

Utah's Red Mountain Resort & Spa

Written by Written by Allison Young
Friday, 27 November 2009 01:00 -

Utah's Red Mountain Resort & Spa has something for all your gal pals (no matter how high or low maintenance), so take a break from the holiday hustle and let the female bonding begin.



You've been saying forever that the girls should get away for a vacay, yet no one can decide on a spot, or find the time. The fun-loving Charlotte of the group wants fitness and lots of female bonding; the practical Miranda wants something no-nonsense and not too far from home; the extravagant Samantha wants stunning views and luxurious spa treatments; and the fashionable Carrie wants a bit of each, and a cocktail to wash it all down. Well, you can please all of the above personalities at Red Mountain Resort & Spa, a 55-acre sanctuary in Southwestern Utah that has something for every gal in your group. This holiday season, take a break from the shopping and stressing and treat yourself and the girls to some much-needed Zen.



Let's start with the setting. A 90-minute scenic drive from Vegas (about seven and a half hours from Phoenix), this Mojave Desert destination spa is set among red sandstone cliffs near Snow Canyon State Park and Zion National Park. Picture postcard-worthy views without a high-rise in sight. Don't be fooled by the resort's simple terra cotta-colored buildings. They may blend in with the surroundings, but the accommodations are anything but bland. The 82 recently redesigned guest rooms not only look fabulous, but they feature deep soaking tubs and vanities. Or, upgrade to one of the stylish two-bedroom luxury villas, which have fireplaces, private patios and access to the new negative-edge pool.

The locale lends itself to plenty of fitness pursuits which are par for the course at Red Mountain. Gung-ho Charlotte types can tackle one of the daily guided hikes or sign up for horseback riding, kayaking, rock climbing, canyoneering or mountain biking. If you have trouble choosing, the Adventure Concierge can give you a hand. Task-oriented Miranda types can pick from more than 50 fitness classes a day, like Boot Camp and BOSU, or try out a cooking demo (baking and seafood classes are popular picks). If yoga and Pilates are more your thing (think Carrie), try Tai Chi on the Rocks or Active Yoga. Of course, you can opt out of organized activity altogether and take a leisurely walk around the Lava Loop trail—or better yet, lounge poolside (à la Samantha).



There's a lot to do on your own, but plenty of female bonding activities too, from the active to the oh-so relaxing. For calorie-burning, sign up for the Zion National Park Day Trip (\$199), an 8-hour tour of the 100-year-old national park's majestic canyons, or take the Pound Puppy Hike where you and your gal pals are partnered with a four-legged friend from a local shelter. No, there's not a Saks in sight, but that doesn't mean a girl can't get her shopping workout in. Visit Red Mountain Outfitters for designer adventure duds (sorry, no Manolo Blahniks, but plenty of hiking shoes) or stop by the Spa Boutique for luxurious lotions and potions. Speaking of the spa, what holiday girls' escape would be complete without some pampering? Thankfully, Sagestone Spa & Salon has more than 50 tantalizing treatments that'll iron out your kinks, your wrinkles and your stress. (See sidebar for spa treatments.)

When you're talking about a group of women, you can't forget food—or drinks. The daily breakfast buffet features a mix of hot and cold items, like fresh fruit, cottage cheese, healthy pancakes and hash browns that'll make you rethink your definition of spa cuisine. Ditto for the gourmet

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lunch spread, which can run the gamut from soup and salad to stir-fry and baked potato, depending on the day and theme. Dinner is a sit-down affair, the perfect chance to catch up with the ladies while dining on dishes like pan-seared scallops over rice noodles, rack of lamb with mashed potatoes or one of the chef's daily specials—all guilt-free gourmet. If you manage to save room for dessert, the genius pastry chef has managed to make a strawberry-banana cheesecake for 151 calories. (For the health-conscious, each dish comes with a breakdown of calories, carbs, protein, fat and fiber so you know exactly what you're eating.) Unlike some destination spas, Red Mountain believes wine can be part of the unwind (everything in moderation, right?), so order up a bottle of vino or a round of low-cal cocktails and toast your time together. Cheers!

Red Mountain Spa

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