

## OFF DUTY

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## ADVENTURE &amp; TRAVEL

## Subliming Al Fresco

Massage under the Napa Valley stars? Body scrubs in a rain forest? Spa treatments are moving into the great outdoors

BY KELLY MICHÈLE GUEROTTO

**URNS OUT**, your mom was right when she urged you to play outside more. According to countless studies, the sun boosts vitamin D levels and natural light elevates mood. Yet spa treatment rooms, presumably the

setting for an infusion of well-being, often resemble mausoleums.

Realizing that a bit of fresh air can do the mind and body wonders, a host of hotels have begun offering services outdoors, from eucalyptus wraps under the stars to volcano-mud masks in the middle of a rain forest. For your next spa experience, why not take it outside?

➔ **Nayara Springs**  
Costa Rica's Nayara Springs resort is accessible only by footbridge. Opened at the end of last year, the getaway's treehouse-like bungalows are so immersed in the rain forest surrounding Arenal Volcano National Park, it's not uncommon to spot a rainbow-billed toucan perched on a railing. Guests take treatments, such as massages involving nutrient-rich volcano mud, on open-air lanais that hang over lush palms, ferns and orchids. The cries of howler monkeys, parrots and orioles provide the aural backdrop, and each private-treatment villa includes its own plunge pool, fed from local sulfuric hot springs. [nayaraspings.com](http://nayaraspings.com)

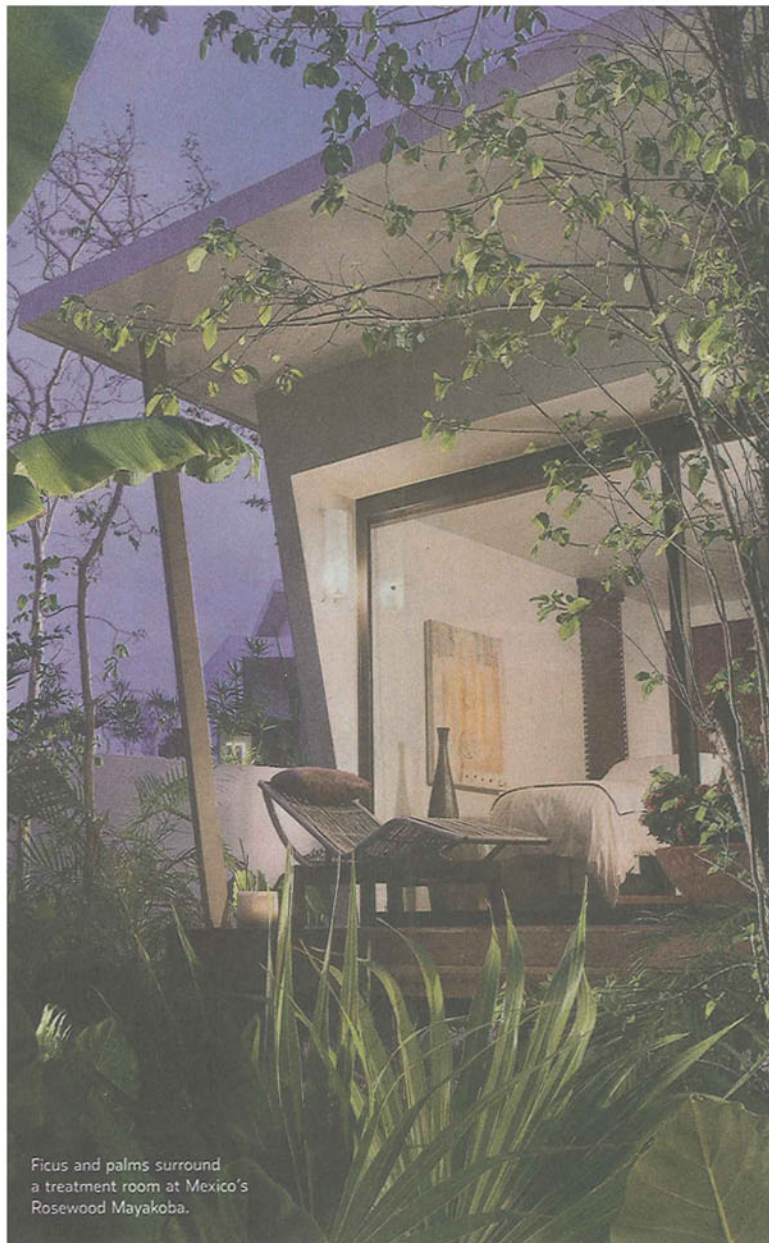
➔ **Carmel Valley Ranch**  
Tucked between the coastal city of Carmel-by-the-Sea and the foothills of the steep Santa Lucia Mountains,

Carmel Valley Ranch sits on 500 acres of California wine country. Earlier this month, the resort's Spa Aiyana debuted its Starlight service. Treatments such as the Bee Beautiful body therapy—in which guests are cocooned in a wrap of calendula and honey from an on-site apiary—are conducted on a heated wooden deck under the night sky. Centuries-old oak trees provide seclusion as a light mist rolls in from the sea. The menu of services is also available by day, when Pinot Noir vineyards and lavender fields can be spied through the Spanish moss draping the ancient oaks. [carmelvalleyranch.com](http://carmelvalleyranch.com)

➔ **Rosewood Mayakoba**  
Far from the madding spring breakers, set back from a mile-long strip of white Caribbean beach between Cancún and the town of Playa del Carmen, is Rosewood Mayakoba.

The resort is planted among 1,600 acres of emerald-green waterways and mangrove forests, and its spa, Sense, sits on its own island. Wellness rituals incorporating local ingredients, such as aloe and agave cactus, can be taken in lagoon-side palapas, or on the edge of the spa's cenote (a natural limestone pool that the Mayans believed to be an entrance to the underworld). If the balmy breezes and blue-green of the sea lull you to sleep, an antidote is available: a body scrub with naturally stimulating Mayan cacao. Guests who want to connect with the spiritual aspects of the spa's *temazcal*, a traditional Mayan steam bath taken in a stone hut, may request that a shaman attend the ritual. [rosewoodhotels.com](http://rosewoodhotels.com)

➔ **Spring Creek Ranch**  
Practicing yoga in the shadow of a 13,770-foot peak gives new meaning to holding mountain pose. Located above Jackson Hole, Wyo., on a butte overlooking gray-green sagebrush flats, rolling foothills and the snow-tipped Teton Range, Spring Creek Ranch is surrounded by expansive scenery that encourages you to breathe more consciously. Weather permitting, guests participate in yoga classes on the lodge's Great Lawn or take massages in the resort's authentically constructed teepee, its flap folded back to let in the earthy scent of spruce and sage, and the songs of swallows and kestrels. [springcreekranch.com](http://springcreekranch.com)



Ficus and palms surround a treatment room at Mexico's Rosewood Mayakoba.

➔ **Cheval Blanc Randheli**  
The spa in Cheval Blanc's second hotel (the first is in the French Alps) opened late last year on the palm tree-studded Randheli Island in the Maldives, with programs created by French fragrance and cosmetics brand

Guerlain. Guests indulging in the treatments are escorted to the offshore spa island via *dhoni*, a traditional Maldivian sailboat. A wooden deck stilted over the unrelentingly turquoise Indian Ocean serves as a treatment room as well as a site for can-

delit yoga sessions. For sun worshipers, the spa offers a Randheli Sun Ritual, which preps skin for sunbathing (and promises to prolong one's tan) with an exfoliation and a massage using a color-enhancing oil. [chevalblanc.com](http://chevalblanc.com)



The open-air treatment pavilion at Costa Rica's Nayara Springs.