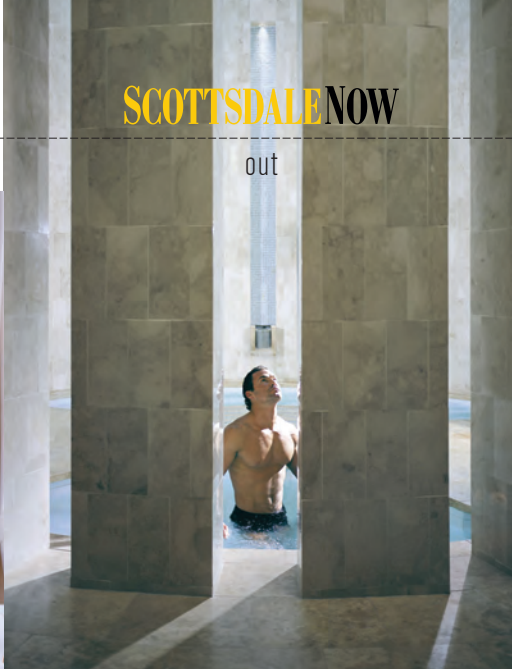


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Performance Massage (60 min.), which combines massage, stretching and acupressure to help improve balance and swing rotation. Another great option is the Men's Fitness Facial (60 min.), with a deep cleansing and soothing aloe to help combat the Arizona sun. 480.585.4848; www.scottsdaleprincess.com.

Agave, The Arizona Spa at The Westin Kierland Resort & Spa

Agave's treatments are customized for you, so you can pick any massage from the menu and specify the aroma, pressure, and areas of emphasis. One specialty is the Table Thai Massage (80 min.), which combines acupressure and stretches without the use of massage oils. Another great option is the Men's Executive Facial (50 or 80 min.), which includes deep cleansing, mild exfoliation, and a face, neck and shoulder massage. 480.624.1000; www.westinkierland.com.

AHH... SPA

Men are discovering the pleasure of a day at the spa

BY SUSAN LANIER-GRAHAM



VH Spa at Hotel Valley Ho

VH Spa embraces the mid-century modern vibe of the hotel. Guys often prefer The Deep End (60 or 90 min.), which is a deep tissue massage designed to reach multiple layers of muscle. Rock + Roll (60 or 90 min.) is a VH Spa take on a hot stone massage, using heated basalt

and Guasha stones with warm birch sticks. The spa also offers a 90 min. HydroPeptide Anti-Stress Facial with a classic facial plus an anti-stress mask with echinacea, cranberry and pomegranate. 480.248.2000; www.hotelvalleyho.com.

The Spa at Four Seasons Resort Scottsdale at Troon North

The spa here customizes its treatments for each guest, so you can select from the general spa menu with confidence. Some of the favorite treatments for men include the Golfers' Massage (50 or 80 min.), which uniquely uses warmed golf balls and stretching techniques to help relieve tight muscles. Another great treatment is the Healing Hiker's Massage (80 min.), which focuses on the legs and uses mountain arnica and sage to relieve soreness. The Gentleman's Facial (50 min.) not only deep cleanses the face, but includes a targeted foot treatment. 480.515.5700; www.fourseasons.com/scottsdale.

While some men remain doubtful about a day at the spa, many are discovering the benefits of a day of pampering. Not only does spa time help you relax, but it is an essential part of helping keep your skin healthy and your body in tune.

When you book a treatment, you can enjoy a full day at the spa to use such facilities as the fitness center, resort pools, a sauna, steam rooms and whirlpools. Complete details of the spa facilities are listed on each website.

These are a sampling of treatments in Scottsdale designed for men—but remember, you can book any of the treatments on the spa menu and your technician will customize it to fit your needs.

Well & Being Spa at Fairmont Scottsdale Princess

Every visit to Well & Being should include time in the grotto waterfalls, eucalyptus inhalation room, and adult rooftop pool. Most of the massages can be tailored for men, but one favorite is the Golf