

RETREAT.
RELAX.
RECHARGE.
INSIDE THE WORLD'S BEST
SPAS FOR MEN
BY JAMES CHAFFEY

PLEASURE FLOWS: The Sound Shower at the Standard Spa in Miami Beach features cascading water and music from global DJs. Opposite: Amangiri, on the border of Utah and Arizona, is a 25,000-square-foot modern spa in a spectacular canyon setting.

IN THESE DAYS OF DOING MORE WITH LESS, even our vacations have to work a little harder. The solution lies with the new breed of destination spa that combines aesthetically inspiring architecture and design, transcendental surroundings, life-altering adventures, and, of course, relaxation regimens. Gone is the prissy, one-dimensional concept of hyper-luxury pampering. "What men want are results," says Lynne McNees, the president of the International Spa Association. "They want to improve muscles, get better at doing something—not just get smoother skin." And while American spas have traditionally lagged behind those of Europe and Asia in creating guy-appropriate settings and treatments, they're catching up. Which is good news, since, according to McNees' research, men are finally realizing that spas are more about stress reduction than about calf-placenta facials. "It's taken longer for American guys to figure out that spas are about lifestyle management and the need to slow the heck down," she says. "The spa gives them permission to pause."

CANYON RANCH, FLORIDA

Fear not the mother-daughter weekenders. Unlike the classic Arizona and Massachusetts properties (where 75 percent of guests are women), this David Rockwell-designed re-

sort is a power spa for Miami scenesters, from South American playboys to Art Basel gallery hounds. Dive deep into wellness—the four-night men's optimal-health package comes with adrenal stress testing, nutrition analysis, and spiritual sessions with a shaman—or duck in for a road-warrior muscle melt and an Ayurvedic steam treatment between artisanal gimlets at the busy beachfront grill. (This is the only Canyon Ranch resort that serves alcohol and is open to the public.)

Suites from \$25; canyonranch.com

TIP: The hot-cold Aquavana thermal suite—one of two in the U.S.—simulates an around-the-world spa experience, from a Finnish sauna to an igloo to a reflexology basin to a monsoon rain shower.

THE RANCH AT LIVE OAK, CALIFORNIA

Your regimen is set at this seven-day boot camp-cum-spa on 120 acres in the Santa Monica Mountains above Malibu: You're up at 5:30 for yoga, a 10-mile hike, an afternoon of strength training, and more yoga—all on 1,500 meat-, alcohol-, and caffeine-free calories a day. But for toxin-stuffed type A's who need a full reprogramming, "giving up control is why they come," says a rep. Luckily it's not all austerity: The Ranch's tough-luxe approach includes

rustic-plush guest cottages, a saltwater pool, a daily massage, and first-rate organic meals served inside a restored hacienda.

\$5,600 per person; theranchmalibu.com

TIP: You'll thank yourself for taking advantage of the intense 30-day prep program that helps reset your body and mind before you arrive.

BATHHOUSE AT THE HOTEL AT MANDALAY BAY, NEVADA

Maybe it's all the dry-stack slate tiles and 90-degree angles, but this 14,000-square-foot space pulls in as many men as women (an anomaly in spadam). They drop in for the guys-only eucalyptus steam room and hot and cold plunge pools, as well as for treatments using men-specific Epicuren products, like the popular blue-corn-and-avocado manicure-pedicure. Adding to the low-key, nouveau-Vegas vibe is the fact that the Hotel at Mandalay Bay is a glitz- and gaming-free offshoot of the main hotel.

Doubles from \$120; mandalaybay.com

TIP: Set up a session with a personal trainer at the gym next door, a palace of Precor machines, mats, and free weights lit like a sophisticated cocktail party.

BULGARI, BALI

Be grateful for the excess of 2006—because this extravagant Antonio Citterio-designed

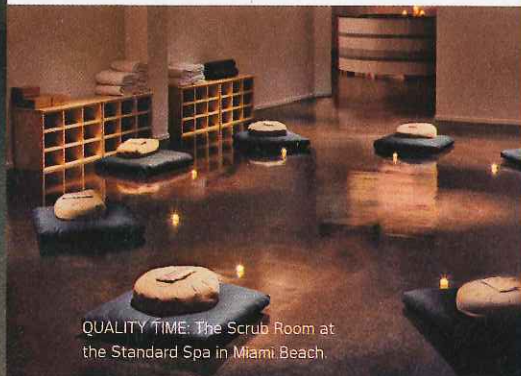


HIGH CLASS: At Bulgari Resort in Bali, enjoy Balinese rubdowns that employ hot stones and multiple hands, and chill out on a reef-ringed private beach.

