

10 BEST SPAS IN THE USA

| BY LESLIE E. ROYAL

As you seek to retreat to a tranquil and scenic world of relaxation and bliss, consider spa locales offering the ultimate level of unparalleled luxury and rejuvenation. From the northernmost state in the United States to the southernmost state in America, these extraordinary places feature exotic, revitalizing, immersive experiences. Some exquisite and exclusive treatments cannot be found elsewhere in the USA. So, relax and bask in the joy of a transformational experience at one of these world-class spas.



ALYESKA NORDIC SPA,
Alyeska Resort
Girdwood, Alaska
www.anordicspa.com

This magnificent, adults-only alpine sanctuary is just 40 miles from Anchorage and nestled in the Chugach Mountains. The 50,000-square-foot Alyeska Nordic Spa features halotherapy

Signature saunas, Finnish saunas, aromatherapy-infused steam rooms, and outdoor hot and cold hydrotherapy pools. The exfoliation cabin, complete with Alaskan sea salt, is connected

to the other areas by a heated pathway. Guests can indulge in Alyeska Forest Therapy Massages, Nordic Signature Massages, Prenatal Massages, and Time Together Massages.



ACQUALINA SPA
Acqualina Resort & Residences
Sunny Isles Beach, Florida
www.acqualinaresort.com

Experience renewal and rejuvenation amidst the tranquil ocean and white sandy shores. This five-star spa offers guests experiences such as Inner Calm Massages, Sound Healing Massages, Ayurvedic Marma Point

Massages, the Infinite Beauty HydraFacial MD, and Abhyanga Massage Healing Heat and Water Ritual. Reserve the Royal Spa Suite with 11 state-of-the-art treatment rooms for special occasions. Enjoy the Crystal

Steam Room with color therapy, the Finnish Sauna with Himalayan Salt, and the Experience Shower with alternating cool arctic mists and warm Caribbean mists.



KOHLER WATERS SPA
Destination Kohler
Kohler, Wisconsin
www.destinationkohler.com

Listed on the National Register of Historic Places and nestled amidst 500 acres of Wisconsin wilderness, Destination Kohler houses the majestic Kohler Waters Spa. Guests can reach new depths and levels of renewal

and revitalization in this secluded haven. Featuring ancient rituals and modern wellness trends, visitors can delight in a wealth of relaxing services. They include Lavender Rain or Tranquil Tides Hydrotherapy Treatments,

Ahshiatsu Barefoot Massages, Illumination Facials, On the Green CBD Body Wraps, and Acoustic Baths. Additional features include steam rooms, saunas, cool plunge pools, and four wellness retreats.



**THE SPA AT FOUR
SEASONS RESORT
ORLANDO**

**Four Seasons Resort Orlando
Orlando, Florida**

www.fourseasons.com/orlando

Featuring stunning décor, this sanctuary of elegance is heavenly. At The Spa at Four Seasons Resort Orlando, guests can delight in blissfully elevated experiences featuring Vibrational

Sound Therapy Treatments, Couples Sweetheart Scrubs, Passion Pedicures, Fire & Ice Facials, Abhyanga Massages, Healing Honey Treatments, and Cryotoning. Unique offerings

include the spa tub, steam room, Experience Shower, couple's spa suites, and the Solarium with zero-gravity wave loungers.



**MOKARA SPA
Mokara Hotel & Spa
San Antonio, Texas**

www.omnihotels.com/hotels/san-antonio-mokara

Sited along the famed River Walk, Mokara Hotel & Spa is an oasis in Downtown San Antonio. The picturesque Mokara Spa is inviting as it restores the body, mind,

and spirit. Distinctive therapies include the Warm River Stone Massage, Lemongrass Mimosa Body Scrub, and Summer Rain Polish and Massage. Facials such

as the Mokara HydraFacial and HydraFacial Transformation encompass advanced science to complement the natural beauty of one's face.



THE SPA AT LA COSTA
Omni La Costa Resort & Spa
Carlsbad, California
www.omnihotels.com/hotels/san-diego-la-costa

The Spa at La Costa has been a haven for rejuvenation since 1965. That tradition continues today with modern technology being fused with ancient

ayurvedic techniques. Have a stress-free getaway that includes experiences such as the Knesko Collagen Facial, Chakra Balancing Massage, Revitalization from the

Sea Treatment, and the healing Hawaiian-inspired touches of the Lomi Lomi Massage.



ILA ONLY SPA
Lotte New York Palace
New York, New York
www.lottenypalace.com

Lotte New York Palace presents the first iLa Only Spa in the United States. The spa is the first in New York City to incorporate audio designed by Plateau Spa and Devialet with their massage treatments to foster

healing and mental escapism. While the human ear cannot hear it, the infra frequencies are experienced through relaxing, sensorial vibrations throughout the body. The menu of services includes tranquil Release and

Revive Massages, Vitality Wraps, Moment of Calm Facials, Ila Gold Facials, private yoga sessions, and transformational training techniques.



