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SPA QUALITY

Canyon Ranch SpaClub renews body and spirit, writes Lisa Plummer

Fine dining, late-night clubbing and relentless poolside sunshine – it’s all part of an endless stream of enjoyment that accompanies a visit to The Venetian and The Palazzo. Fortunately, when it comes time to retreat, relax, replenish and restore, the perfect antidote is close at hand. The 134,000 sqft Canyon Ranch SpaClub is among the world’s most expansive day spas – a serene desert oasis with more than 100 treatments designed for the sole purpose of rejuvenating the body and spirit.

“What really sets Canyon Ranch apart is the wide variety of offerings we have,” says Spa Director Blake Feeney. “Of course, we have fantastic spa facilities, along with two restaurants: Canyon Ranch Grill and Canyon Ranch Café. We also have a full-service salon, two fitness areas, co-ed relaxation spaces, and the Aquavana – which includes a steam room, sauna, Jacuzzi and rain shower. With a combination of these elements we can tailor a unique spa experience.”





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When summer's dry heat and sunshine take a toll, leaving skin depleted, dull and lifeless, what is needed, says Feeney, is moisture replenishment and exfoliation. So when he offers the chance to experience one of the spa's signature treatments – a moisturizing and exfoliation treatment designed exclusively for dry, sensitive skin – the opportunity is just too good to pass up.

The Mango Sugar Glo Conditioning Body Scrub is offered in two packages. There's the 50-minute Mango Sugar Glo, comprising an exfoliating scrub, 20 minutes in a hydrotherapy tub and a rich moisture application; and, for maximum indulgence, the 100-minute treatment consisting of scrub, tub and a luxurious, 50-minute full-body massage.

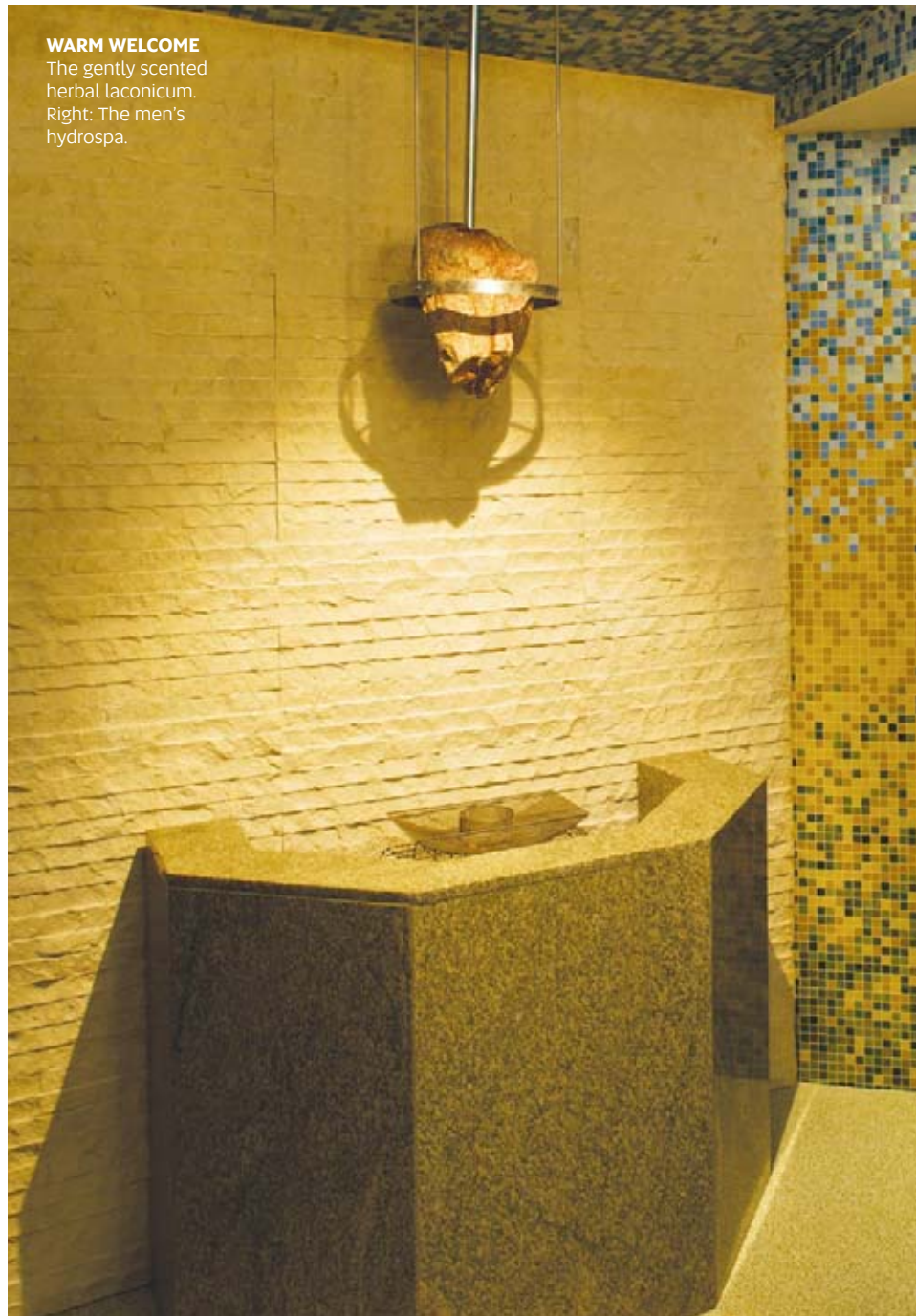
The therapist gently massages in the aromatic sugar scrub with smooth, rhythmic strokes

"The Mango Sugar Glo Conditioning Body Scrub is very popular at Canyon Ranch," says Feeney, as we prepare for the premium option. "It has all the elements of a great spa treatment – especially the longer of the two alternatives with its full-body sugar exfoliation, hydrotherapy and full-body moisturizing massage.

