

# Restorative Retreats

Los Cabos is the perfect example of everything that's right in the spa industry. Eschewing a one-size-fits-all model, the spas on the tip of the Baja peninsula have spared no effort or expense to make sure they're on the cutting edge of wellness. No matter where you go in Los Cabos, you'll undoubtedly leave feeling renewed. Welcome to regeneration paradise.

BY LAURA JENKINS









## SPAS



## HONORS

Out of the 25 spas *Condé Nast Traveler* named as the top spas in Mexico and Central America, eight of them are in Los Cabos. Auriga Spa at Capella Pedregal is all about the custom experiences they can craft for each individual. Each regimen is rooted in one of the four phases of the moon, based upon whether you need to feel grounded, awakened, balanced or cleansed and renewed. Add in a gourmet spa cuisine lunch, a hair and makeup session, or a candlelit massage with Champagne and you'll be glowing by day's end.

Armonia Spa at Pueblo Bonito Pacifica Resort & Spa and Pueblo Bonito Sunset Beach Resort & Spa elevate the relaxation factor with their Four Hands Massage treatments. Two massage therapists work in tandem so that both your upper and lower body are stimulated and relaxed at the same time. Many have said it creates a deep sense of well-being. Both locations also offer a temazcal treatment, which originated in the pre-Hispanic culture of Mesoamerica. This steam bath ritual has detoxifying and deep healing properties.



The Spa at the Cabo Surf Hotel & Spa Beachside utilizes a spectacular line of skin-care products designed to protect and restore. The cleansers, astringents and toners will leave your body feeling pure, and the signature body butters, lotions and vitamin-infused sunscreens will keep it that way.



The Sea Spa at Grand Solmar Land's End Resort & Spa utilizes all of the nourishment nature has to offer. Heated volcanic stones, tropical fruit, silk proteins, bamboo stalks and aromatic oils are only a few of the

natural elements that will guide you into a more blissful state than you could have imagined.

The spas at Esperanza, the One&Only Palmilla, Las Ventanas al Paraíso and the Grand Spa at Playa

Look as young as you feel!!



# Rejuvenation *action*



## Return Home Looking Younger!

KISS GOODBYE TO YOUR WRINKLES, LARGE PORES, ACNE SCARS, SUN SPOTS, and SAGGING SKIN

*Spa Cielo use a multi-faceted approach to recapture youthfulness, helping you to feel as good as you look and look as good as you feel. Spa Cielo offer customized programs for overall health including diet and nutritional and total skin and body rejuvenation: Whether battling acne, rosacea, hyper-pigmentation, sun damage, unwanted hair or just that loose flaccid skin that comes with age; Our cosmetic laser center will help your skin overcome its challenges. Using the latest technologies in light and laser therapies and newest cosmetic procedures, we will give your complexion a glowing and radiant appearance.*

Cathy Dammann is a Medical Aesthetics Practitioner and has certifications in Aesthetics, and Light and Laser Therapies. She is a member of the International Association for Physicians in Aesthetic Medicine and the recent recipient of the 2012 "Successful Women of the Baja" by Baja Traveler Magazine. She has made numerous appearances on talk shows including Oprah. Spa Cielo's physicians and staff are trained and certified in United States and Mexico and are bilingual. Spa Cielo Laser and Wellness Center holds a five star rating and received the "2013 & 2014 Award of Excellence" from Trip Advisor and has the experience you look for in a laser medical spa, with 10 years in Los Cabos area, 14,000 patients and over 70,000 procedures performed, Spa Cielo is your answer to skin and body rejuvenation.

**Call for appointment:**

Toll Free US Line: 425-216-3019 México Line: 011-52-624-105-2209 [www.spa-cielo.com](http://www.spa-cielo.com)  
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## SPAS

Grande round out the Los Cabos facilities that made *Condé Nast Traveler's* list.

