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Spas in Season

By Julie Keller

Nothing says summer like fresh, flavorful fruits, flowers and more. So if you're looking to add an enticing twist to your summertime meeting, consider offering your attendees a fun, seasonal spa treatment during their downtime. Throughout the Western U.S., a host of spas are offering savory services that incorporate summer's most appealing ingredients.

Spa Montage at Montage Laguna Beach offers a revitalizing skincare treat with the fragrant Cucumber Mint Seasonal Wrap (\$225, 60 minutes). Incorporating the hydrating benefits of cucumbers, this wrap provides moisture to the max, starting with the head-to-toe application of a cucumber-mint mixture, a wrap, a facial mask and a massage. Ideal for soothing the effects of the region's wind and sun, this service leaves skin silky, smooth and glowing. An additional hydrating treatment is the Absolutely Avocado (\$150, 60 minutes) body mask at The Spa at Rancho Valencia in Rancho Santa Fe, Calif., which is created with a blend of locally grown avocados and essential oils. The mixture is also applied

to the head and scalp, and after the ingredients are allowed to penetrate, spa-goers rinse off and enjoy a light massage.

Another spa that offers an indigenuous spin on its bountiful area offerings is the The Ritz-Carlton Spa, Denver, which features the Wildflower & Lavender Mani/Pedi (\$125, 80 minutes). With fragrances and essential oils that reflect Colorado's beautiful summertime blooms, the nail-care service includes an exfoliation of the hands and feet with lavender and apricot seeds, as well as a hydrating mask and massage.

And speaking of fresh summer apricots, the fruit's scrumptious and skin-saving benefits serve as the inspiration for the "Ahhhpricot" Summer Treatments at Aquae Sulis Spa at the JW Marriott Las Vegas Resort & Spa. The "Ahhhpricot" Body Treatment (\$170, 80 minutes), which includes a scrub, wrap and massage; the "Ahhhpricot" Facial (\$140, 50 minutes); the "Ahhhpricot" Vichy Treatment (\$140, 45 minutes); and the "Ahhhpricot" Body Scrub (\$70, 25 minutes) all incorporate the apricot kernel, oil and flower, which

have been used for centuries as a healing ingredient.

Tantalizing tomatoes provide some summer skincare fun with the Tomato Basil Nourishing Wrap at Spa Gaucin at St. Regis Resort Monarch Beach in Dana Point, Calif. A nutritional powerhouse for the inside of the body, the fruit is also healing to the skin, and this service includes a mask, wrap and massage, all of which are infused with tomatoes (and antioxidant-rich lycopene).

Radiant skin is also ripe for the picking with the Cherry Radiance Regenerating Facial (\$185, 75 minutes) at The Bathhouse at Calistoga Ranch in Calistoga, Calif. Ideal for mature skin or faces that have endured extra sun exposure, the cherry enzyme-infused facial brightens skin and stimulates cell renewal. Fresh berries are also used to help ease the ails of PDA-addicted businesspeople, with the BlackBerry and Honey Manicure (\$55, 50 minutes) at Kelly's Spa at the Mission Inn Hotel & Spa in Riverside, Calif. A nail treatment perfect for those who need a break from modern technology, it includes a blackberry- and honey-scented scrub and an essential oil massage.

Several spas also bring the benefits of the beach to the treatment room with services that incorporate coconut. Spa Tiki, a day spa in San Diego, offers several Polynesian-themed nail-care services that include a coconut scrub. Spa Grande at Grand Wailea Resort Hotel & Spa in Hawaii offers a Coconut Euphoria experience, which begins with a Hawaiian coconut oil and sugar scrub and concludes with a coconut-milk bath. And the Spa at Canyon Oaks in Waco, Texas offers a host of coconut and lime treatments that provide spa-goers with a refreshing treat. For seaside getaways, it's an obvious choice for reflecting the bounty of the region, and for nonocean escapes, coconut inspires dreams of waving palm trees and beachy breezes.

The fruits, vegetables and flowers of summer can provide much more than visual and edible enjoyment. Let your meeting-goers sample a selection of these tasty services, and you'll satisfy their hunger for relaxation.

Julie Keller is editor-in-chief of American Spa, an award-winning magazine that reports on the national and international spa marketplace.



St. Regis Resort Monarch Beach

RESOURCES

Calistoga Ranch

calistogaranch.com

Grand Wailea Resort Hotel & Spa

grandwailea.com

JW Marriott Las Vegas Resort & Spa

jwlasvegasresort.com

Mission Inn Hotel & Spa

missioninn.com

Montage Laguna Beach

montagelagunabeach.com

Rancho Valencia

ranchovalencia.com

The Ritz-Carlton, Denver

ritzcarlton.com/denver

Spa at Canyon Oaks

wacospa.com

Spa Tiki

spatiki.com

St. Regis Resort Monarch Beach

stregismb.com