

October 2015

Your conscious life

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M A G A Z I N E

Sustainable *spas* in Arizona

feel good about feeling good

ECOPRENEUR ERIN SCHRODE

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Sustainable spas in Arizona:

▲ Alvadora Spa at Royal Palms Resort and Spa, A Destination Hotel

BY SUSAN LANIER-GRAHAM

Spas, those oases of tranquility and relaxation, were once considered a luxury. Today, we understand the value of a spa day for our physical and mental health and wellbeing. Additionally, when spas promote green practices and sustainability, it gives us a chance to feel good about feeling good – and to give back at the same time.

Agave, The Arizona Spa at Westin Kierland in Phoenix recently launched a resort-wide “Be Greener” program focusing on a sustainable lifestyle. Both the resort and spa work to blend a luxury resort stay with low-impact living practices.

The spa is named for the indigenous agave plant, which is used in many of the treatments. Arizona is home to 12 species of the agave succulent, which was once an integral part of life in the southwest. You can experience the use of agave by booking the signature Agave Enchantment therapy. This 80-minute hydrating treatment utilizes desert plant extracts and essential oils. kierlandresort.com

Alvadora Spa at Royal Palms Resort and Spa, A Destination Hotel sits at the base of Camelback Mountain in Phoenix. According to the spa’s director Sara Huddleson, Alvadora offers all “clean” products. “We research every single ingredient before adding a product line to our menu. We will



▲ Agave, The Arizona Spa at Westin Kierland

only partner with companies that have green and sustainable practices and products,” said Huddleson.

In addition to treatments that use these clean products – try the Citrus Ritual with its distinctive orange blossom lotion – Alvadora now offers the SPA DÉHP (pronounced deep) enrichment experience. SPA DÉHP is a customized, intense but non-invasive wellness therapy that promotes insight and healing. royalpalms.com



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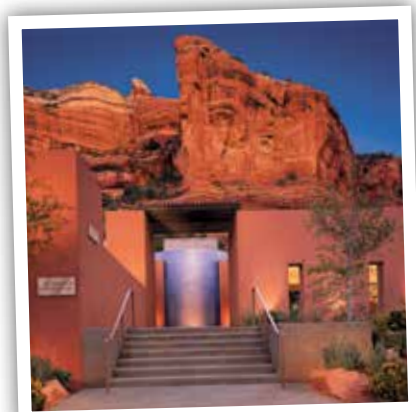
▲ ▼ Jurlique Spa at Kimpton's FireSky Resort in Scottsdale

Jurlique Spa at Kimpton's FireSky Resort in Scottsdale has an elemental theme which focuses on natural, organic and environmentally friendly products. The spa has its own branded spa products created with certified organic and biodynamic herbs from the spa's own herb farms.

In addition to using sustainable products, FireSky is a 4-key Green Key certified property, a Green Seal certified resort, a TripAdvisor GreenLeader and recipient of the Arizona governor's tourism award for "Best Green Tourism." The resort and spa focus on environmental preservation, recycling, using energy-saving and water-saving appliances and promoting eco- and social-consciousness. fireskyresort.com

Mii amo is a luxury destination spa in Sedona's Boynton Canyon. Set amid massive red rocks, this is likely one of the world's most beautiful spas. According to Spa Director Robert Vance, Mii amo has a long-term relationship with Body Bliss, a Sedona-based manufacturer of organic essential oils.

Many of the Mii amo treatments use locally grown sage and sweetgrass. One new treatment, the Hozhooji, or Mii amo blessing treatment focusing on gratitude, uses both the sage and sweetgrass along with a naturally grown tobacco. As a member of the Green Spa Network, Vance says Mii amo strives toward becoming 100 percent organic. miiamo.com



◀ ▲ Mii amo



Sustainable spas in Arizona:

▲ The Ritz-Carlton Spa at Ritz-Carlton, Dove Mountain

The Ritz-Carlton Spa at Ritz-Carlton, Dove Mountain is located against the Tortolita Mountains north of Tucson. The spa features sustainable products by Eminence Organics. It also offers a number of eco-holistic therapies based on balancing elements of the desert southwest and traditions of the Native Americans who called the area home.

The Desert Gemstone Ritual uses amethyst and citrine to promote healing and restoration while the Desert Rain Vichy Exfoliation uses organic salts. The Ritz-Carlton, Dove Mountain promotes green practices with the use of water dispensers throughout the resort, and the spa pool is saltwater to reduce the use of chemicals. ritzcarlton.com



Sanctuary Resort Spa at Sanctuary on Camelback in Paradise Valley is eco-friendly, promoting sustainability resort-wide. The spa uses natural lighting and bamboo trees to reduce energy use for cooling. The resort has desert landscaping, encourages organic food and beverage purchases, has a recycling initiative, and buys from local vendors whenever possible. The staff uses electric golf carts to get around the property.

Sanctuary Resort Spa uses natural product lines, including Astara natural skin care, Naturopathica natural botanical products and Red Flower organics. Red Flower makes the resort's signature scent, Asian Neroli, and all items are 100 percent natural, vegan and paraben free. sanctuaryoncamelback.com



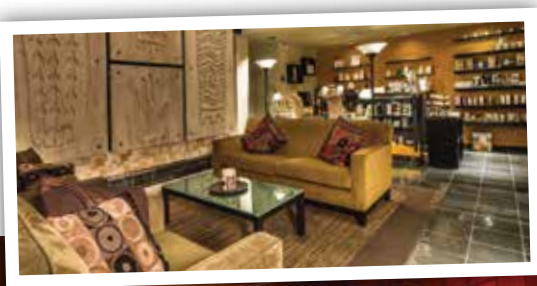
▲ ▲ Sanctuary Resort Spa at Sanctuary on Camelback

feel good about feeling good


▲ ▼ Village Health Clubs & Spas

VH Spa for Vitality + Health is located in Scottsdale's Hotel Valley Ho, a 1950s-era classic that reopened a decade ago. VH Spa partners locally with Lotus Wei and Herb Stop for organic and locally sourced botanicals. The hotel and spa both use Red Flower organic products made with wild-harvested botanicals.

Hotel Valley Ho utilizes green-certified cleaning agents, recycles nearly four tons of material every month, participates in the Clean the World program by donating in-room amenities to developing countries, and gives gently used linens and towels to local domestic shelters. vhspa.com



Village Health Clubs & Spas have four locations throughout the Phoenix metro area and they all work to promote sustainability. They use Eminence Organics products, various organic mineral makeup lines, and DoTerra pure essential oils.

Village Spas continue to seek other ways to be more sustainable. For example, they have found a super-soft unlined robe that is more comfortable for guests and ultra compact, letting them wash three times as many robes in a single cycle. The boutiques stock a number of green products, including Murchison-Hume organic household products. villageclubs.com 

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Susan Lanier-Graham is a Phoenix-based freelance food, wine and travel writer. You can follow her adventures looking for "wow moments" online at wanderwithwonder.com.

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▲ ▲ VH Spa for Vitality + Health