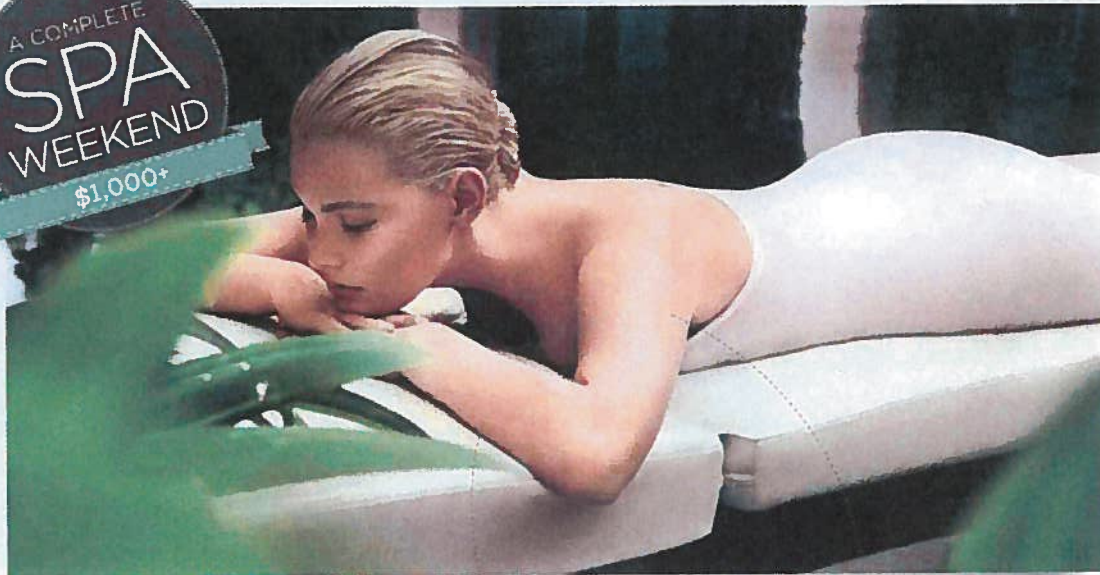


trends / a weekend at the spa

why it's worth it!

ARE YOU IN NEED OF A LITTLE RELAXATION? OPT FOR SOME ME-TIME—A FULL WEEKEND TO BE EXACT—AT THE SPA. IT'S LIKELY TO BE PRICIER THAN A FEW HOURS SPENT INDULGING IN A MASSAGE OR SIGNATURE TREATMENT. BUT, TO REALLY UNWIND, MORE THAN THE STANDARD 60 MINUTES AT THE SPA IS IN ORDER.

A COMPLETE
**SPA
WEEKEND**
\$1,000+



mind-body recharge

Spending a weekend at a spa affords you the time needed to relax, rejuvenate and recharge your mind, body and soul. "You're giving yourself ample time to detox your mind, cleanse the skin and body and allow for a total transformation of your daily routine," says Sue Harmsworth, founder and CEO of ESPA. Maureen Vipperman, spa director at Sandpearl Resort in Clearwater Beach, FL, adds, "The nervous system can become calmed as soon as a person walks into a spa. But for a true experience, I recommend three days."

1 > what to expect

According to Maggy Dunphy, director of spa and wellness at Destination Hotels and Resorts, spa-goers should come away with an improved sense of well-being. She adds that sharing the getaway with others often results in a bonding experience.



2 > the benefits

Additional time in a Jacuzzi, sauna or steam room after a treatment enhances the results. Also, you can indulge in the amenities at your convenience. Most spas offer fruit-infused water, herbal teas and healthy snacks, which makes it easier to jump-start clean eating and overall wellness.



3 > the cost factor

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A weekend getaway can range from a few hundred dollars to a few thousand dollars. "When you look at the accommodations, delicious meals, range of activities, and multiple indulgent spa treatments, it is well worth it," says Abril Gruber, spa operations manager at **Rancho Valencia Resort & Spa** in San Diego.