

Scent-sational: Aroma Design Bar at Four Seasons Resort Scottsdale at Troon North

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There isn't much that [Four Seasons Resort Scottsdale at Troon North](#) is just OK at. Talavera is one of the Valley's best examples of fine dining, while Proof Canteen offers a fun, family-friendly atmosphere (and have you tasted those pretzel knots?) The accommodations are as comfortable and welcoming as they are beautiful, and the activities are unique and plentiful, ranging from stargazing to poolside movies to a super-fun kids' club. And, now, the spa offers a too-cool Aroma Design Bar program where guests can enjoy the healing powers of custom aromatherapy during their treatment.



The spa at Four Seasons Resort Scottsdale at Troon North offers two Aroma Design Bar treatment options: an 80- or 110-minute massage. With both options, guests are walked through the Aroma Design Bar process, at the end of which a medley of aromatherapy oils are blended into a rich body cream that is used during the blissful massage. (Guests can choose to have the entire jar of cream used during the treatment or opt for the therapist to only use some, allowing leftovers to take home so the pampering can continue.)

Guests take a look at a tablet and get to choose if they'd like to design a custom blend based on what their reason for the treatment is (stress relief, for instance), numerology or "Aromatic Alchemy." "This path allows for our guests to build a blend based around their favorite aroma," says Spa Director Lia Rowland. "Guests begin by choosing aromas that appeal to them. From that point, they can choose additional aromas that blend nicely with the aroma they initially selected. This allows for the guest to control exactly what goes into their blend while being guiding in a way that only combines oils that work together."

The numerology path might be the most interesting and innovative, though. The guest might even be intrigued by what their number has to say about them and what their needs are. "Numerology is based on the belief that numbers have certain vibrational qualities," Rowland says. "When you choose this path during the Aroma Design Bar experience we use your birthday to find your power numbers." Using the guests' birthdate, their "number" is determined—as is their aromatherapy recipe. For instance, the numerology path might determine a guest is an "entrepreneur" with an aromatherapy recipe being peppermint, basil, rose, lemon and rosemary which allows for clarity of mind and the ability to inspire others. Interesting, right?

P.S.: Seeking another way to enjoy aromatherapy at the spa? The spa at Four Seasons Resort Scottsdale at Troon North is getting ready to unveil newly enhanced steam rooms, featuring chromotherapy and aromatherapy. The colored light therapy—chromotherapy—is complemented by rejuvenating scents, such as lemongrass, rosemary mint and lavender aromatherapy.

Aroma Design Bar treatments range from \$280 to \$390. Click [here](#) to book at treatment.