

american spa

AUGUST 2018

THE SPA & WELLNESS AUTHORITY

NATURAL
renewal



THE LODGE AT WOODLOCH
(HAWLEY, PA)

www.americanspa.com

RADAR

a look at the latest spa trends, treatments, offerings, and retail items

exclusive enclave

On the stunning Mediterranean shores of southern Sardinia, Forte Village Resort (Pula) is home to **Acquaforte Spa**, which recently debuted a private thalassotherapy spa. Guests can now relax in the exclusive 3,250-square-foot space with three thalasso pools, made up of a sea oil pool, a whirlpool, and a high saline pool; a sauna; a hammam; and a solarium. The area also features a double massage area, a sensory shower, and freshly prepared food service upon request. Located in a lush garden where complete privacy is guaranteed, it comes complete with its own separate entrance, reception, and changing rooms. The space, which serves as the perfect couples' retreat, can accommodate a group of up to 10 people. It's private pampering at its best. —HEATHER MIKESELL

Spa-goers can relax in the thalasso pools located in the stunning garden area.

Star gazers can get their celestial fix at the observatory, which overlooks Cal-a-Vie.

calming cosmos

Taking advantage of the night sky and its many wonders, **Cal-a-Vie Health Spa** (Vista, CA) recently launched the Celestial Experience as part of its ongoing lecture series. The one-hour star-gazing session will take place each Monday night at the observatory, which is positioned on top of a hill overlooking the grounds at Cal-a-Vie. The two-story building comes complete with eight flat-screen TVs, a state-of-the-art Takahashi telescope and imaging technology, and 26 seats from the original Houston Astrodome. Linked to numerous health and wellness benefits, star-gazing is just one of many mindful pursuits offered at the destination spa. Spa-goers who participate in the program will learn about specific deep space objects through lectures and telescope viewings, including their distance in light years and general concepts about space and time. Says owner John Havens, “We do body so well at Cal-a-Vie, why not have a great venue to open our guests’ minds to thinking about things we do not think about on a regular basis—like our solar system.”—*H.M.*

suite immersion

Guests at Andaz Maui at Wailea Resort (Hi) can get a taste of the suite life thanks to the launch of the new wellness-centric Nanea Suite Experience (starting at \$1,499 per night). Created in partnership with **Awili Spa and Salon**, the three suites, which are located along the spa’s Tranquility Pool, provide an elevated experience with daily spa treatments, an in-room aromatherapy dispenser, healthy snacks and cold-pressed juices, sheets from Comphy Co., a private fitness class per day, evening turndown with an aromatherapy pairing, a Philip Stein Sleep Bracelet to improve sleep quality, two complimentary robes and slippers to take home, an all-access pass to the spa facility, and more. “The word *nanea* in Hawaiian means tranquil or relaxed,” says spa director Jackie Yulo. “It’s a literal state of being. The experience and its elements were built around this word and its meaning with the hopes that our guests find peace and total relaxation during their stay and leave feeling rejuvenated from the inside out.”—*H.M.*



KNITTING CIRCLE

As spa-goers look for new ways to slow down, spas are responding by introducing more intentional pursuits, such as mindful knitting. Jessica Meyrowitz, founder of It's a Yummy, is a designer and a knitter who creates handmade throws, pillows, hats, scarves, and more using a custom-made 100 percent merino wool yarn. Teaching mindful knitting classes throughout the country, she will be leading a workshop at **Golden Door Spa** (San Marcos, CA) from Aug. 5-9. “I started the Yummy Mindful Knitting Workshops at destination spas and resorts, because spas are about healthy living, wellness, creativity, and exploration—exactly the intrinsic properties that one finds through knitting,” says Meyrowitz. “Knitting and spa-ing are a natural and cohesive combination. Knitting is a mindful and creative process that not only provides the participants with numerous health benefits but also each person who participates in the Yummy Mindful Knitting Workshops will leave with a skill—knitting—and a scarf they created.”—*H.M.*