

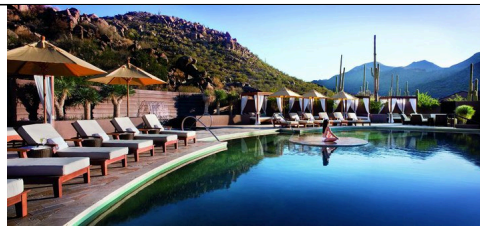
Six Best Tucson Spas

Written by Written by Christina Silvestri

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If you are searching for relaxation and rejuvenation, look no further. Tucson's resort spas combine luxurious, private pampering and outdoor recreation with a health-related focus.

Jet set A-listers from around the world flock to be relaxed and pampered at their favorite Tucson spas; Oprah Winfrey is known to love Miraval, Life in Balance Resort, while Sharon Stone chooses to relax and unwind at the spa at Loews Ventana Canyon Resort. Ease the body and soul and lend yourself a luxury getaway (or two) at some of the world's leading spa destinations in Tucson, AZ.



The Ritz-Carlton, Dove Mountain

This ritzy retreat offers locally influenced spa treatments, including the Hohokam Stone Massage and Hohokam Poutice. Featuring a Mountain View fitness center, indoor and outdoor treatment rooms, and an outdoor Serenity pool terrace where ancient Native American carvings in nearby rocks can be seen, guests at The Ritz-Carlton Spa, Dove Mountain can melt away the cares and distractions of life under the healing touch of professional therapists. www.ritzcarlton.com/dovemountain.



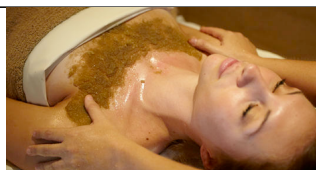
The Westin La Paloma Resort & Spa

Nestled in the foothills of the Sonoran Desert, the Westin La Paloma Resort is home to the resplendent Red Door Spa getaway. Choose the environment that soothes with 18 private treatment rooms, escape to the eucalyptus sauna and select from a tempting menu of treatments, including the Signature Warm Shea Butter Body Melt and classic Red Door Signature Manicure. www.westinlapalomaresort.com.



JW Marriott Starr Pass Resort and Spa

Take special care of yourself and relish the natural environment at Hashani Spa at the JW Marriott Starr Pass Resort. Whether you're emerged in an Egyptian lotus milk bath, gaining strength through a Pilates class or finding solace through yoga or meditation, Hashani emphasizes the powerful connection among body, mind spirit and the natural environment of the Sonoran Desert. www.jwmarriottstarrpass.com.



Miraval, Life in Balance Resort

Tucked away at the base of the Santa Catalina Mountains, the Miraval Resort and Spa, located just north of Tucson, sprawls across 400

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flourishing acres. The Miraval features a world-class spa offering everything from a deep tissue massage to the most indulgent body renewal. With spiritual well-being at its core, the spa at Miraval will calm stressed minds and excite the senses. www.miravalresorts.com.



Canyon Ranch Resort Spa

Treat yourself to pampering spa services that will relax your body, calm your mind and reenergize your spirit at The Spa at Canyon Ranch. Enjoy the signature Canyon Stone Massage, let go of all stress with Watsu®, a moving massage in water, or indulge in a blissful Ayurvedic body treatment. Additionally enjoy traditional spa treatments like classic massages, tanning and nail treatments, makeup artistry and hairstyling. www.canyonranch.com.



Loews Ventana Canyon Resort

The Lakeside Spa at Loews Ventana Canyon is a luxury oasis at the base of the Santa Catalina Mountains. The spa features eight treatment rooms that offer only the very best and personalized spa treatments. Comforts include a full-service salon, clinical facial and body treatments, an aerobics studio, cardio workout and strength training equipment, and much, much more. www.loewslakesidespa.com.