



SCINTILLATING SANCTUARIES

Los Cabos has long been perfecting the art of renewal, but over the past several years it has risen as one of the top spa havens in the world — and for good reason. Scores of wellness-seekers have weighed in on their most exquisite spa experiences, and Los Cabos resorts have consistently garnered top awards for their lavishly rejuvenating treatments and customized services. Whether you're looking for a tranquil space to unwind or a complete transformation and healing, Los Cabos is the ideal place to find tranquility and regeneration.

BY LAURA JENKINS

For those who prefer the heart and soul of the city, The Spa at Sandos Finisterra Los Cabos offers a best-of-both-worlds retreat.

Utilizing an enchanting array of superb products, every treatment is designed to nurture, balance and revitalize. Immerse yourself in a Mayan Milk Whirlpool Bath, or let a cool, soothing layer of volcanic mud ease muscle tension and unwind spasms. Indulge yourself with the Repêchage Four Layer Facial, a premier antiaging treatment that *Cosmopolitan UK* called “the best facial of the century.” For those

who prefer more privacy, The Sea Spa & Salon provides private off-site services with just 24 hours’ notice. And be sure to check out its exclusive line of skin care products.

For those who prefer the heart and soul of the city, The Spa at Sandos Finisterra Los Cabos offers a best-of-both-worlds retreat, providing a sensual oasis that’s situated near some of the most festive hot spots in the area. This

state-of-the-art wellness facility incorporates massage techniques from around the world, giving patrons the opportunity to sample holistic practices from a variety of exotic locations. The Caribbean Breeze is a soft, relaxing massage that utilizes spiral seashells to relax the muscles and harmonize the senses. The Polynesian Dance massage incorporates techniques inspired by the Hawaiian art of lomilomi, which stimulates lymphatic circulation and promotes the elimination of toxins. There’s also plenty of pampering to be had apart from the spa’s six luxurious treatment cabins. Hydrotherapy tubs and showers, multiple pools with varying temperatures, steam baths and an invigorating solarium are only a few of the remedies that soothe, mend and revive. Add in the breathtaking views of San Lucas Bay and it all adds up to a panoramic spa experience.

YHI Spa at the ME Cabo hotel prides itself in being more of a boutique spa. It is small enough to provide unprecedented personal attention but expansive enough to offer activities and therapies that engage the whole person. Hydrotherapy lays the all-important groundwork for all of YHI’s services. “We have a spa valet that guides you through the hydrotherapy circuit,” says Ricardo Adame Carbajal, manager at YHI. “First we take you to the sauna, then to the waterfall, and finally you submerge yourself in the Jacuzzi. The hydrotherapy circuit improves your relaxation before and after the treatment, which is certain to enhance the experience. At YHI Spa we offer not only the best therapies,


auriga
 In harmony with the celestial rhythm
 of the universe

For an appointment, call:
 52.624.163.4300
spa.pedregal@auriga-spa.com


CAPELLA™
 PEDREGAL
 CABO SAN LUCAS



but also the finest products.”

The Playa Grande Spa is also a favorite among those who frequent Los Cabos, in large part due to the spa’s cutting-edge, multisensory approach. The aim is to soothe and regenerate spa guests with everything they hear, see, taste, smell and touch. The Pinda Sweda Herbal Massage, for example, begins with warm muslin poultices filled with steaming herbs applied directly to the skin. The Hot Stone Massage integrates powerful aromatherapy and volcanic pumice stones, while the exotic Bamboo Massage targets deeper tissue with the added benefits of lymphatic drainage and improving sensory nerve perception.

When it comes to awards and accolades, Los Cabos spas are some of the most celebrated facilities in the world. Garnering the designation as the top Spa in Latin America by *Travel + Leisure* magazine, The Spa at Esperanza has received a World Spa Award



A unique Spa integrated into the Cabo granite mountain



Tel: +52 (624) 145 6700
Sandos.com





and is also listed in *Condé Nast Traveler's* Top 25 Spas in Mexico and Central America. Rooted in a strong connection to nature and surrounding culture, as an Auberge Spa, Esperanza holds a firm belief in the healing power of pleasure. Handcrafted salves and oils, yogic techniques and fluid movement are the hallmark of the blissful Auberge treatments.

