

## TRAVEL

### RESORTS

# Spas Go Back to the Well

Luxury-seekers pay top dollar for warm baths, cold showers

By CANDACE JACKSON

**O**N A RECENT TRIP to Mandalay Bay's all-suite hotel in Las Vegas, Brandy Toltz checked out the Hathstone spa. But the Boston-area marketing manager passed on the more elaborate treatments: deep-tissue massage, "scen-tau stone reflexology" and a vitamin C facial. Instead, she took a duck in a warm bath.

"I thought to myself, 'I'm paying money to sit in a bath of water,'" she says of her visit to the warm and cold

water treatments. At the new Trilogy Spa in Manhattan Beach, Calif., spa-givers can buy a \$45 day pass that includes a "waterfall shower with Flusser's wash" that pummels them with as much as 20 gallons of water a minute. New York's Cornelia Day Resort offers a "Watsu" pool—that's "water" plus "watsu"—in which customers, submerged in a pool hand-filled with filtered lysian water, pay \$200 to be stretched and massaged by a

therapist. In the new water Hotel, Miami, hammam-style tubs and cedar-cypress saunas.

The spa in Europe, the natural ways to on- and off-duty growth started in 2003, the available national time, the most blended becom-

Spas say first-timers complicated se-

awful exfoliation sessions. "There are many people who have emotional issues about being touched by someone they don't know," says Deborah Woods, the owner of Skin Deep, a Huntington Beach, Calif., day spa that is adding a 1,500-square-foot "water experience," which includes a self-service scrub bar, coed bathing area and soak tubs. "Water is not scary," says Ms. Woods.



**THE BATHHOUSE AT CALEDONIA RANCH**  
Caledonia, Calif. (below right)

**KONIGER WATERS SPA**  
American Club, Rubin, Wis. (below left)

**THE SPA AT RANCHO VALENCIA**  
Rancho Santa Fe, Calif.

**WOODSUN VILLY**  
Massage with water \$115 to \$170

**CALEDONIA LIFE**  
Scrub and mineral bath \$350

**RAIN WATER EXPERIENCE**  
Massage with water \$135

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