

# Five spa trends, from wellness to good food

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**Mandarin Orientals** "Awaken Facial," instead of focusing on the face, incorporates different massage techniques over the upper body to get the circulation moving," said Sharon Holtz, spa director at the Mandarin Oriental hotel in Miami. "It really is relaxing."

Canyon Ranch, with resorts in Lenox, Mass., and Tucson, Ariz., has long combined medical care, nutrition and fitness with relaxation and pampering. Now Canyon Ranch is collaborating with the Cleveland Clinic in Ohio to offer health and wellness programs in areas like weight control, stress management and cardiac care. The partnership includes staff exchanges and an executive health program for CEOs.

**FOOD:** Forget "rabbit food" - raw veggies and skinless, boneless (tasteless? colorless?) chicken breast. Today's spas are ramping up their menus.

"Good spa, good food," said David Erlich, director of the Fairmont Sonoma Mission Inn & Spa in Sonoma, Calif. "We've taken spa cuisine to a whole other level - it looks good, tastes good and smells good." Sonoma's menu - directed by Bruno Tison, former chef at New York's Plaza Hotel, includes bright-red beet puree, and thick and flavorful gazpacho served with jewels of cherry tomatoes speared on a toothpick.

You can even satisfy your sweet tooth at a spa. Canyon Ranch serves chocolate chip cookies, and Mohonk will have (large!) gingerbread men for the Christmas season.

**AUTHENTICITY:** Spas differentiate themselves by evoking regional traditions and landscapes.

Mii Amo in Sedona, Ariz., offers products to scrub and cleanse the body made from blue corn and a succulent plant called stonecrop, while an eagle feather is waved as part of a ceremony to cleanse the spirit, inspired by local American Indian culture.

The new Willow Stream Spa at the Fairmont

Mayakoba on Mexico's Riviera Maya uses cacao, papaya, honey, lime and cornmeal for body wraps, and corn meal and papaya treatments for hands.

At Cliff House Resort & Spa in Ogunquit on the Maine coast, you can have body wraps made from Maine blueberries, wild roses or juniper berries. Stones from the nearby Bald Head Cliff are used in a stone massage, and warm seashells are applied to the body in a two-hour "Seashell Therapy" treatment.

**MANLINESS:** Men comprise 31 percent of U.S. spa-goers and 29 percent of Canadian spa-goers, according to the Hartman Group study.

About two-thirds of U.S. men and 49 percent of Canadian men who visited spas did so while traveling. Their top reasons for going to a spa are to feel relaxed, calmed and refreshed, according to the study.

"When men are at home, they don't necessarily feel they have permission to go to a spa," said Barry, the Hartman Group spokeswoman. But if they're staying in a hotel for business, they may wander down to the spa for a massage.

Fairmont Hotels report that 50 percent of their spa guests are male at certain times, like ski season in Banff, Alberta, Canada, and golf season in Scottsdale, Ariz.

Spas have responded to the large numbers of male guests with gender-specific products, and by making their menus and decor more appealing to men.

The Lodge at Woodloch, in Hawley, Pa., which is the first new destination spa to open in the country in more than a decade, "was designed to be an environment that men would feel comfortable in," said owner Ginny Michel Lopez.

The architecture is reminiscent of a mountain lodge, incorporating stone and wood with picture-window views of the forest. There is a private lake, golf course, a full bar

with tapas, and a dinner menu - no calories listed - that offers steak and bison burgers.

**FUN:** Spas shouldn't only be about scrubbing skin, massaging muscles or lazing in the sauna. They should also be fun.

At Loews Hotels spas in Tucson, San Diego and Santa Monica, Calif., you can get treatments based on astrology readings. Is the Aquarian in you dominated by "air" qualities like curiosity and multitasking, leaving you nervous and exhausted? If so, Loews "Star Menu" recommends "earth" therapies to help "ground" you - deep tissue massage, a desert herbal wrap or reflexology.

The Ojai Valley Inn & Spa in Ojai, Calif., has an Artist's Cottage and Apothecary where guests can weave, paint or make a mandala. The spa has hosted three-generation families and birthday parties for all ages where an art project or storytelling brings the group together.

If You Go:

**RATES:** Rates vary. Best deals are group rates, packages, weekdays and off-season (summer for Southwest, early spring for New England).

**INTERNATIONAL SPA ASSOCIATION:** <http://www.experiencespa.com>, 888-651-4772.

**CANYON RANCH:** Tucson, Ariz., and Lenox, Mass., <http://www.canyonranch.com>, 800-742-9000.

**CLIFF HOUSE RESORT & SPA:** Ogunquit, Maine; <http://www.cliffhouse-maine.com>, 207-361-1000.

**FAIRMONT SONOMA MISSION INN & SPA:** Sonoma, Calif.; <http://www.fairmont.com>, 877-289-7354.

**THE LODGE AT WOODLOCH:** Hawley, Pa.; <http://www.thelodgeat-woodloch.com>, 866-953-8500.

**LOEWS HOTELS:** "Star Menu" available at Loews in Tucson, San Diego and Santa Monica; <http://www.loewshotels.com>, 800-235-6397.

**MANDARIN ORIENTAL MIAMI:** <http://www.mandarin-oriental.com>, 305-913-8288. Other Mandarin Orientals in

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## Urban planners create new communities

THE ASSOCIATED PRESS

It takes Kili Wallace one minute to get to work. It's not by accident. He built his neighborhood, Prospect New Town, to be walkable, with wide sidewalks, narrow streets and parks scattered throughout. Most notably, its town center is within five walking minutes of every home.

To create Prospect, the Longmont, Colo., developer worked with planners Andrés Duany and Elizabeth Plater-Zyberk. Since its construction, the town has attracted a great deal of interest in the planning community.

"We have people from all over the state of Colorado and from other parts of the United States and internationally coming to look at it," Wallace told Smithsonian magazine. "They're all wanting to emulate this type of development."

Post-World War II-style suburban planning assumes that everyone has a car and wants to use it. This model, some urban planners believe, is what accounts for the growing epidemic of obesity, heart disease and diabetes.

Now, a growing number of environmentalists, architects and urban planners, including Duany and Plater-Zyberk, are putting their minds together to create human-scale neighborhoods, where parks, shops and schools are all close enough to walk or bike to. They are part of the New Urbanist movement, the most coordinated effort in this country to create these kinds of neighborhoods.

"New Urbanism is basically a set of principles to get to that holy grail of a mixed-use, mixed-income, fully socially integrated, non-automobile-dependent kind of place," said Emily Talen, a professor of urban planning and author of "New Urbanism and American Planning: The Conflict of Cultures."

Planned down to the size of the numbers on the houses, New Urbanist communities have a striking regularity about them. The first town Duany and Plater-Zyberk created served as the picket-fenced, pastel-tinted backdrop of the film "The Truman Show."

If, conversely, New Urbanism isn't edgy enough, head to Arosanti, architect Paolo Soleri's experimental town rising from the desert north of Phoenix, Ariz.

To capitalize on space, Soleri took advantage of the city's cliff-side location to minimize the use of streets and build in three dimensions. The result is an ultra-compact and contiguous sculptural mélange of tilt-up concrete slabs, high-density housing and work space, sidewalks and ... bells. Lots of bells. The manufacture of bronze bells, tourism and workshops support the design interns who are the main workers and occupants of the still-nascent city.

Despite Arosanti's acclaim as a visionary for creating urban space (Soleri was honored in July at the White House for his work), it hasn't yet caught on commercially.

New Urbanism emulates many of the qualities of pre-World War II developments, in part by tacking front porches onto its

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