ELEGANT LINES: Coated in slate and marble, the Mandalay Bay's Bathhouse in Vegas offers a better class of man cave.

FIVE GREAT DAY SPAS

WHEN RETREAT IS NOT AN OPTION, THESE ARE THE PLACES TO HIT.



QUALITY TIME: The Scrub Room at the Standard Spa in Miami Beach.

BEVERLY HILLS: THE PENINSULA

A reassuring holdover of old-school luxury, this plush, art-filled hotel spa tends to the skin and muscles of L.A.'s power brokers. Schvitz with them in the eucalyptus steam room and over a men's mani-pedi (\$120) in the new Nail Suite.

9882 S. Santa Monica Blvd.; peninsula.com

NEW YORK CITY: THE SETAI WALL STREET

This Asian-themed spin-off spa of the midtown Setai hotel gives captains of industry a dose of Zen tranquility. There's a sports massage, a gentleman's facial, and a \$675, three-hour ritual of body and skin therapies performed in a private suite.

40 Broad St.; setaiclubnewyork.com

MIAMI BEACH: THE STANDARD

This chic hotel spa is a coed complex of pools, wet rooms, saunas, lounges, meditation circles, and "play spaces" overlooking Biscayne Bay. Hobnob under the Roman waterfall or escape the scene into a private room for a hot-and-cold stone massage (\$205 for 90 minutes).

40 Island Ave.; standardhotels.com

CHICAGO: THE SPA BY ASHA AT THE JAMES

This discreet, three-room Aveda spa makes up with its range of treatments for what it lacks in spectacle. The menu includes a sports massage (\$115), a treatment using ingredients from the Caribbean (\$120), and a strenuous full-body Himalayan detox (\$195).

55 E. Ontario St.; jameshotels.com

DALLAS: SPA AT THE CRESCENT

Pampering everyone from CEOs and their wives to brides and spoiled teenagers, this Texas-size space at the Rosewood Crescent Hotel is big enough to prevent them from having to mingle. Drop in for a 25-minute upper-body massage (\$60) or an acne treatment (\$155 for 50 minutes), or spend the day with a trainer, a masseur, and a facialist (\$415).

400 Crescent Court; crescentcourt.com



AFOSOTOLIDIS/COURTESY OF SAFFIRE FREYCINET, AUSTRALIA; ROBERTO COBERT/STYLING OF THE STANDARD SPA; GEORGE

resort on a cliff top high above the Indian Ocean would likely never happen now. It was built, and furnished, with hand-cut volcanic stones; antiques scavenged from around the island decorate the 59 thatched-roof villas; and at the spa—a temple of reflecting pools, pavilions, and a rebuilt traditional Joglo house trucked in piece by piece from central Java—treatments include a \$975 three-hour, head-to-toe exfoliation-and-massage bonanza for two. Also on the menu are ESPA antiaging body and face treatments, along with a battery of Balinese rubdowns employing hot stones and multiple hands.

Doubles from \$260; bulgarihotels.com

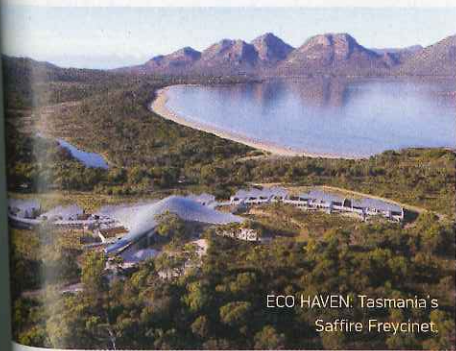
TIP: Possibly the best amenity is the reef-ringed private beach, a stretch of sand unreachable except via the hotel's inclined elevator.