The One&Only Palmilla resort has landed on the exclusive *U.S. News & World Report's* Best Hotels in Mexico list and has also won spa awards from *Condé Nast Traveler* and *Travel + Leisure*. The spa's signature rituals and ancient healing techniques have undoubtedly contributed to its reputation as one of Mexico's premier destination spas, but it's also known for its unique programs that cater to a wide variety of individual needs.

The Wellness Center offers personal sessions on biofeedback, yoga, correcting body mechanics, fitness, flexibility training and breath work, while the Family Sanctuary gives parents and children the opportunity to enjoy abbreviated side-by-side treatments and relaxation.

Another celebrated jewel in Los Cabos' spa crown is Secrets Marquis Los Cabos, which was named one of the Leading Spas in Mexico by *SpaFinder Magazine*. Situated on the shores of the Sea of Cortés, Secrets Marquis boasts more than 15,000 square feet of luxury wellness facilities and a stunning list of unique treatments that even spa aficionados will find rare and refreshing. Sun worshippers can minimize skin damage with the nourishing Water Lily Sun Relief treatment, while those who are in

need of stress relief can indulge in Sabai Mineral Therapy, a remedy that heals and repairs using micronized minerals blended with rich aromatic oils.

There is perhaps no greater honor than garnering rave reviews from visitors who have actually been to resorts and highly recommend them to others. Las Ventanas al Paraíso, Cabo Azul Resort and Hilton Los Cabos Beach & Golf Resort have received plenty of love from travel devotees, as all three received TripAdvisor Traveler's Choice Awards in 2013. Spa offerings like Holistic Twilight Ceremonies (Las Ventanas), a Purifying Opal Cleanse (Cabo Azul Resort) and a Zen Circulation Wrap (Hilton Los Cabos) have undeniably contributed to Los Cabos' stellar reputation as a port of exceptional tranquility.

RICARDO ADAME CARBAJAL:

MASTERING THE ART OF WELLNESS

BY LAURA JENKINS

You might say Ricardo Adame Carbajal is the quintessential spa concierge. He is one of those rare people who have so much life experience and skill training that they're custom-made for a leisure daydream. With degrees in tourism and marketing, Carbajal has proven his attention to learning what travelers crave. Additionally, his certification and extensive training in restorative skills such as Reiki, aquatic therapy, Thai massage, and even protocol and good manners (no, really) define him as someone who is acutely tuned in to the heartbeat of the spa experience. "For me, the concept of YHI Spa is that we don't sell massages; we offer experiences," he says. "I hope that every person who visits here has the best spa experience of their life. I want them to encounter something so different that they'll remember it for the rest of their lives. We work very hard to accomplish that."

A native of Guadalajara, Carbajal studied law in college, but soon realized it wasn't his calling. After a four-year trek to Japan, he moved to Los Cabos and began studying the healing arts of the body, becoming a massage therapist. His passion for wellness led him to broaden his holistic training, and eventually he realized that, above all, he wanted to create exquisite spa experiences.

YHI's spa menu confirms this mission with the unique treatments and services that Carbajal oversees. The Vichy Suite, for example, involves lying on a bed underneath a healing rain shower — an experience he describes

as "sleeping in the rain." YHI is also one of the few spas in Los Cabos to offer a temazcal, a type of sweat lodge experience rooted in Aztec and Mayan traditions. This purifying steam ritual is designed to cleanse a person spiritually, mentally and physically.

"YHI Spa is a paradise," Carbajal says. "It's an oasis, a sanctuary of peace inside the hotel. We are a smaller spa, and that gives us the opportunity to receive people as unique customers, much like a friend. For us, you are not another customer. For us, you are you."

