

[IMAGE]

What's on Your Spa Menu?

Need a little rest and relaxation? It may be time to head to your nearest spa. Here are a few of the traditional (and not so traditional) spa treatments currently being offered at five of the country's top-rated destination spas:

Deep-Tissue Massage

Deerfield Spa (East Stroudsburg, Pa.)

"An intensive, invigorating treatment focusing on the deeper layers of tissue and muscle. It assists in the elimination of toxins. Recommended for highly active or stressed individuals."

Detoxifying Herbal Wrap

Canyon Ranch (Tucson, Ariz.)

"In this treatment, you'll be wrapped in warm, steamy sheets soaked in herbs and receive a brief, calming massage to the face and scalp."

Hot Stone Massage

Cal-a-Vie Spa (Vista, Calif.)

"Melt away your stress as smooth basalt stones glide effortlessly along your body. The heat from the stones relaxes the muscles deeply and allows your massage therapist to break down contracted muscle fibers, leaving you with a feeling of total relief."

Raindrop Therapy

Westglow Resort & Spa (Blowing Rock, N.C.)

Spa Menu - Copyright © Stock Photo / Register Mark "This therapeutic technique of dropping oils directly onto the spine from a height of six inches above the body creates the sensation of warm raindrops falling onto the skin. Essential oils are then worked into the spine to stimulate impulses and disperse the oils along the nervous system and throughout the entire body."

Pearl Skin Polish

Green Valley Spa (St. George, Utah)

"This slimming treatment uses exquisite powdered pearls and fine sun-drenched sand to gently exfoliate and enliven the skin's outer layer. Gentle compression alleviates bubbled, pocked-marked areas below the surface. A bath in frankincense, myrrh, and roses then generates new cell proliferation to counteract the loosening effects of aging."

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