SAFFIRE FREYCINET, AUSTRALIA

At this undulating, ecologically pristine glass-and-timber hideout with 20 rooms on Tasmania's Freycinet Peninsula, just breathing the air may be therapy enough. But the staff further enhances the trip to the Southern Hemisphere with a massage or foot-and-scalp treatment when you arrive. Once you've settled in, let your muscles melt under hot granite stones from the nearby Hazards range, a bamboo scrub, or whatever off-menu ablutions the men's specialists prescribe. Beyond the massage table, there are oyster-slurping excursions into nearby wetlands and canoe trips through pelican molting grounds.

Suites from \$1,450; saffire-freycinet.com.au

TIP: Book passage to Schouten Island on the resort's private boat to see Australian fur seals and teeming coral reefs and have a locavore beach lunch sent over by chef Hugh Whitehouse, a big deal Down Under.



ECO HAVEN, Tasmania's Saffire Freycinet.

EDITION ISTANBUL, TURKEY

Ian Schrager, the godfather of boutique hotels, christened his second Edition property last month, an archminimalist stone-and-wood masterpiece that just might make beige sexy again. And since it's housed in the city that's synonymous with the hammam, the property's ESPA spa is a tri-level modern spin on the Turkish steam bath—all sleek, polished stone and hammered-bronze basins (with the added luxe of leather-floored treatment rooms). Get your hide buffed with updated treatments that use traditional *kese* mitts, olive soap, milk, and honey. And then cryogenically ease whatever still pains you in the snow cabin.

Doubles from \$433; editionhotels.com

TIP: ESPA's startlingly thorough facials employ an ultraviolet Wood's lamp to reveal years of wear and tear, which a therapist treats with a tailored regimen that might include Hawaiian algae or Benzoin oil.

CASTELLO DI VICARELLO, ITALY

After proprietors Carlo Baccheschi Berti and his wife, Aurora, returned to their native Italy from a stint in Indonesia, they created this seven-room medieval Tuscan retreat and added an Asian vibe to the spa. They employ a masseur from Kerala, India, who leads guests through a range of Ayurvedic therapies in the property's eco-conscious wood-and-glass treatment facility. Along with the infinity pool, it's about the only modern addition to this restored 12th-century micro-hamlet surrounded by Vicarello's own vineyard and acres of trail-laced woodland. The resort also presses its own olive oil and grows much of its own produce, which you



MEDIEVAL MOOD: The 12th-century Castello di Vicarello melds the rustic charm of old Tuscany with Ayurvedic influences and treatments.

THE BEST OF THE REST, FROM THE ALPS TO THE HIMALAYAS

THE DOLDER GRAND, SWITZERLAND

After a \$490 million face-lift, spectacular glass-and-steel wings now curve around the venerable, turreted Dolder, which features a 43,000-square-foot spa with panoramic views of Lake Zurich and two new restaurants, one of which just earned a second Michelin star.

Doubles from \$574; thedoldergrand.com/en



HOTEL MARQUÉS DE RISCAL, SPAIN

This second Spanish masterpiece from Frank Gehry is an undulant pile of multi-hued titanium and steel ribbons. Almost as big a draw is the spa, which offers antiaging wine- and grape-based treatments. The wine is good to drink, too, which you'll confirm while exploring the Rioja region.

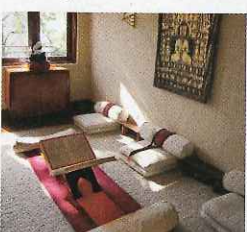
Packages from \$575; hotel-marquesderiscal.com/en



ANANDA, INDIA

A century-old palace sits at the center of this resort, nestled among 100 acres in the lush foothills of the Himalayas. Receive seaweed body wraps, study yoga, sip banana lassis while overlooking the holy town of Rishikesh (frequented by the Beatles), and go white-water rafting on the Ganges.

Doubles from \$515; anandspa.com



THERME VALS, SWITZERLAND

Carved out of a mountain in the remote alpine village of Vals, Pritzker-winning architect Peter Zumthor's minimalist palace features indoor and outdoor pools and baths constructed out of locally quarried quartzite with views of the snow-capped Alps.

