



promoting Health & Wellness

The majority of travelers take a vacation for one reason - to relax! But, how many of those travelers can truly state they enjoyed some self-indulgence during their getaway? These spas promote your well being. Whether it's an [hour-long massage](#), [facial](#) or [more complex treatment](#)...it's time to spoil yourself!

Grander Level of Indulgence

If you're planning on spending any time at Walt Disney World, a scheduled stop at Walt Disney World's [Grand Floridian Resort & Spa](#) is in order! The opulent resort has elevated guest service to a grander level of indulgence with a full-service spa and health club. The luxurious spa offers a broad, balanced program of beautifying and wellness services designed to lift the spirit, relax the body and invigorate the mind.

Inside the 10,000-square-foot sanctuary of the Victorian-themed spa, guests can indulge in therapies and treatments that incorporate the aromatic essential oils of Florida grapefruit, orange, tangerine and lemon.

Unique treatments for couples and young guests are some of the spas' special offerings. Couples can feel their cares melt away as they experience relaxing massages together in a romantic candlelit treatment room.

Youngsters are never too young to spa with specialized treatments ideal for little ones. Disney's My First Manicure or My First Pedicure treatments offer 25 minutes of princess-like indulgence for guests 4-12 years old. The My First Facial was designed to introduce the basics of good skin care. This 25-minute session gives tips for a lifetime of healthy skin. www.disneyworld.com

De-stress, Relax, and Revitalize

If it's over-the-top indulgence you're after - a visit to [Mandarin Oriental Miami](#) is in order. Deserving spagoers receive a complimenting and exclusive selection of treatment rituals that have been designed to de-stress, relax, and revitalize. The 15,000-square-foot spa features 17 private treatment rooms that each use textures such as bamboo, rice paper, glass and natural linens to achieve a harmonious balance. Six stunning suites, located on the top

floor of the spa, offer the ultimate spa experience. Two of the spa's spacious, split-level Mandarin Suites include a personal multi-jet tub overlooking the tranquil water of Biscayne Bay, two are custom-designed for Thai massage, and two are especially designed for couples wishing to share their experience. Each of the treatment suites reflects their own personal and absorbing sense of place. www.mandarinoriental.com

Top-five Hotel/resort Spas in North America

Many discerning guests who travel to **The Breakers Palm Beach** crave the chance to disconnect from the demands of a stressful routine, and they count on The Spa at The Breakers as a destination for rejuvenation.

Recognized as one of the top-five hotel/resort spas in North America, The Spa at The Breakers offers a luxurious haven for pampering and renewal that is complimented by its prized-oceanfront location. It is the proud recipient of the 2009 Mobil Four-Star Award and recognized as one of America's Best Hotel and Resort Spas by Mobil Travel Guide, reflecting the resort's commitment to deliver the best spa experience to its customers with services of the highest quality.

The 20,000-square-foot indoor/outdoor spa exudes a relaxed feel of residential elegance that was recently enhanced with a complete refurbishment. There are 17 treatment rooms, including several Spa Suites that accommodate a series of services in one indulgent experience. Massages can also be enjoyed in outdoor settings such as the new Oceanfront Sanctuary or private, day-use bungalows, both with direct views of the Atlantic Ocean.

The Breakers menu of services is regularly updated with new and interesting signature treatments that focus on personal-

ization. www.thebreakers.com

Don't have the time to spend at a resort? Throughout the state a number of day spas are available and waiting to pamper visitors.

Affordable Spa Services

[Englewood] Just south of Sarasota, **Charles of the Village Salon and Day Spa**, provides their guests with affordable spa services. A licensed massage therapist works with natural heated oils to offer soothing relaxation for tired and sore muscles. Sea Salt Body Scrub is a gentle, invigorating exfoliation; Parafango Body Treatments, with paraffin and mineral-enriched sea muds for exfoliation, firming and toning. Experiences can range from a simple manicure or pedicure to luxurious half- and full-day spa treatments.

888-753-6115 | www.charlesofthevillage.com

Voted "Best Day Spa"

[Englewood] **Emmett's Spa & Beauty Center** is consistently voted "Best Day Spa" by the residents of Englewood, located between Sarasota and Venice. Among its specialties are an Anti-Stress Back Treatment: Organic Moor Mud with powerful soothing effects is applied to entire back, neck and shoulders; a therapeutic massage then encourages the immediate release of stress while relieving sore muscles, aches and pains. As a final relaxing touch, a tension relief gel is applied that simultaneously soothes the skin. Other popular treatments include an innovative, holistic Green Coffee Body Wrap for cellulite and a firming, detoxifying and relaxing Seaweed Body Wrap.

941-475-3310 | www.emmettspa.com *

- Leonard A. Rubinstein, M.D., F.A.A.C.S.

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