

2012

TOP 10

ORGANIC SPA

AWARDS

organic spa  
MAGAZINE

When it comes to selecting an organic spa destination, purity counts. These top spas all create restoration and renewal by focusing on pure organic ingredients and practices. .

By EVELYN THEISS



### Kamalaya

*Koh Samui, Thailand*

Kamalaya's philosophy is "nurturing into health" and it does so using the freshest ingredients in its kitchen and wellness spa including locally harvested Thai classics like lemongrass and coconut. The spa is justly renowned for its detox program, which offers nutritional and herbal support, and daily massage. Authentic holistic treatments from all over Asia, combined with healing relaxation therapies and nutritious cuisine, unite to create restorative synergy in a tropical sanctuary. All that, and a beautiful beach on the Gulf of Thailand. [kamalaya.com](http://kamalaya.com)

### Rancho La Puerta

*Tecate, Mexico*

Rancho La Puerta does not rest on its laurels as the pioneer destination health spa in North America. Over the years, this lush floral oasis has continued to emphasize expertly prepared cuisine and spa treatments that use aromatic and medicinal herbs and other healing plants from its gardens. The organic ingredients used in the three spas here make treatments as therapeutic as they are sublimely relaxing. Morning mountain hikes, sculpture and painting classes, and organic cooking classes at the ranch's famed La Cocina Que Canta school are just some of the features that round out a blissful stay. [rancholapuerta.com](http://rancholapuerta.com)

### Gwinganna Lifestyle Retreat

*Queensland, Australia*

Situated near Australia's Gold Coast, Gwinganna is a luxury boot camp in the bush. Much of the produce used in its cuisine is sourced from three organic gardens on-property, overseen by a second-generation organic gardener. On arrival guests visit the Wellness Therapies Cottage for a health assessment and private consultation with a naturopath to set health goals. Guests rise with the sun at 5 a.m. each day to join a guided walk in the bush where they are likely to spot some kangaroos. The gorgeous Asian-inspired spa offers astoundingly nurturing treatments, including Rockupuncture, a healing blend of acupuncture and hot stone therapy. [gwinganna.com](http://gwinganna.com)

### St. Julien Hotel & Spa

*Boulder, Colorado*

The floor-to-ceiling glass walls of this luxury hotel in downtown Boulder provide a grand view of the gardens and a dramatic panorama of jagged mountains. "Boulder Rocks" is St. Julien's version of hot stone massage, drawing its components and inspiration from the vast stone quarries and canyons that encircle Boulder. The Mountain Mojito scrub, which features fresh mint from the hotel's garden, is blended with organic sugar to create a fragrant and effective scrub, followed by a massage using mint essential oil that leaves your skin feeling like velvet. [stjulien.com](http://stjulien.com)

### Ten Thousand Waves

*Santa Fe, New Mexico*

A Southwest version of a Japanese hot springs resort, tucked high in the hills near Santa Fe, this spa blends outdoor baths, massage and relaxation rooms, and Zen gardens to create a serene oasis. The number of treatments offered here is kept purposely small as the focus is on excellence, not breadth. Yasuragi Head & Neck treatment, a detoxifying herbal wrap and pressure-point massage with warm camellia oil caressed into your scalp, or the Ashi Anma foot massage, are among those that transport body and soul to an unforgettable state. Ten Thousand Waves is a day spa that now also offers lodging for those who seek to linger. [tenthousandwaves.com](http://tenthousandwaves.com)

### The Chateau

*Bentong, Pahang, Malaysia*

Just over one year old, The Chateau is specifically designed as a destination wellness spa with an organic emphasis. While it is nestled in a 150-year-old tropical rainforest in the Berjaya Hills, the resort was actually modeled on an 18th century castle in France's Alsace region. Spa rituals here evoke the European tradition, as do the spa amenities—an herbal-infused sauna and a salt grotto, for example. The spa uses organic spa products in its treatments and, naturally, organic cotton towels and linens. A tropical paradise that mixes elegance with natural beauty, yet only 45 minutes from the center of ultra-modern Kuala Lumpur. [thechateau.com.my](http://thechateau.com.my)

### Tabacon Grand Spa & Thermal Resort

*La Fortuna, Costa Rica*

The healing power of water is the theme of this luxurious resort, located at the bottom of the Arenal Volcano. Tabacon emphasizes offering guests "a close encounter with nature," with great success. The property features a natural thermal river, 12 hot spring pools (many of them connected), and lagoons surrounded by lush gardens and rainforest. Winding trails, with an abundance of orchids and ferns, are a perfect way to explore the resort grounds. Follow up with a rest in one of the hot spring pools. A "don't miss" treatment: the therapeutic waterfall massage. For detoxing, try the sweat lodge or volcano mud wraps. [tabacon.com](http://tabacon.com)

### Glen Ivy Hot Springs Spa

*Corona, California*

Celebrating its 150th anniversary this year, this gem beneath the Santa Ana mountains is lined with bougainvillea, lavender and palm trees. You can take the mineral-rich waters, revel in a mud-bath detox, or simply enjoy being pampered in the sunshine. Club Mud is a section of the resort that offers Southern California's only red clay mineral bath, to draw out impurities through your pores. There is also The Grotto, a cavern where an attendant paints your skin, using a giant brush, with a warm mixture of aloe vera, shea butter and coconut oil. Then it's off to the sauna-like Hydrating Chamber, a brisk shower, and a snack of tea and apples. [glenivy.com](http://glenivy.com)