

## Northern Exposure - Sedona Based Enchantment Resort

Written by Written by Melissa Larsen / Photographed by Jackie Mercandetti  
Wednesday, 30 September 2009 01:00 -

---

**Though Sedona-based Enchantment Resort is home to one of the world's top spas, Mii amo, the incredible fare is every bit as fabulous as the facials.**



Here are few places more stunning than Arizona's Red Rock Country in the autumn. The orange leaves that fall from the trees match the far-off crimson cliffs, and the weather is cool and crisp while Scottsdale and Phoenix are still feeling some backlash from the toasty summer. And there are few places more magical to enjoy these Northern Arizona autumn delights than Boyton Canyon's Enchantment Resort.

Most locals—and anyone who loves a spectacular spa getaway—know that Sedona's Enchantment Resort is home to Mii amo, one of the world's top spas as made apparent by its figurative trophy-case full of awards and accolades. While there's no denying the magic of Mii amo's divine treatments (the Mii amo signature facial is bliss) and activities (the vortex walk provides great insight into the mystical aspects of Sedona), Enchantment Resort also boasts some of the top fine dining in Sedona, courtesy of its Yavapai Restaurant. While your appetites gear up for Thanksgiving next month, we found that Enchantment Resort might just be the place to prime your palate for the holiday ahead.

Though the menu at Yavapai changes seasonally, chef Steven Bernstein's bill of fare always includes impeccable seafood dishes (like the out-of-this-world abalone), meaty offerings and divine pasta. Such dishes are best enjoyed at dusk as the sun lowers behind the red cliffs—the restaurant offers incredible views of the so-close-you-could-touch-them rocks. The dessert menu reads like a few lines of delicious poetry: You might catch the Symphony of Chocolate, the gold-leaf chocolate praline and the banana-bourbon bread pudding. Even Yavapai's ubiquitous cheesecake is jazzed up with a coconut graham crust and paired with lavender ice cream. And the Sunday Champagne brunch attracts both Sedonans and those willing to travel far and wide (or at least two hours from the Valley).



If breaking away from Mii amo spa is just too hard to bear—and we completely understand—the spa's cafe has delish, health-driven delicacies to tide you over. Chef Bernstein whips up one of the most incredible gnocchi dishes that we've ever tasted: the pecorino gnocchi with crimini mushrooms, peas, cipollini and red pepper alfredo sauce (the chef let us in on the secret ingredient—he uses half-and-half in his alfredo sauce to cut the calories). For your morning meal, the apple-and-cottage cheese griddle cakes and blue corn waffles are not to be missed. We also suggest that you sign up for chef Bernstein's cooking demo at Mii amo where he might teach you to make everything from spaetzle to a tuna sashimi salad.

Tastefully in the Raw is another dining option for those who want a do-it-yourself kind of meal within the comforts of their casita. To participate in Tastefully in the Raw, Enchantment guests order from a list of meats, seafood, veggies and more. The goods are then delivered to their casita, which not only has a fully equipped kitchen but an outdoor barbecue as well. Then, guests can grill up their very own alfresco feast—or one of the Enchantment Resort chefs can do the work for you.

Now that your hunger pangs have been satisfied, don't leave Enchantment Resort without enjoying Sedona's great outdoors. The resort offers guided hikes for nearly all levels of expertise (the hike from Enchantment to the lovely Kachina Woman rock formation is a short yet picturesque option) as well as the aforementioned vortex walk in which you can learn about Boyton Canyon's long-abandoned caves and what others see in the famed rock formations. If you're looking for an adventure of the four-wheeled variety, take a ride with the Pink Jeep Tours (the tours embark from charming downtown Sedona, but a shuttle can pick you up from the resort). The tour will take you up close and personal with Red Rock Country's most stunning landscapes; the Pink Jeep staff can even pack a picnic lunch for you if you'd like. But hold on—it's going to be a bumpy, albeit beautiful, ride.