

THE (UN)DRESS CODE: ETIQUETTE GUIDE TO SPAS AND SAUNAS

Condé Nast Traveler

SPECIAL ISSUE
TRAVEL & HEALTH

TRUTH IN TRAVEL

JUNE 2011

**Costa Rica's
RAIN FOREST
WORKOUT**
(Kayak, hike, zip-line!)

**Sweden's
FOUNTAIN
OF YOUTH**
(Freeze, sweat, eat!)

**China's
TAI CHI MASTERS**
(Punch, kick, focus!)

**300+
PLACES
TO FEEL
GREAT
NOW**

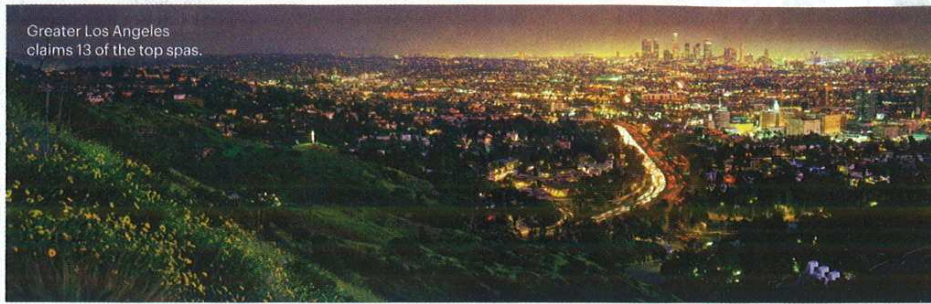
READERS' POLL

BEST SPAS in the
United States,
Mexico, Caribbean
& Canada

INVESTIGATION

What you *really* need
to know about
travel vaccinations





Greater Los Angeles claims 13 of the top spas.

31

The number of top-rated spas in California—more than anywhere else in North America.

TREND #4

PAMPER WITH PRINCIPLES

Taking a cue from the recent surge in eco-friendly practices, many spas are doing their part for conservation by using sustainable local ingredients:

◆ **Four Seasons Resort Costa Rica at Peninsula Papagayo:** Locally sourced, freshly ground organic coffee beans are employed to exfoliate skin, increasing circulation and reducing the appearance of cellulite (the holy grail). The 60-minute treatment ends with an application of a fragrant coffee moisturizer (\$145).

◆ **Regent Palms, Turks and Caicos:** Utilizing one of the coastline's most abundant resources, the 30-minute Mother of Pearl Body Exfoliation includes a scrub using hand-crushed local conch shells (\$85).

BRING THE SPA HOME

Spain's Natura Bissé Honey Scrub turns into a luxurious oil upon contact with skin (naturabisse.com; \$105).



Top 20 Mexico and Central America



Rank	Spa Name	Overall	Treatments	Staff	Facilities	Rooms	Basic
1	Maroma Resort and Spa, Riviera Maya, Mex.	96.6	94.9	97.4	97.4	10	\$125
2	Four Seasons Resort Costa Rica at Peninsula Papagayo	96.4	94.6	96.8	97.9	19	\$145
3	Le Méridien Cancun Resort & Spa, Mex.	96.4	95.7	97.8	95.7	14	\$115
4	Esperanza, Cabo San Lucas, Mex.	96.1	96.0	96.2	96.2	15	\$160
5	Fairmont Mayakoba, Riviera Maya, Mex.	94.7	93.0	95.5	95.5	20	\$139
6	Aventura Spa Palace, Riviera Maya, Mex.	93.9	94.4	93.0	94.4	75	\$125
7	Excellence Riviera Cancun, Mex.	93.8	90.6	93.8	96.9	15	\$110
8	Pueblo Bonito Emerald Bay, Nuevo Mazatlán, Mex.	93.6	92.3	96.2	92.3	11	\$90
9	Four Seasons, Punta Mita, Mex.	93.3	94.1	91.4	94.3	11	\$150
10	One&Only Palmilla, Los Cabos, Mex.	93.0	94.8	92.2	92.1	13	\$165
11	JW Marriott Cancun Resort & Spa, Mex.	91.2	92.5	87.0	94.2	17	\$120
12	Ritz-Carlton, Cancún, Mex.	90.6	90.0	88.7	93.0	8	\$145
13	Moon Palace Golf & Spa Resort, Cancún, Mex.	90.2	92.5	89.5	88.7	39	\$125
14	Cancun Palace, Mex.	89.9	91.3	91.3	87.0	20	\$125
15	Sun Palace, Cancún, Mex.	89.7	94.9	94.9	79.5	10	\$125
16	La Casa Que Canta, Zihuatanejo, Mex.	89.6	90.6	93.8	84.4	4	\$95
17	The Tides, Zihuatanejo, Mex.	89.4	90.9	90.9	86.4	5	\$90
18	Excellence Playa Mujeres, Mex.	88.9	90.5	90.5	85.7	6	\$110
19	Pueblo Bonito Sunset Beach Resort & Spa, Cabo San Lucas, Mex.	88.4	85.7	85.9	93.5	16	\$120
20	Pueblo Bonito Pacifica Resort & Spa, Cabo San Lucas	86.7	85.0	85.0	90.0	7	\$120

