

## Summer Spa Retreats in the Valley

Written by Written By: Elizabeth Liberatore

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With temperatures soaring to the triple digits daily, Arizonians know that summer has arrived. Even though the season is known for more relaxation, it can still remain a stressful time. Whether taking into account summer jobs or classes, scheduling family vacations, catching up with extended family and friends from out of town or just trying to squeeze in some alone time can be challenging. The trick to alleviate summer stress is to visit one of Arizona's finest resorts for a sumptuous treatment. Grab a couple of friends and enjoy a day of tranquility that will make the rest of your summer scheduling a breeze.



### Joya Spa at InterContinental Montelucia Resort & Spa

Joya Spa at InterContinental Montelucia Resort & Spa is designed for costumers to feel like they are visiting the beautiful deserts in Morocco. Joya Spa is decked out with indigenous materials that intertwine the Moroccan culture with a sense of serenity. The spa extends over more than 31,000 square feet and includes Arizona's only authentic Hammam bathing area. Hammam is a Middle Eastern spa tradition that relaxes and replenishes the mind, body and soul. In addition to the one-of-a-kind Hammam experience, Joya Spa also offers 19 peaceful treatment rooms, an exquisite pool terrace with mountainous views and lavish suites that are fit for a queen. Joya Spa is a place of exploration. So if you are looking to treat yourself to a fresh pedicure or catch some rays on the rooftop terrace, Joya Spa will unleash the Moroccan explorer in you. 480.627.3200, <http://www.joyaspa.com>.

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### Spa at Four Seasons Resort Scottsdale at Troon North

After visiting the Four Seasons Resort Scottsdale at Troon North you will be convinced that you have died and gone to spa heaven. Tucked into the foothills of Pinnacle Peak, Four Seasons is equipped with Southwestern-style casitas, lush scenery and a team of experts prepared to pamper your every need. Not only is Four Seasons set in Arizona's Sonoran desert, but also ingredients that originate from the desert inspire treatments ranging from scrubs, facials, wraps and massages. The spa also offers signature treatments, such as the Four Seasons in One. This signature treatment takes you on a relaxing journey through winter, spring, summer and fall using a medley of message techniques, a light skin exfoliation and a soothing wrap to complete your trip. Go indulge yourself this summer at the Four Seasons Resort in Scottsdale; you will experience the four seasons in a completely new light. 480.515.5700, <http://www.fourseasons.com/scottsdale>.

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### VH Spa at The Valley Ho

If mid-century mod and bold colors suit your style, stop by Arizona's hip and happening spot: The Valley Ho. Among the vibrant colors and lights that exude a lighthearted ambiance, VH Spa assures that guests' well being will be reenergized after treatment. Located in Old Town Scottsdale, the resort offers a spa deck for guests to enjoy the fresh air and sunset views before a leisurely massage. VH Spa is complete with private or double treatment rooms, a futuristic glass wall that permits access to an outside deck and pool, and various beauty, facial and body treatments that are created to keep health and vitality at peak levels. So step back into the 1950s and relax, renew and revitalize at The Valley Ho. 480.248.2000, <http://www.hotelvalleyho.com/scottsdalaspas/index.html>.

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### Willow Stream Spa at the Fairmont Scottsdale Princess

If you wish to summon your inner energy with the use of nature elements, then Willow Stream Spa at the Fairmont Scottsdale Princess Resort is the place for you. With award-winning spa services and a utopian setting inspired by a hidden haven in the Grand Canyon called Havasupai, Willow Stream Spa will entice your inner energy to come forth. The spa uses nature elements—air, water, earth, wood, and fire—in both the design and treatments. Find your energy while lounging on the rooftop facing the majestic McDowell Mountains, relaxing in the warm waterfall treatment surrounded by a pleasantly potent garden, or finding down time in the eucalyptus inhalation room. Whatever treatment you experience, Willow Stream Spa will uncover strength you never knew you had. 480.585.4848, <http://www.fairmont.com/scottsdale/GuestServices/SPA>.

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### Spa Avania at Hyatt Regency Scottsdale Resort and Spa at Gainey Ranch

"Avania" is described by reaching an ideal state once your five senses are perfectly aligned. Spa Avania at *Hyatt* Regency Scottsdale Resort and Spa at *Gainey Ranch* aims to ensure that customers will reach this state after treatment. Concentrated around complete balance of the body, Spa Avania offers personalized treatments that assist your body to master its own internal clock. Mineral water and synchronized music styling are a few highlights that Spa Avania offers, which allow your body to stay at equilibrium throughout the day. So if your senses have been out of whack recently, visit Spa Avania and experience a spa choreographed to your body's perfect timing. 480.444.1234, <http://scottsdale.hyatt.com/hyatt/pure/spas/index.jsp>.