For more on the spa, turn to page 98.—*Nanci McArdle*





DESTINATIONS

## Bermuda

This British island and pink sand paradise leaves savvy spa-goers beyond satisfied with its tempting spa scene.

### British Outpost

Known for its legendary pink sand beaches, turquoise waters, enchanting pastel architecture, and men dressed in knee highs and the island's namesake walking shorts, Bermuda has long attracted visitors with its many charms. A British Overseas Territory, it is both a haven for golfers and spa-goers alike. With a host of treatments that take advantage of its natural bounty, Bermuda is the ideal place for visitors to leave their worries behind. "You can go to heaven if you want," said Mark Twain, a long-time fan of the island. "I'd rather stay in Bermuda."—*Heather Mikesell*

Blue-green waters, powder-fine sand, and lush vegetation make Bermuda an inviting island paradise.



## DESTINATIONS

**Good Vibes** Although **Ocean Spa** at Cambridge Beaches Resort offers all the traditional treatments one would expect from an island resort spa, it also features a number of options for those interested in holistic healing. The Brazilian Light Energization (\$100, 40 minutes) is ideal for those seeking a spiritual awakening. Focusing on the heart chakra, the treatment works to bring emotions back into balance. Soothe the Soul (\$190, 80 minutes) fuses Reiki with massage to promote both physical and mental healing. Whatever treatment guests opt for, they're sure to leave with positive energy.—*H.M.*

Guests at Ocean Spa can choose from a number of holistic treatments.



The relaxation room at La Serena Spa offers scenic ocean views.

## Ocean Oasis

For spa-goers whose idea of relaxation is gazing out at the ocean, then **La Serena Spa** at The Reefs - Bermuda is the place to unwind. The eight-treatment-room spa rewards guests with stunning ocean views that can be enjoyed while kicking back in the relaxation room or getting a nail treatment or Lava Shell Foot Massage (\$25, 15 minutes) in the manicure and pedicure room. Ocean-themed treatments, such as Elemis's Cellutox Aroma Spa Ocean Wrap (\$129, 75 minutes) and Muscle Ease Aroma Spa Ocean Wrap (\$149, 75 minutes), and island-inspired therapies, like the Exotic Frangipani Body Nourish Cocoon (\$129, 60 minutes), also set the stage for the ultimate getaway.—*H.M.*

## HAPPY HOUR

Bermuda's signature beverage, the Rum Swizzle, has jumped from the cocktail menu to the treatment menu. Fans of the fruity drink can now indulge in the Rum Swizzle Ritual (\$480, 3 hours) at **The Spa at Elbow Beach**. The treatment involves a welcoming foot ritual, a pineapple body scrub, a Rum Swizzle bath complete with a Rum Swizzle cocktail to sip on, and a therapeutic full-body and scalp massage. At **The Spa at Tucker's Point**, guests can indulge in a Rum Swizzle Manicure (\$90, 50 minutes) or Pedicure (\$110, 80 minutes), which includes a salt exfoliation with fruit aromas and an actual splash of rum. It's a healthier way to enjoy the fruity concoction without the dreaded hangover.—*H.M.*