### HOLISTIC TREATMENTS

Yhi Spa at ME Cabo has a very focused but simple approach to wholeness and healing. What could be better than an abundance of oil being lovingly applied to all of the tired, weary aching spots on your body? The Abhyanga treatment, which literally means to touch with "love," is a deeply relaxing and energy-balancing technique for anyone who needs to get rid of all the toxins that accumulate as a result of stress and fatigue.

In addition to all of their signature massages, facial and skin treatments, Spa Sandos at the Sandos Finisterra also offers a menu of therapies designed to return your body to idyllic equilibrium. Shiatsu, lymphatic

draining and Polynesian Dancing massages draw on ancient traditions to rid your system of accumulated impurities. They also offer a Thai massage and a number of aroma-based therapies that will bring your body into a more harmonious state.

Finally, make sure to check out the enticing menu at Aura Spa at the Wyndham Cabo San Lucas. Your hands and feet will tingle with energy as salves of mint, coconut, lime, vanilla and aloe are tenderly applied and massaged into every pore. The spa's calming and equalizing facials are very popular, as are the detoxifying body wraps, which utilize elements like patchouli, jasmine, bamboo and lemongrass.

### LUXURY

For those who prefer a more opulent setting, there are a number of Los Cabos spas that cater to more

demanding tastes. Las Ventanas al Paraíso is known worldwide for its atmosphere of cultivated indulgence and opulence. Let their highly skilled practitioners give you a head-to-toe makeover, that will lift you physically and spiritually. Holistic Twilight Ceremonies, Spiritual Chilam and Grounding Equilibrium Shirodhara are only a few of the transformational techniques that await guests at this posh resort.

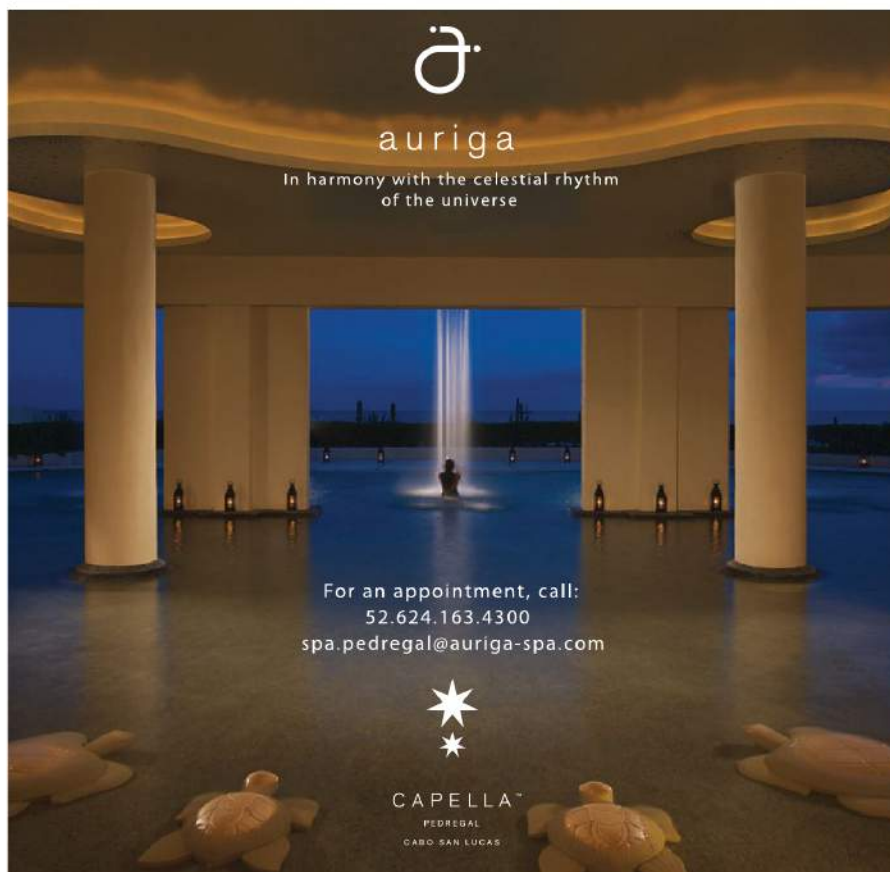
Your path to pampering at the One&Only Palmilla begins with a brief stroll through a tropical garden. Shortly after your pleasant walk, you'll arrive at a hidden door that leads to your private villa, and the spoiling begins. The spa's treatment philosophy is rooted in unwinding, restoring and elevating. Massage, poultices, stretching and obsidian hot stones are all part of the Mayan Deep Tissue Pindas Ritual. The facility also offers detox, fitness and beauty regimes and an extensive menu of services for expectant mothers.