Doubles at Hotel Therme (admission to baths included) from \$100; therme-vals.ch/en



DELAIRE GRAFF, SOUTH AFRICA

This ultra-luxe resort includes a world-class vineyard and spa; 10 lodges, each with an infinity pool; and Indochine restaurant. When you arrive, enjoy the Jet-Lag Detox, and spoil yourself afterward with the Gentleman's Grooming Package and glasses of the multiple-award-winning Cabernets and Sauvignon Blancs.

Lodges from \$1,275; delaire.co.za



can help Aurora turn into a delectable supper. Suites from \$540; castellodivicarello.com

TIP: The ultimate way to experience Castello is to rent the whole place, which is the only option during the off-season.

DAR HI, TUNISIA

Not since *Star Wars* filmed here has Nefta, Tunisia, seen anything so fantastical as this 17-room walled retreat by the French designer Matali Crasset. The Desert Bauhaus-style structures are scattered around a central courtyard scored by miniature canals. Slip into a pair of babouches and sleep in either a suite on concrete stilts with floating bow windows and outdoor showers, or a "Troglodyte" room inspired by local cave dwellings and lit by skylight. A natural hot spring heats the swimming pool and powers the turquoise-tiled hammam, where local masseurs will scrub and rub you with clay and salt from the nearby Chott El Jerid salt flat.

Doubles from \$425; dar-hi.net

TIP: Dar Hi's owners are building a cabin in a nearby oasis and have planted lush, organic gardens in an attempt to reintroduce the lost art of desert farming.

PARROT CAY, TURKS & CAICOS

The COMO Shambhala spa at this classic private-island compound offers a stress-management program run by an Ayurvedic doctor and a treatment menu featuring an acupuncture-shiatsu-massage combo, Javanese-style bath regimens that use oat bran and yogurt, and slippery rhythmic rubdowns in which either a male or a female therapist (your choice—the spa is evenly staffed) does inspired things with warm scented oils. Afterward, golf-cart it back to the main white-washed, day-bed-filled resort for some pool time with Sandy Bullock and Keith Richards.

Suites from \$545; parrotcay.como.bz

TIP: Do as Parrot Cay's celebrities do and spend an evening getting kneaded in the ultra-private Spa Cottage, which has its own steam room, outdoor shower, and, best of all, dinner service.

VICEROY SNOWMASS, COLORADO

The Viceroy chain's antler-modern resort, seven miles from Aspen, brings a lively après-ski scene to an otherwise sleepy—if slope-pressed—village. And if you overdo it on the mountain (or at the bar), refer to the menu at the 7,000-square-foot spa, which offers treatments inspired by Asia (the Kiyoshi Ritual is a facial that includes wasabi extract), the Ute Indians (the Bear Dance Ritual includes a sandalwood-and-fir body wrap), and the ancient Norse (the Sami Zen Energy Ritual has a mas-

THE FINEST SPAS FOR FOODIES

WHERE TO INDULGE IN THE FARM-TO-MASSAGE-TABLE EXPERIENCE.

FARMHOUSE INN, CALIFORNIA

Produce from the gardens of this Sonoma County inn could end up on your plate—or your face. In the Michelin-starred kitchen, chef Steve Litke dresses roasted guinea hen with sautéed endive and pairs seared local foie gras with house-made brioche; on the inn's private porches, therapists administer apple-and-honey facials and grape-seed-oil massages.

Doubles from \$345; three-course dinner, \$69; farmhouseinn.com

WINVIAN, CONNECTICUT

At this whimsical retreat in the Litchfield Hills—where accommodations include a tree house, a greenhouse, and a cottage built around a helicopter—chef Chris Eddy whips up menus based on the garden. The dish of the day could be a lardon salad with beets, wax beans, and house-dried raisins, or a local lamb chop with minty raita and crispy samosas. The spa offers an array of massage styles that include Swedish, aromatherapy, Ashiatsu, and herbal poultice. Cottages from \$650, all-inclusive; three-course dinner, \$90; winvian.com

TWIN FARMS, VERMONT

Dinner choices at this central Vermont resort depend on local producers but will likely include vegetables from Fable Farm cooperative, herbs and mushrooms from expert foragers Les Hook and Nova Kim, cheese from Boyden Valley Winery, and

