

THE PREMIER LIFESTYLE MAGAZINE FOR ALL AGES

HEALTHY AGING®

A New You Begins with a Spa Resort Vacation

📌 healthyaging.net/magazine/winter-2023/wellness-travel-a-new-you-begins-with-a-spa-resort-vacation Link:
(<https://healthyaging.net/magazine/winter-2023/wellness-travel-a-new-you-begins-with-a-spa-resort-vacation/>)

Wellness tourism is on the rise again. After the big blow in 2020 to the number of people traveling, spa resort bookings are once again popular with all ages. More and more travelers are feeling it is safe to travel again. And what better destination to choose than a spa resort to reinvigorate the mind and soul?

Why not kick off the new year with an achievable, feel-better goal? Make wellness the primary theme of your getaway or at least perk to other activities.

Here are some ideas to consider and book for a new you in 2023.



Link: (<https://healthyaging.net/magazine/wp-content/uploads/2023/02/ojo-caliente.montage.jpg>)

Photos courtesy of Ojo Caliente

Ojo Caliente

Ojo Caliente Link: (<https://ojosparesorts.com/ojo-caliente/>) 50 Los Banos Dr Ojo Caliente, NM 87549

Ojo Caliente spa resort is one of the country's oldest spas, dating back to 1868. It is located 50 minutes southwest of Taos, one hour northwest of Santa Fe and 30 minutes northwest of Espanola.

The resort is known for its healing waters. The hot spring pools are naturally sulfur-free, with waters that have emanated from a volcanic aquifer for thousands of years.

Situated at a high altitude of 6200 feet, the resort boasts mineral springs that are rich in four elements: iron, arsenic, soda, and lithia. With little light pollution, the dark night skies are a stargazer's paradise.

Ojo Caliente offers guests a wellness experience as they" incorporate hydrotherapy with soul-soothing body therapies designed to rejuvenate and nourish mind, body and spirit."

Soak in the rejuvenating pools, each tied to a wellness aid. Try the Soda Pool is said to aid in digestion from the soda element; Lithia Pool, a rare mineral said to have physical and mental benefits; Iron Pool, said to aid the immune system; The Arsenic Pool (not poisonous as the name suggests!) mineral rich with iron, soda, and lithia, said to relieve stomach ulcers, arthritic pain and to heal skin conditions.

Slather on the mud in the Mud Pool for softer skin, hang out in the Upper and Lower Cliffside Pools, or take a cold plunge in their Large Pool.

Accommodations

Choose from a unique variety of accommodations on the property. Plan an intergenerational trip and stay at the over 1600 square foot Ojo Adobe House with four bedrooms, two baths, a full kitchen, and a front porch with rocking chairs.

Or, choose Casa de Ojo, a private house circa 1930 with a retro kitchen and wood-burning fireplace. It's a short distance from the hot springs, spa, and restaurant and can accommodate up to 12 guests.

Go back in time and stay at the Historic Hotel at Ojo, which opened in 1917 and is today on the National Register of Historic Places. For more than 100 years, guests bathed in bathhouses rather than in their hotel rooms, and that is the way it is today. Each room has a toilet and a sink ... but no shower ... plus vintage furniture and décor.

You can opt for a small cottage and even a vintage glamping trailer available for one or two nights.

Dining

The resort offers locally inspired cuisine as well as vegan, vegetarian, and gluten-free dishes.



[Link: \(https://healthyaging.net/magazine/wp-content/uploads/2023/02/ojo-caliente-montage.750.jpg\)](https://healthyaging.net/magazine/wp-content/uploads/2023/02/ojo-caliente-montage.750.jpg)

Photos courtesy of Lake Austin Spa Resort

Lake Austin Spa Resort

Lake Austin Spa Resort [Link: \(http://www.lakeaustin.com\)](http://www.lakeaustin.com) 1705 S Quinlan Park Rd, Austin, TX

Lake Austin Spa Resort focuses on total wellness and is just 30 minutes from downtown Austin and Austin Bergstrom International Airport. This award-winning destination spa is nestled in Central Texas' legendary Hill Country on the shores of Lake Austin. Lake Austin Spa Resort

Open year-round, the resort offers total immersive wellness experiences with an emphasis on the naturally restorative power and healing effects of water. In fact, guests can arrive via a luxe water taxi – available via several pickup locations along Lake Austin.

If you are seeking total wellness, Lake Austin Spa Resort should be on your radar. The award-winning, world-class luxury LakeHouse Spa offers guests a choice of more than 100 treatments, drawing on both the deepest traditions and the latest trends in wellness of mind, body, and spirit.

