

# Spas Around The World

by Ellen Sarbone

*We've all been told "Beauty is more than skin deep." Yet there are multitudes of spas, resorts, and beauty facilities that specialize in keeping the face and the body beautiful. The reason becomes clearer all the time as research continues to prove that health and wellness depend on fitness and relaxation.*

If you're looking for a healthy vacation, the choices are limitless, from a local day or weekend getaway to a week-long spa program in Europe, complete with full medical evaluation by a doctor and a personal treatment plan with daily schedule.

## NORTHERN CALIFORNIA

You can find relaxing, therapeutic springs or spas as close to home as Marin, where several quality centers offer a variety of services. **Frogs**, located in Fairfax, is a popular spa featuring several hot tubs and Bay Area's hottest sauna, all in an outdoor garden setting.

In Mill Valley, **Tea Garden Springs** offers herbal baths, aromatherapy, acupuncture,

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moxibustion, body wrap and massage treatments. Before beginning these treatments, guests are invited to relax in an atmosphere of an ancient Chinese tea garden and sip special teas and herbal elixirs.

Also in Mill Valley is **F. Joseph Smith Massage Therapy Center**, which offers private outdoor hot tubs, dry sauna, garden and a wide range of therapeutic massage services.

And in San Anselmo, **Shibui Gardens** specializes in the Swedish Technique and offers three outdoor hot tubs and various massage techniques.

Just to the north, in the world-famous California Wine Country, there are many health centers featuring variety of therapeutic services. **Sonoma Spa**, in Sonoma, offers body mud treatments, herbal wraps, facials and massage services.

**Golden Haven Hot Springs**, in Calistoga, offers mud and mineral baths, massage, facials and private spa

facilities for couples.

Further away, in the Tahoe National Forest, is the **Sierra Hot Springs**, a row of rustic hot springs half a mile long. Besides hot and warm mineral pools, guests can choose steam and aromatherapy baths, massage and various other healing treatments.

**Wilbur Hot Springs**, in Williams, is a rejuvenated turn-of-the-century hotel set in 240 acres of idyllic rolling foothills. Its Bath House offers private baths with varying water temperatures, and an outdoor pool, along with a massage program featuring Swedish, Shiatsu and Trager methods.

**Vichy Springs Resort** in Ukiah offers mineral baths, herbal facial and body treatments and therapeutic massages, all on a 700-acre ranch covered with myriad wildflowers during Spring.

## EUROPE

Look to Europe for a revitalizing and therapeutic vacation. Spain, for example, has over 2,000 mineral springs and about 100 operating spas in thermal centers around the country.

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**Gran Hotel La Toja** near the town of El Grove on Spain's Atlantic coast houses a magnificent spa offering three main programs: anti-stress, beauty/ hydrotherapy and slimming. La Toja's waters are known for aiding skin problems, physical aches, rheumatism and arthritis. After a treatment, open the large french doors and sit out on your private terrace overlooking the park grounds and the sea.

Further north, **Gran Hotel Puente Viesgo** offers therapeutic waters helpful for circulatory problems, stress and anxiety, arthritis and rheumatism. Treatments include exercises in the thermal swimming pool, hydrotherapy baths, steam rooms, massages, high pressure showers, mud packs and inhalation.

Andorra, the tiny country in the Pyrenees between Spain and France, is a European mecca for duty-free shopping.

Andorra offers many other reasons to visit, including the Central Thermal Spa at the scenic **Hotel Roc Blanc** in the heart of Andorra-Escalades, where the mineral springs vent right along the river. Dr. Ricardo Tolosa Garcia and his highly trained staff of nurses, physical therapists and cosmetologists offer a plethora of services - treatments for circulatory problems, cell regeneration, rheumatism and anti-aging.

The Netherlands has a wonderful, little-known ancient therapeutic spa, **Thermae 2000**, in Maastricht, "the Paris of Holland." A day-long visit to this intriguing walled city 30 minutes away by air from Amsterdam will give you the opportunity to sample the Thermae 2000 Spa complex, but a better option is to stay at the ultra-modern **Thermaetel** hotel. Connected to the spa, the entire complex combines the futuristic world of a Space Odyssey with the sybaritic seriousness of a European health spa offering indoor/outdoor thermal pools and whirlpools with water slides, jet geysers and gentle streams.

For further information contact: In Northern California - Tea Garden Springs (415) 389-7123; Sonoma Spa (707) 939-8770; Golden Haven Hot Springs (707) 942-6793; Sierra Hot Springs (916) 994-3773; Wilbur Hot Springs (916) 473-2306; Vichy Springs Resort (707) 462-9515; In Spain - Gran Hotel La Toja (986) 73 00 25, Gran Hotel Puente Viesgo (942) 59 80 61 or Spanish Government Tourist Office (213) 658-7188; In Andorra - Hotel La Roc Blanc (628) 21 4 86; The Netherlands Board of Tourism Los Angeles office (310) 348-9333.

