

## Spa Roundup

Written by Written by Arizona Foothills Editor

Wednesday, 31 December 2008 17:00 - Last Updated Thursday, 05 March 2009 11:20

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**Sometimes a little relaxation and rejuvenation is a must to give our minds and bodies a break from the grind. Read on for a rundown of some of the most beloved Tucson spas; they'll have you serene and stress-free in no time.**

### **Resorts**

#### **Canyon Ranch**

Striving to create a well-rounded experience, Canyon Ranch offers both physical and mental health services through its spa complex, health and healing center, and life enhancement division. The spa itself is an impressive 80,000 square feet and offers world-class spa treatments as well as a wide variety of activities like yoga and meditation. The resort's renowned Life Enhancement Program is your one-stop-shop for a complete personal journey. 800.742.9000 [www.canyonranch.com/resorts/tucson-home](http://www.canyonranch.com/resorts/tucson-home).

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#### **Miraval**

Hailed as the No. 1 spa in the world year after year by readers of such magazines as Travel & Leisure and SpaFinder, the spa at Miraval is a go-to timeout for celebrities like Oprah and Janet Jackson. Nestled at the base of the majestic Catalina Mountains, Miraval's spa integrates outdoor treatment rooms and challenge courses in mountain biking and rock climbing. Bask in the breathtaking mountain landscape as you unwind. 800.232.3969, <http://www.miravalresort.com/>.

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#### **JW Marriott Starr Pass Resort – Hashani Spa**

The Hashani Spa, whose name stems from the American Indian word for Saguaro cactus, uses the sights, sounds and scents of Arizona's enchanting Sonoran Desert to pamper its guests. Fusing ancient and modern techniques, the Hashani Spa's restorative treatments are based on ancient healing traditions of the region's native cultures. 520.791.6117, [spa.jwmarriottstarrpass.com/hashani-spa](http://spa.jwmarriottstarrpass.com/hashani-spa).

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#### **The Westin La Paloma Resort – Elizabeth Arden Red Door Spa**

Using signature Elizabeth Arden spa products, this health resort takes a holistic approach to its treatments. Aiming for a harmonious mind-body health experience, the Red Door Spa offers an array of serene selections. The spa features 16 face and body treatment areas, including two outdoors, so guests can choose the environment in which they wish to revitalize. 520.742.6000, Using signature Elizabeth Arden spa products, this health resort takes a holistic approach to its treatments. Aiming for a harmonious mind-body health experience, the Red Door Spa offers an array of serene selections. The spa features 16 face and body treatment areas, including two outdoors, so guests can choose the environment in which they wish to revitalize. 520.742.6000, [www.westinlapalomaresort.com/red-door-spa](http://www.westinlapalomaresort.com/red-door-spa).

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#### **Loews Ventana Canyon Resort – Lakeside Spa**

With a glittering lake juxtaposed with the regal Santa Catalina Mountains behind it, Loews Ventana Canyon Resort's Lakeside Spa provides an idyllic setting for its guests. The 7,000-sq.-ft. spa offers a wide assortment of massages, facials and body treatments, including its signature Sedona Sacred Clay Energy Restorer With Juniper Cedar Wood body treatment. The captivating surroundings and amenities include a pre-relaxation room, a full-service beauty salon and a state-of-the-art fitness center, making the Lakeside Spa experience one of physical health, mental well-being and beauty.. 520.529.7830, <http://www.loewslakesidespa.com/>.

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#### **Westward Look Resort – Sonoran Spa**

Westward Look's Sonoran Spa prides itself on individually tailored offerings, including separate products and treatments for men and women. The spa incorporates early desert rituals based on the ancient science of life, ayurveda, into its therapies and works to craft the perfect specialized spa treatment just for you. 520.297.1151, [www.westwardlook.com/spa](http://www.westwardlook.com/spa).

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### **Just for one Day**

#### **Spa One**

As one of Tucson's premiere day spas, Spa One offers all of the traditional treatments in a quick and easy manner, encouraging you to incorporate routine spa sessions into your hectic schedule. Open seven days a week, Spa One offers various Swedish, hot-stone and custom massages as well as facials and mani/pedis. 520.741.1111, <http://www.spaone.com/>.

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#### **Desert Day Spa**

You don't have to go to a resort to get top-quality spa treatments. Located in Oro Valley, this day spa offers all of the customary treatments, as well as luxuries like Caribbean seaweed wraps and aromatherapy massage treatments. The spa prides itself on providing personalized attention to every guest. 520.544.8822, <http://www.desertdayspa.com/>.

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### **A Holistic Approach**

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### Elements in Balance Salon and Spa

An Aveda Concept Salon, Elements in Balance uses botanical products that promote inward and outward health and beauty while remaining environmentally friendly. Signature spa treatments include the Bed of Flowers Herbal Wrap and the Aboriginal Dreamtime Herbal Wrap. Here, you can awaken your spirituality as well as beautify your bod—the spa gives both goals equal measure. 520.623.3804, <http://www.elementsinbalance.com/>.

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### Peaceful Spirit Massage and Wellness Center

The Peaceful Spirit Massage and Wellness Center presents a true Zen-like experience, offering its guests spa and massage treatments as well as acupuncture and Asian body work. Located in the heart of Tucson, this spa is a perfect place to go for healing close to home. 520.320.1953, <http://www.bestmassageintucson.com/>.