The 25,000-square-foot LakeHouse Spa offers more than 100 spa and salon treatments and a variety of treatment location options. Amenities include an outdoor Palm Pool, hot tub, cabanas, 30 treatment areas, including garden tents and suites, an indoor heated Junior Olympic-length lap pool in the Pool Barn, and two acres of terraced foliage and aquatic gardens.

The Iris Salon offers a selection of luxurious hair, make-up, and nail services. Billy Yamaguchi, the founder of Feng Shui beauty, visits the spa throughout the year, offering cut and color makeovers.

Choose from more than 20 activities for all fitness levels ... yoga, Pilates, Tai Chi, spinning classes, dance, canoeing, Hydro-biking™, kayaking, sculling, water meditation, and more. Staff and special guest instructors offer classes in cooking, nutrition, communication skills, body image, relationships, gardening, and more.

Accommodations

The resort has 40 lakeside guest rooms with casually elegant décor and furnishings sourced from around the world. Fourteen Luxury Lakeview rooms and ten Luxury Garden Rooms offer spectacular views of Lake Austin and the Texas Hill Country. All guest rooms include Egyptian cotton sheets and down comforters, Kohler steeping/soaking tubs, custom-designed furniture, signature lavender spa amenities, luxury cotton spa robes, high-definition digital LCD TV, complimentary high-speed Internet access and Wi-Fi, and in-room safe and refrigerator.

Specialties of the House

The LakeHouse Spa uniquely offers The Regal by Valmont, a two-hour facial, created exclusively for resort guests. The Regal by Valmont is said to be the ultimate in anti-aging perfection and cellular renewal. Valmont has been at the forefront of Swiss cellular cosmetics for more than 30 years, drawing upon the best skincare technology and ingredients to deliver world-renowned European facials. Or, try the Texas Starry Night massage, which provides the perfect spa nightcap. After a lavender chamomile oil massage, guests are wrapped to soak in the soothing benefits of lavender, with an herbal heat pack and a comforting eye pillow.

Cooking Classes

Foodies will love the resort's cooking classes led by visiting chefs. Not only are these classes an opportunity to improve cooking skills, but they also offer healthy cuisine tips and ideas.



Link: (<https://healthyaging.net/magazine/wp-content/uploads/2023/02/The-Lodge-at-Woodloch-montage.750.jpg>)

Photos courtesy of The Lodge at Woodloch

The Lodge at Woodloch

The Lodge at Woodloch *Link: (<https://www.thelodgeatwoodloch.com/>)* 109 River Birch Ln Route 590 East, RR1, Hawley, PA 18428-9649

The Lodge at Woodloch is located in Hawley, Pennsylvania, in the northeast Pocono Mountains lake region. Just eight miles from the Delaware River, the resort is set on over 500 wooded acres, including a 15-acre private lake. It is a little over two and half hours drive from Philadelphia, and around two from New York City.

All rooms include a private veranda overlooking either the rock garden waterfall or the private wooded lake.

Each guest room features a private balcony and marble bathroom. A flat-screen LCD TV and free WiFi are included.

The all-inclusive lodge offers numerous fitness and wellness programs, spa treatments, educational forums, and outdoor adventures – all designed to help guests re-focus on themselves through their philosophy of “personal awakening.”

The full-service spa features 27 treatment rooms and three fitness studios for aerobics and yoga. Guests can relax in the welcoming infinity pool, sauna, hot tub, or in front of the fireplace.

The Tree Restaurant serves gourmet cuisine for breakfast, lunch, and dinner.

The Spa Experience

The heart and soul of the experience lie within the 40,000-square-foot spa. Before arrival, a Spa Concierge will assist in planning a personalized itinerary filled with experiences for the mind, body, and soul.

There are 27 treatment rooms for massage therapy, facials, Float therapy, and more. Guests can indulge in the detoxifying sauna, Himalayan salt sauna, eucalyptus steam room, whirlpool, and co-ed therapeutic soaking pools with four and eight-foot hydromassage water walls.

The 3500-square-foot fitness studio has state-of-the-art resistance weights, free weights, a TRX suspension training area, treadmills, elliptical machines, recumbent and spinning bikes, and a dedicated Pilates training area.

Exercise classes include HIIT programs, Pilates, stretching and flexibility, strength conditioning, kickboxing, Tai Chi and more.



