

out



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.

For each of these spas, with your treatment you are entitled to 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 Phoenix 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.

Spa Biltmore at the Arizona Biltmore

Spa Biltmore uses a variety of organic and vegan ingredients in its spa products. Two favorite treatments for men are the Magnesium Muscle Ease (45 min.) with body exfoliation, focused massage, and the application of magnesium for relaxation, and the Gentleman's Facial (60 or 90 min.), which utilizes botanicals and vitamins to treat men's common skin concerns. 855.689.2878; www.arizonabiltmore.com.

Alvadora Spa at the Royal Palms Resort

Alvadora Spa is a quiet, intimate retreat at the foot of Camelback Mountain. The Mediterranean-style spa has quiet indoor-outdoor courtyards and fireplaces. The



AHH... SPA

Men are finding discovering the pleasure of a day at the spa

BY SUSAN LANIER-GRAHAM

signature Citrus Ritual (80 min.) is popular with both men and women. It starts in the Acqua Dolce suite with a full-body exfoliation on heated stone tables, a full-body massage, and time to relax in the garden tub on your private patio. Men also enjoy the Gentleman's Facial (25, 50 or 80 min.), which is based on a traditional barber experience, and the Gentleman's Pedicure (45 min.), which includes a eucalyptus foot soak and exfoliation. 602.840.3610; www.royalpalmsresort.com.

The Centre for Well-Being at The Phoenician

Some of the more popular treatments for men at The Centre for Well-Being include

Spa Tips for Men

1. Arrive early. Allow at least 20-30 minutes before your appointment time.
2. Turn off your cell phone. Calls—and texts—are taboo at the spa.
3. Shower before your massage. If there is a steam room or whirlpool at the facility, they can be essential in helping you relax.
4. It's good to be clean-shaven before your facial, but you should not shave within about four hours of your facial.
5. Talk to your therapist when you arrive in the treatment room and explain any pain issues, sensitivities or other concerns.
6. Underwear is optional. Your technician is an expert at draping your body for modesty. Most people find they are much more comfortable without underwear.
7. Don't forget to tip 15-20 percent, but do be aware that some spas automatically add this amount to your bill.



the Natural Man Organic Facial (50 or 80 min.), which uses organic products customized to your skin type; the Well-Being Hot Stone Ritual (50 or 80 min.), which uses heated stones to soothe your muscles; and the Phoenician Back Treatment (50 min.), which includes a deep cleansing, exfoliation, extractions, and a mask along with a scalp or hand massage. 480.941.8200; www.thephoenician.com.