

# R H A P S O D Y

January 2017

**Michael Keaton**

In the driver's seat

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**Spa Day** Treatments worth traveling for  
**The Nakasendō Trail** Hiking through Japan's imperial past  
**Timeless Appeal** How to score the best vintage watches

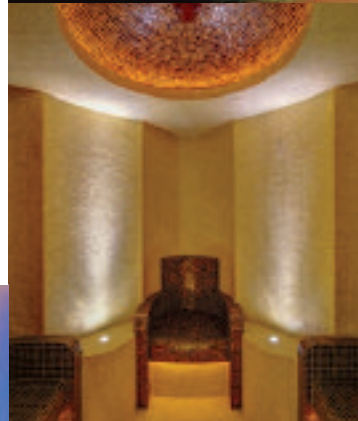
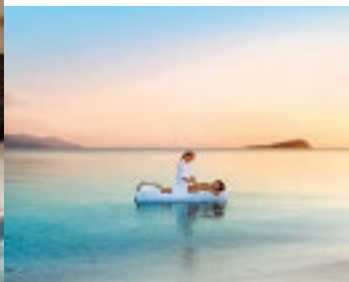
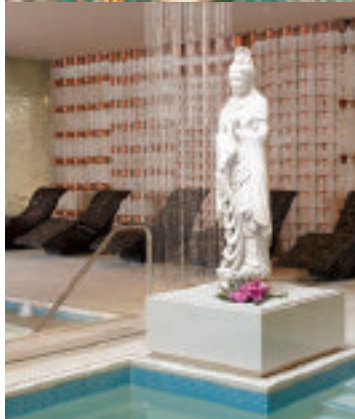
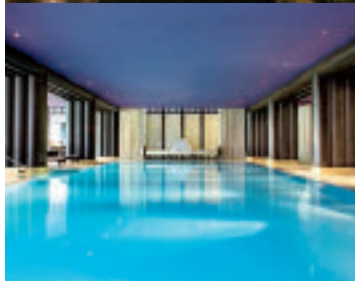
**UNITED** 

A STAR ALLIANCE MEMBER 



# Treatments Worth Traveling For

Start off the new year with a little pampering. From a massage *in* the ocean to a game-changing emotional retreat in England, we've rounded up the 20 most unique—and must do—spa and wellness treatments from around the world. Get ready to relax.



SOMERSET, ENGLAND

### The Arrigo Programme

When you arrive at your personal Arrigo Programme retreat, an “angel” will lead you to your cottage—your safe haven for the next four days of talk therapy, acupuncture, astrology, and more. “Angel” is fitting because what happens here is nothing short of a miracle. Whether you’re feeling burned out or beyond repair, Fiona Arrigo, a psychotherapist and intuitive healer, will help you get to the root of your problems—and get past them. She believes in intense therapy, and her loving yet direct approach is remarkably effective. By focusing on you and allowing yourself to be nurtured, you’ll learn tools that will change your life. Looking for healing further afield? She just announced a 10-day retreat in India in March. *4 days, €6,140, [thearrigoprogramme.com](http://thearrigoprogramme.com)* —EC



LAS VEGAS

### Four Hands Massage The Spa at Encore

Normal doesn’t really exist in Vegas—and that extends to the spa. At the massive and opulent Encore, opt for the Four Hands Massage and prepare to have your mind blown. Two therapists work in tandem to eliminate every kink and ache across your body. Suddenly, a two-handed massage feels so old fashioned. *50 minutes, \$370, [wynnlasvegas.com](http://wynnlasvegas.com)* —EC



NEW YORK CITY

### Deep Tissue Experience

The Peninsula Spa New York

Twenty-one floors above the honking cabs and nagging deadlines of New York City, healing is possible. The Peninsula Spa’s signature Deep Tissue Experience is the perfect have-it-all New York treatment for those of us who can’t decide between a massage and a facial, a body scrub or a body brushing. Want a head massage, too? As you wish. Your therapist begins with a ceremonial foot cleansing and talks you through the two-hour treatment so you’re mentally prepared for each step. You choose the scents for your massage oil and body scrub and then shower and lie down on the table, ready to say goodbye to all

your stress—and, oh, you will. The dry brushing invigorates your skin, while the rhythmic nature of the body scrub soothes. The intense massage hits all the trouble points you want it to, and the delicate yet thorough facial cleansing leaves you feeling calm and refreshed. Finally, the therapist pulls the last bits of tension from you as she gently massages your scalp. When it’s all over, you can’t move; the state of relaxation is too great. So, of course, you don’t go back to work, but rather head over to the pool and sundeck to spend the rest of the day in peace. *2 hours, \$550, [newyork.peninsula.com](http://newyork.peninsula.com)* —EC

CARMEL, CALIFORNIA

### Hypno-Health

Spa Aiyana, Carmel Valley Ranch

Dr. Bee Epstein-Shepherd is some kind of magician. If you regularly spend nights lying awake, unable to shut off your brain, do yourself a favor and spend 80 minutes with her. She’ll teach you self-hypnosis to have more control over your mind. The best part? She’ll give you a recording of your session so you can listen to it anytime you need a follow-up. *80 minutes, \$495, [carmelvalleyranch.com](http://carmelvalleyranch.com)* —EC



Barbara Craft (Encore)