Link: (<https://healthyaging.net/magazine/wp-content/uploads/2023/02/Red-Mountain-Resort-montage.jpg>)

Photos courtesy of Red Mountain Resort

Red Mountain Resort

Red Mountain Resort Link: (<https://www.redmountainresort.com/>) 1275 E. Red Mountain Circle Ivins, UT 84738

Red Mountain Resort, located in southwestern Utah on the Arizona border, is graced by the quintessential red rock cliffs and canyons of the area. The resort welcomes guests who wish to relax, renew and rediscover.

It can be reached via the Las Vegas or St. George airports. The resort is a two-hour drive from the Las Vegas airport and a quick shuttle or free 30-minute shuttle from St. George.

There are 82 rooms and 24 villa suites to choose from, with 55 acres of black lava gardens and fragrant mesquite offering gorgeous views of the mountains.

Guests can choose from health, fitness, nutrition, cooking, stress management, anti-aging, and wellness classes and programs designed for life-enhancing changes.

A FAQ on the resort's website sums their philosophy up this way:

I need to lose some weight but would prefer not to be woken up by a bugle at the crack of dawn and thrown onto a treadmill. What kind of weight management program do you have?

We're not like that here. We believe weight loss should be enjoyable – eat nutritious, good-tasting food and metabolize it doing activities you love. Our team of nutrition experts and personal coaches are here to guide and support you.

The all-inclusive resort includes three healthy meals a day, more than 50 different fitness classes each week, guided hiking and cycling, indoor and seasonal outdoor swimming pools, three whirlpools, complimentary WiFi in rooms and throughout the resort, 55" flat-screen high-definition televisions and more.

The Sagestone Spa & Salon boasts “treatments you’ll experience at Sagestone can only be experienced at Red Mountain. Inspired by ancient health and beauty rituals practiced throughout the world, we custom-blend indigenous desert botanicals, local honey, and mineral-rich muds, clays, and salts to create tangible, restorative effects.”

Services include such options as nature-inspired body treatments, massage therapy, facials, and more.

One special package the resort offers is the “Back on Track Series” of 4 sessions over 3 hours Which can be completed in one day or spread over multiple days as the guest desires. The sessions are designed to provide guests with a comprehensive assessment of current body composition, providing them with knowledge and tools to improve their overall health.

Package elements include a Resting Metabolic Rate (RMR) Analysis – to determine unique caloric needs, an InBody Assessment for details on your complex body makeup, a Mindful Meal Planning Session for learning ways to stop obsessing over calories and build a healthy daily plan, and a Customized Fitness Plan with Cardio Training to do at home.

The Canyon Breeze Restaurant has spectacular views from indoors and its outdoor patio. The restaurant puts an emphasis on clean, whole foods, local and pasture-raised meats, homemade baked goods, sustainably harvested seafood, and desserts made from scratch.



[Link: \(https://healthygagging.net/magazine/wp-content/uploads/2023/02/Amangiri-montage.750.jpg\)](https://healthygagging.net/magazine/wp-content/uploads/2023/02/Amangiri-montage.750.jpg)

Photos courtesy of Amangiri

Amangiri

Amangiri [Link: \(https://www.aman.com/resorts/amangiri\)](https://www.aman.com/resorts/amangiri) 1 Kayenta Road Canyon Point, Utah 84741-0285

Overlooking the stark yet beautiful desert scenery and the Southwest’s iconic flat-topped mesa rock formations, Amangiri (‘peaceful mountain’) is located in the USA’s Grand Circle region. Five national parks, numerous national monuments, and the Navajo Nation Reservation, the largest Native American reservation in the United States, surround the resort.

There are 34 suites set in two wings split between the main pavilion. The various suites offer views of the desert, mesa, mountain range, dunes, and or plateaus. All suites have private terraces and fireplaces, as well as private courtyard entrances.

Bring the entire family or a group to stay in the four-bedroom, Mesa Home with its spectacular desert views, swimming pool, stone terrace, living and dining rooms, and a kitchen.

Cuisine

The dining room overlooks the main swimming pool and has outdoor settings as well. Offering breathtaking views, the dining room, with its open kitchen and wood-fired oven serves Native American-inspired cuisine with global accents.

Spa

The resort spa is based on Navajo healing traditions. The spa's mission is to help "restore hozho, Navajo for 'beauty, harmony, balance, and health.'"

Choose between indoor and outdoor treatment areas. The Water Pavilion has a steam room, sauna, cold plunge pool, and heated step pool. The Flotation Pavilion offers a private spot for relaxing.

Fitness activities include cardio and strength-training equipment, pilates, yoga, and more.