

Soothe Moves

Written by Written by Melissa Larsen / Photographed by Cassandra Tomei

These out-of-this-world spa treatments do more than melt knotty muscles. Whether they are one-of-a-kind, utterly luxurious or pay homage to our desert home, these seven experiences will make you say “aaah.”



Take Flight As one of Miraval's signature treatments, the award-winning Spirit Flight doesn't just allow guests a little r-n-r; it enables them to explore the mind-body-spirit connection. During the Spirit Flight, a full-body massage is paired with the healing practices of Spiritual Shamanism and drumming and is rounded out with acupuncture, craniosacral therapy and spinal alignment. In fact, this renewing experience isn't even referred to simply as a treatment; it is a ceremony. www.miravalresorts.com.



Water Works

Water takes a luxurious turn as a prevalent presence during the Citrus Ritual at Royal Palms Resort and Spa's Alvalora Spa. Ninety minutes of bliss commences with an exfoliating body therapy on heated stone tables while water cascades from above. Outside, an eight-foot waterfall shower waits to provide a final rinse. After stepping out of an herbal whirlpool bath, saturated with citrus flower essences, relaxation-seekers are treated with a gentle massage with a hydrating honey and orange blossom lotion. www.royalpalms.com.

Best Face

Forward Utilizing a machine so costly that it is believed to be the only one in the Valley, the HydraFacial, available at Spa Avania at Hyatt Regency Scottsdale Resort and Spa at Gainey Ranch, is a breakthrough treatment that thoroughly exfoliates skin and painlessly extracts impurities. Most importantly, the newfangled facial hydrates parched skin, which is an epidermis epidemic in the dry desert, and is a cure-all for most skin issues, from wrinkles to hyperpigmentation. www.spaavania.com



Element of Surprise

Why limit your spa experience to just an hour or two when The Ritz-Carlton Spa, Dove Mountain offers a full day of full-on luxuriating? Find Your Element is inspired by nature and designed to help spa-goers feel more balanced by determining their key element and aligning it with qualities of other elements (water, fire, earth, metal and wood). Find Your Element comprises a custom spa lunch; a personalized fitness and wellness review; a pedicure; an Embracing Your Elements treatment (including a massage); and a sweet take-home gift: jewelry featuring the gemstone of the main elemental color. To cap off the day of decadence and discovery, the spa bids guests adieu with a Champagne send-off. www.ritzcarlton.com/dovemountain.

You're a Gem

Move over, diamonds—turquoise is the gem du jour at JW Marriott Desert Ridge Resort's Revive Spa. Via the spa's signature Turquoise Blue Sage Body Ritual, which employs the age-old wisdom of Native Americans, guests experience deep relaxation starting with a cleansing body polish and body mask that awaken the skin and exude the energy of turquoise. The treatment concludes with a deeply penetrating massage, using the essences of turquoise, sage and wild mint, which balances and hydrates the body. www.jwrevivespa.com.

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Haute Air

Without having to step foot into a stuffy doctor's office, Canyon Ranch offers a medical-grade treatment that corrects skin conditions and takes years off of a guest's appearance. Ageless Oxygen Boost...The Ultimate! is designed to build collagen and elastin, increase cell turnover and hydrate thirsty skin. Plus, the treatment has the power to protect skin from problem-causing environmental pollution as well as less-than-desirable effects of aging. www.canyonranch.com.

Natural Beauty

It might sound good enough to eat, but The Spa at Camelback Inn's Natural Agave Toning Wrap is designed to treat the body—not the taste buds. The full-body exfoliation uses ingredients like ginger root, alfalfa leaf, paprika, barley and agave nectar to soothe and smooth and results in skin that is hydrated, glowing and line-less. What's most unique about this treatment—and most Spa at Camelback Inn treatments—is that the pros researched ways that indigenous people applied these botanicals and ingredients to their bodies as well as source products that contain the actual ingredients that they would have used in times of yore. www.camelbackspa.com.

“Learn how to exhale. The inhale will take care of itself.” —Carla Melucci Ardito