

[TRAVEL & RECREATION]
SPA



BLISSFUL JOURNEYS

ARIZONA SPAS GO BEYOND BASICS TO CREATE EXPERIENCES THAT CONNECT THE MIND AND BODY AND PROMOTE SELF-DISCOVERY.

By Susan Lanier-Graham

Located on the Pima Maricopa Indian Reservation, Aji Spa at Sheraton Wild Horse Pass Resort and Spa asked Pima and Maricopa cultural caretakers to develop journeys that utilize traditional Native American techniques and practices. **Thoachta**, or "healing," by Belen Stoneman treats guests to a treatment that combines massage, polarity and ancient Pima healing techniques. The experience begins with a brief consultation before Stoneman lets a guest's body guide her hands. At the end, she shares what the person's body and spirit communicated to her. *110 minutes, \$270-\$310, 5594 W. Wild Horse Pass Blvd., Chandler, 602.385.5759, wildhorsepassresort.com*

Waldorf Astoria Spa at The Boulders offers a **Journey of the Sacred Circle** inspired by the medicine wheel and the four cardinal directions. Experience a warm-stone, full-body massage in the east's Awakening; a sage wrap and cranial-sacral work in the south's Desert Sage Detox; cleansing and exfoliation in the west's Renewal; and another full-body massage in the north's Desert Dance Ritual. We recommend walking the on-site labyrinth to bring your journey to a harmonious close. *75 min. each, \$220 each or \$790 for series, 34631 N. Tom Darlington Drive, Carefree, 480.595.3500, theboulders.com*

Embark on your journey at Well & Being at Willow Stream spa at Fairmont Scottsdale Princess with the **Well & Being Journey Massage** (90 minutes, \$249), which lulls guests into a state of deep relaxation, or with the **Havasupai Falls Rejuvenation** (120 minutes, \$329), which incorporates indigenous Southwestern ingredients, such as a desert salts scrub and herbal salt soak. Conclude the journey with a visit to the therapeutic grotto waterfalls. *7575 E. Princess Drive, Scottsdale, 480.585.2732, scottsdaleprincess.com*



DESERT DISCOVERIES From top: Unwind in the Fairmont Scottsdale Princess' pool before or after a Willow Stream spa service; Belen Stoneman weaves native healing techniques into Aji Spa's treatments; experience deep relaxation during the Well & Being Journey Massage.

