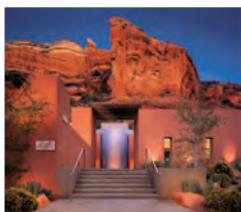


INDULGE

places



Sunrise Springs Spa Resort, Santa Fe

At the southwest edge of Santa Fe, Sunrise Springs Spa Resort is considered especially spiritual due to its namesake spring-fed waters, revered as a source of revitalization for centuries. The resort's 70 acres encompass walking paths, towering trees, art and fitness studios, a spa and a restaurant. The spa offers private outdoor heated pools, ideal for evening stargazing, and the casitas provide a retreat where you can relax by your own fireplace. During the days, choose from a variety of art and fitness classes, holistic workshops and spa treatments blending restorative Eastern and Western therapies. www.sunrisesprings.com.

The Spa at Paradise Point, San Diego

If you prefer a beach setting, head to the tropical hideaway of The Spa at Paradise Point, tucked away on San Diego's Mission Bay along a 44-acre island. The intimate spa at this resort feels a bit like escaping to Bali – without the long flight. The exotic treatment rooms surround an outdoor courtyard, with cool ocean breezes greeting you before you go inside. Choose from treatments that take influence from San Diego and islands around the world, such as a traditional Balinese massage or an island bliss ritual that combines exfoliation and massage with a hydrating milk bath. Back in your hotel room, gaze at ocean views, or take a dip in one of the property's five swimming pools. www.paradisepoint.com.

RECHARGE AND REJUVENATE

*Start the new year as a new
you with four spa escapes*

BY SUSAN LANIER-GRAHAM

With the new year upon us, it's the ideal time to invest in your health and well-being. Retreat to one of these West Coast spas, where you can carve out some time to revitalize and renew your spirit for 2017.

Mii amo, a destination spa, Sedona

For an escape energized by the nurturing nature of Sedona's red rocks, book a three-, four- or seven-night, all-inclusive journey at Mii amo. Set among the magical surroundings of Boynton Canyon, Mii amo offers five unique transformative journeys rooted in different intentions. Or, you can create a customized experience. Each all-inclusive package includes two daily spa services, among other activities to help you reconnect and refocus. www.miiamo.com.

The Luxury Spa, San Francisco

Even if you don't have time for a full-day spa excursion, a quick afternoon retreat can help you re-energize for the new year. The Luxury Spa at Loews Regency Hotel San Francisco is an urban oasis in the heart of the bustling city. Opt for the traveler's tonic massage, which helps weary travelers unwind using eucalyptus aromatherapy. Afterwards, enjoy the soothing rhythm of a private, in-suite rain-forest shower and sip hot green tea in the relaxation lounge, worlds away from the city below. www.loewshotels.com.