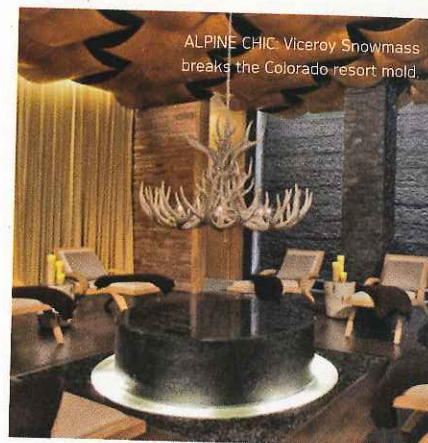
handmade kimchi from a neighbor. (The 26,000-bottle wine list is the only constant.) An obsession with freshness extends to the spa, which uses preservative-free Arcania products. Rooms from \$1,300; twinfarms.com

CAVALLO POINT, CALIFORNIA

At this old army fort in Sausalito, the menu at the Michelin-starred Murray Circle restaurant includes buttermilk-poached halibut, rabbit with smoked dates, and braised baby artichokes; The medi-spa offers acupuncture, hypnotherapy, clinical massage, and Chinese Gua Shua. Doubles from \$285; tasting menu, \$85; cavallopoint.com

BLACKBERRY FARM, TENNESSEE

At this resort in the Smoky Mountains—with its own cheese-maker, forager, butcher, baker, and chocolatier—rabbit wrapped in country ham, house-ground burgers, and home-made pickles are a few of Joseph Lenn's specialties. And food wonks go nuts when chefs like David Chang come to cook. A spa highlight is the Mountain Spring Mint Mojito, an aqua massage combining mint from the farm with an Aveda rum-and-sugar scrub. Rooms and cottages from \$795, all-inclusive; blackberryfarm.com



ALPINE CHIC: Viceroy Snowmass breaks the Colorado resort mold.

sage set to Joik chanting).

Doubles from \$150; viceroyhotelsandresorts.com

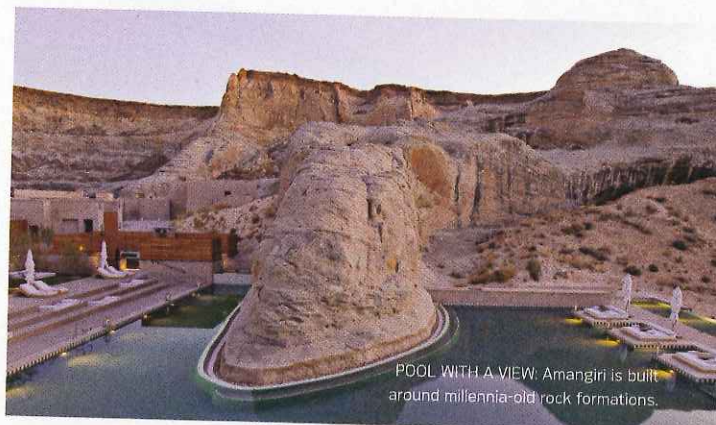
TIP: The new base camp also has three new high-speed lifts, an upgraded snowboarding half-pipe, and a new ski school at Elk Camp Meadows, which is mostly free of cross-traffic from other trails.

AMANGIRI, UTAH

The Amanresorts group's latest U.S. hideaway sits secreted away in Canyon Point, near the Arizona border, next to an Indian reservation. Designed to blend into the surrounding sandstone, the mesa-shaped buildings hold 34 rooms and a 25,000-square-foot spa where therapists administer Himalayan-salt scrubs, flotation therapy, and Thai massage against a backdrop of millennia-old rock formations. It's in that wilderness, says assistant GM Andrew Alkenbrack, where most men have their "game-changing experiences," enjoying *via ferrata* rock climbing, ATV slot-canyon explorations, and chopper flights over the Grand Canyon. "We have as much luxury as you can handle," Alkenbrack says, "but the landscape is as rugged as you'll find."

Suites from \$1,000; amangiri.com

TIP: Ask the staff to hook you up with a fully tricked-out luxury houseboat for a day on Lake Powell, 15 minutes away.



POOL WITH A VIEW: Amangiri is built around millennia-old rock formations.