The Secrets Marquis Los Cabos is a 15,000-square-foot spa lovers' paradise, brimming with luxury at every turn. In addition to the lavish beauty of the property, you can get a caviar facial, a coffee seduction manicure or simply unwind with one of the spa's sumptuous massages.

### BEAUTY AND WELLNESS

The Spa at the Cabo Surf Hotel & Spa Beachside utilizes a spectacular line of skin-care products, designed to protect and restore. The cleansers, astringents and toners will leave your body feeling pure; and the signature body butters, lotions and vitamin-infused sunscreens will keep it that way. No matter which of their magnificent services you choose, your skin will thank you.

One of the newest yoga retreats in Baja California Sur, Pachamama Mexico Yoga Retreat and Boutique Hotel in Todos Santos, offers a





## A TINY TREAT

BY LAURA JENKINS

If you've ever had a pedicure, you know that most spas offer an array of services, from basic file and polish appointments to deluxe therapies that involve paraffin, hot stones and various scrubs and masks. But chances are, you've never been to a fish spa. And if you haven't, you're missing out on one of the most cutting edge therapies of the 21st century.

Despite what the name implies, a fish spa isn't where trout go relax. It's a place that offers organic treatments whereby tiny fish nibble on your feet's dead skin cells, increasing blood flow. Garra Rufa, also known as "doctor fish," are tropical, freshwater fish mainly found in Turkey. In recent years, spas have awakened to their regenerating potential, and fish spas have popped up all over the world.

Fish Spa Cabo offers the dynamic treatments at three locations in Los Cabos. For more pampering, visit their luxury locations at Playa Grande Resort and Spa in Cabo San Lucas and Secrets Puerto Los Cabos in San José del Cabo. For a more casual setting, stop by Mango Deck, which accepts clients on a first-come, first-served basis.

Fish Spa Cabo goes to great lengths to make sure that their treatments are both sanitary and humane. Upon arrival from Turkey or Asia, the fish are quarantined and given antibiotics to ensure that they are healthy. Once they're put to work, the tank is sanitized once a minute by ultraviolet rays. Roughly every eight months the fish are given a "vacation" in a separate tank, where they get a month of respite and replenishment. For more information, visit [fishspacabo.com](http://fishspacabo.com).



fantastic beachfront location on the Tropic of Cancer — a place to balance chakras and let the energy flow. Guests have the option of staying at a luxury villa or in one of seven teepees made out of adobe and *palo de arco*, with modern interiors and an eco-chic ambience. Pachamama's packages offer various disciplines of yoga and meditation, as well as services at the spa, temazcal and the organic, predominantly vegetarian kitchen.

Spa Cielo Laser Center and Medical Esthetic Day Spa has been heralded by the likes of Oprah, Dr. Phil and *Good Morning America*. Quite simply, this is a place to turn back the clock. Non-surgical face-lifts, tanning, lash extensions, laser hair and vein removal, and microdermabrasion are only a few of the rejuvenating treatments that can take years off your appearance. They also offer traditional massage and chiropractic services, which just goes to show that no matter what you're looking for in a spa vacation, you'll find it in Baja Sur. ■

YHI SPA

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