Top 25 Atlantic and Caribbean



Rank	Spa Name	Overall	Treatments	Staff	Facilities	Rooms	Basic
1	Ritz-Carlton, Grand Cayman	97.1	95.7	96.7	98.9	17	\$200
2	Regent Palms, Providenciales, Turks and Caicos	96.8	100	90.5	100	16	\$135
3	Parrot Cay, Turks and Caicos	96.7	100	95.0	95.0	9	\$150
4	Nisbet Plantation Beach Club, Nevis	94.3	96.6	93.1	93.1	2	\$111
5	Hotel Guanahani & Spa, St. Barts	93.3	92.0	92.0	96.0	7	\$175
6	Sandals Royal Plantation, Ocho Rios, Jamaica	93.3	95.0	95.0	90.0	4	\$130
7	Caribe Hilton, San Juan, P.R.	92.9	93.8	93.9	90.9	15	\$115
8	The Reefs, Bermuda	92.4	96.0	96.0	85.1	7	\$129
9	Rosewood Little Dix Bay, Virgin Gorda, B.V.I.	92.3	90.1	93.4	93.5	8	\$135
10	Peter Island, B.V.I.	92.1	90.5	90.5	95.2	10	\$160
11	Jade Mountain, St. Lucia	91.9	95.2	95.2	85.0	2	\$95
12	Four Seasons Resort, Nevis	91.2	91.2	90.1	92.3	12	\$145
13	Bitter End Yacht Club, Virgin Gorda, B.V.I.	90.1	100	91.7	78.3	3	\$105
14	CuisinArt Resort & Spa, Anguilla	89.5	92.2	94.1	82.4	16	\$125
15	Ritz-Carlton, Rose Hall, Montego Bay, Jamaica	88.9	90.9	84.8	90.9	11	\$115
16	Couples Swept Away, Negril, Jamaica	88.0	89.7	89.7	84.6	7	\$110
17	Renaissance Aruba Resort & Casino	88.0	85.7	92.9	85.2	6	\$115
18	Cap Juluca, Anguilla	87.9	91.5	89.4	83.0	2	\$140
19	Fairmont Southampton, Bermuda	87.4	87.5	85.0	89.9	15	\$189
20	El Conquistador Resort & Golden Door Spa, Las Croabas, P.R.	87.2	90.2	86.6	84.8	25	\$115
21	Jewel Dunn's River, Ocho Rios, Jamaica	87.0	88.5	92.0	80.8	7	\$90
22	Atlantis, Paradise Island, Bahamas	86.9	84.7	85.6	90.4	35	\$145
23	Sandals Whitehouse European Village & Spa, Jamaica	86.7	88.0	84.0	88.0	10	\$130
24	Anse Chastanet, St. Lucia	86.1	91.7	91.7	75.0	8	\$93
25	St. Kitts Marriott Resort & The Royal Beach Casino	85.1	85.1	85.1	85.1	9	\$115

★ Overall score | 🏠 Treatments | 👤 Staff | 🛋️ Facilities | 🏠 Number of treatment rooms | 💰 Basic massage