THE SPA AT SERENBE

Serenbe

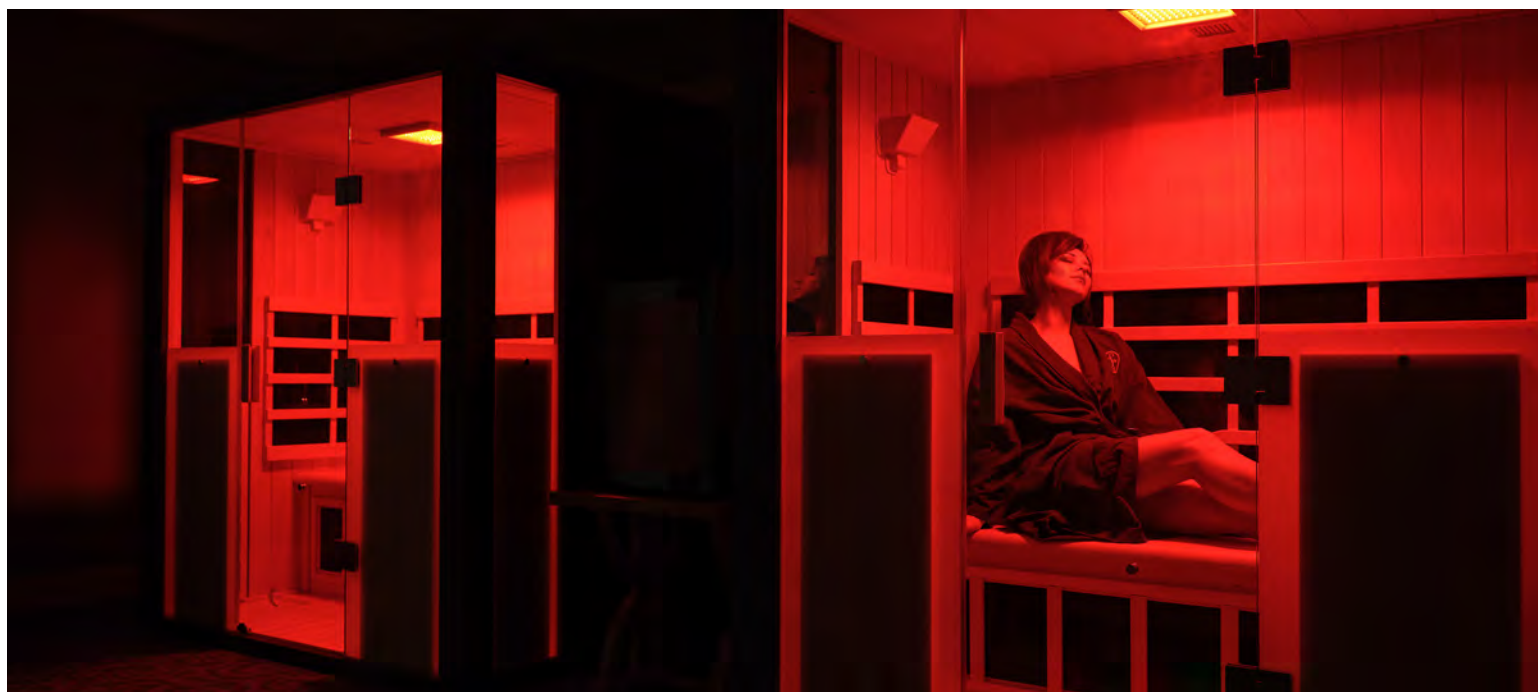
Palmetto, Georgia

www.spaatserenbe.com

Serenbe is a peaceful community on the outskirts of Atlanta committed to land preservation, energy efficiency, holistic living, wellness, and self-care. The Spa at Serenbe features rejuvenating

treatments and state-of-the-art devices. Enjoy the Custom Laurel Facial, Osea Detox Ritual, Detoxifying Seaweed Body Wrap, Serenbe Swedish Massage, Reiki, Cupping Therapy, or Reflexology.

The spa also presents the mPulse BELIEVE, the world's first and only 3-in-1 full-spectrum infrared sauna.



SPA AT CHÂTEAU ÉLAN

Château Élan Winery & Resort
Braselton, Georgia

www.chateauelan.com

Sited in the hills of North Georgia, Château Élan is a magnificent property. Its recently renovated spa features unparalleled services that allow for total relaxation. Amenities include an

indoor saltwater swimming pool, spa whirlpool, dry Finnish sauna, Wet Eucalyptus Steam Room, outdoor sun decks, and spa suites. Restorative, innovative, and multi-sensory treatments encompass

Table Thai Massages, Tandem Stone Massages, Gentleman's Facials, Tropical Escape Refining Body Treatments, Halo-IR Sauna, and Rendezvous for Two Massages.



THE CALLUNA SPA
The Equestrian Hotel
Ocala, Florida
www.equestrianhotel.com

The Equestrian Hotel is a magnificent and grand property on 30 acres of land in the place known as the “Horse Capital of the World.” Guests travel worldwide to observe the weekly World Champion equestrian

competitions. By day, they can retreat to The Calluna Spa to bask in unforgettable experiences. These treatments include the Rider’s Recovery Massage, Stone Fusion Massage, Energy of the Glaciers Facial, and Milk &

Honey Nourishing Wrap. Three to five-hour rejuvenating wellness packages such as Simply Healed and Midnight Trail Ride are also available.

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