"It's the combination that makes it so good for dry skin," he adds. "The sugar is a great exfoliator and moisturizer; the hydrotherapy is good for the skin too because it assists with circulation; and the final part, the massage, is very good for both hydration and circulation. This is one of my favorite spa treatments."

The scrub itself is a sweet-smelling concoction of natural sugars, jojoba "esters" – a by-product of jojoba oil that is similar to oils produced by the human skin – and beta-carotene, a powerful antioxidant that helps to protect skin from sun damage.

The tropically infused immersion begins with a light exfoliation of the body, the therapist's expert hands



WARM WELCOME

The gently scented herbal laconicum. Right: The men's hydrospa.

POOLSIDE Canyon Ranch SpaClub offers massage services at Azure pool (right), The Palazzo's adults-only pool club. See page 70 for more.



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DILO TREES GROW ACROSS

the Indo-Pacific region from Madagascar to Fiji. Their white flowers are sweetly fragrant and their fruit, the dilo nut, yields thick, dark green dilo oil, commonly used medicinally.

The extract is believed to enhance the skin's natural repair mechanisms, thereby accelerating the healing of minor wounds, collagen production and cellular regeneration – a property that helps to diminish signs of aging.

gently massaging the aromatic sugar scrub into the legs, back, stomach, chest, arms, hands and feet with smooth, rhythmic strokes. As the scrub peels away dead surface skin, revealing fresh layers beneath, the exfoliation heightens the senses by bringing every inch of the skin's surface alive.

The scrub complete, a seawater bath in a swirling hydrotherapy tub washes the sticky, marvelously fruity substance away. Then, cleansed and mango-scented, it's time for some seriously mellow relaxation as – eyes covered by a cool cloth and sipping refreshing cucumber-infused water – there comes the heavenly sensation of warm water jets on the feet, legs and back.

The bath is followed by a trip to the massage table for an experience that is carefully tailored to suit the individual, and with each healing stroke from the therapist knots in the shoulders and neck melt away.

For those who have taken fun in the sun too far, Canyon Ranch SpaClub also offers therapeutic skin and body treatments designed to soothe, moisturize and protect over-exposed skin. The After Sun Massage and Facial package – the spa's newest treatment – was created to counteract damage done by the harsh desert heat and provide much-needed relief for sun worshippers.


Designed to moisturize and replenish the skin and accelerate the healing process, the 50-minute After Sun Massage features a Pure Fiji oil and lotion combination containing



A luxurious, tension-releasing pummeling melts knots in my shoulders and neck

dilo nut extract, which is known for its natural healing and anti-inflammatory properties. Derived from Fiji's sacred dilo tree, the dilo extract not only enhances the skin's own repair mechanisms but also helps to soothe pain and irritation and promote healthy skin growth.

To help calm, nurture and heal distressed facial skin, the 50-minute After Sun Facial provides similarly soothing relief with the generous application of nourishing products containing Vitamins C and E and aloe. Powerful antioxidants that shorten healing time for sun-damaged skin, Vitamins C and E also protect against further damage, while healing aloe collagen helps to rehydrate and seal in moisture. It's the perfect way to go from sunburned to sun-kissed.

On leaving Canyon Ranch SpaClub its clear the Mango Sugar Glo has worked its magic. Mind and body are aligned in a state of relaxation while skin is soft, smooth and glowing. As the sun bids its dusky farewell behind the Spring Mountains to the west of Vegas, body and spirit beam back a silent message of kinship across the desert. Pampered does not even begin to describe the feeling. 

Picture credits: Corbis



Face value

Replenishing facial treatments for summer skin

IF YOUR FACE IS FEELING DRY and exposed from too much time in the sun, consider incorporating two Premium Facial Enhancements into your next facial treatment at Canyon Ranch SpaClub: The Oxygen Boost and the Hydratone Mask. A deep-cleansing treatment that enhances, softens and brightens facial skin, the Oxygen Boost uses an airbrush technique to infuse an oxygen-rich facial product deep into the skin, providing a hydrating, smoothing and plumping effect.

Super-hydrating and penetrating, the Hydratone Mask combines active micro-current hydratone rollers with a unique, electrically conductive hydro-smoothing gel mask. Infused with powerful hydrating ingredients, including collagen, hyaluronic acid and Vitamins C and E, it is a nourishing treatment that helps rejuvenate and energize moisture-sapped skin.

CANYON RANCH SPACLUB

6am–8pm daily
877 220 2688 for reservations
canyonranch.com/spaclub