



spa radar

The yoga pavilion is a picturesque spot for fitness classes.

social fresh

Adding to its longtime upscale appeal, Rancho Valencia Resort & Spa (Rancho Santa Fe, CA) recently underwent a \$30 million renovation that included updates to its restaurant, bar, and meeting spaces. But in true SoCal style, the refurbishment also included a wellness refresher and additions to the award-winning **Spa at Rancho Valencia** and the fitness center. First, a new treatment menu was launched focusing on the spa line Amala, which is now available exclusively in southern California at Rancho Valencia. Furthermore, the fitness center was expanded with a luxe new Yoga Pavilion, which is now able to accommodate yoga sessions, Pilates classes, exercise programs, retreats, and events hosted by top-tier fitness and wellness professionals. Talk about a fabulous healthy facelift.—*J.K.C.*

ORLANDO ESCAPE

Though visiting the Magic Kingdom may be an amusement in itself, not many guests would describe it as a low-key vacation. Those looking for a respite from action-packed days at the amusement park will be delightfully charmed by the new Senses—A Disney Spa at Disney's Grand Floridian Resort (Orlando). This 15-treatment-room retreat, which adopts the resort's Victorian theme, features something for everyone. A Princess Pedicure (\$30, 25 minutes) and Magical Manicure (\$45, 25 minutes) are some of the options for the 12-and-under set, while grownups can enjoy services like the Sun Relief Aloe Full Body Treatment (\$145, 50 minutes) and the Citrus and Mint Hydrating Body Treatment (\$145, 50 minutes) to tackle the ails of too much fun in the sun. It's the perfect way for the entire family to enjoy their holiday at the Mouse House.—*J.K.C.*



The new spa offers suites and amenities that appeal to all ages.

