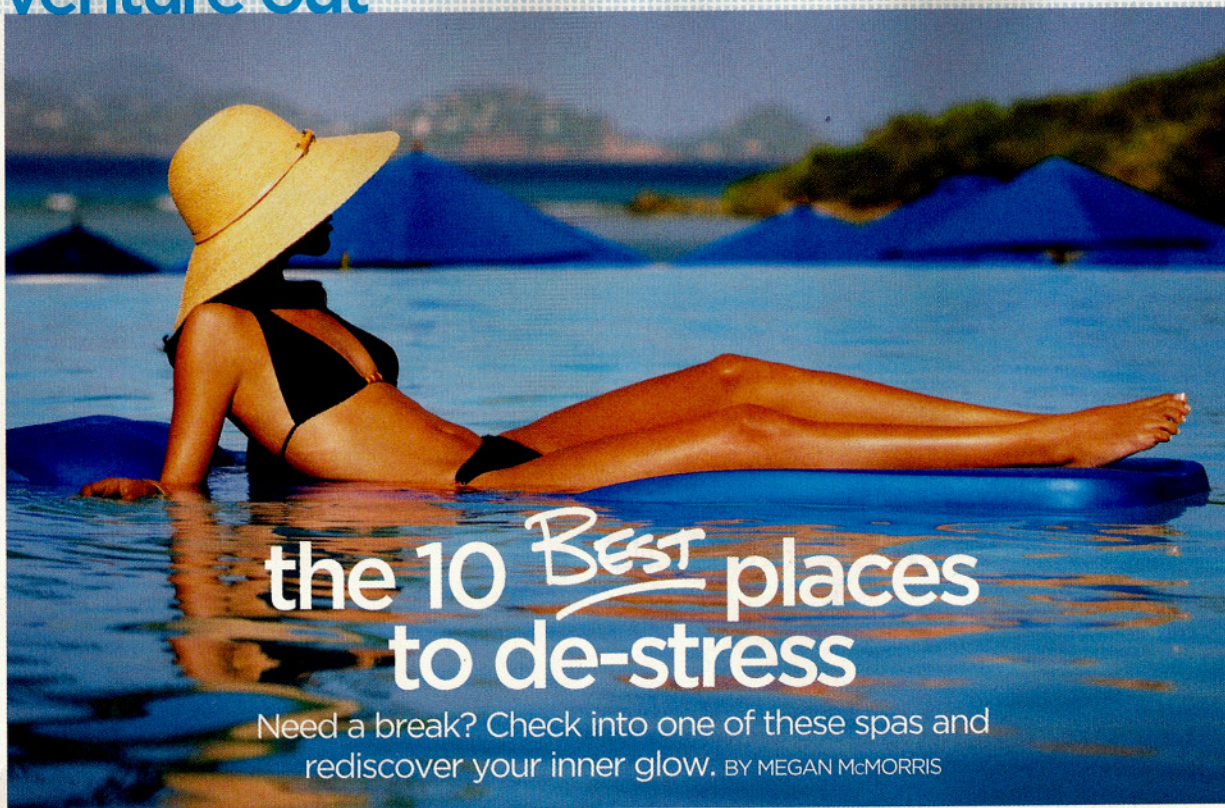


venture out



the 10 *Best* places to de-stress

Need a break? Check into one of these spas and rediscover your inner glow. BY MEGAN McMORRIS

Why do you visit a spa? If you're like most women, you're looking for an escape from the daily grind. Maybe you need a little help jump-starting a healthier lifestyle too, but your real motivation is to get away from it all and focus on *you*. To help you create a completely individualized experience, the newest crop of spas is adding customized features and rituals tailored to your needs, concerns, and preferences. (Hate New Age music? Cue up Fergie.) From desert decadence to beach-side luxury, these 10 new spas will prepare you to face the world again.

CHILL OUT IN THE CITY

29 Spa at the Mansion on Peachtree

Atlanta

Ever wonder what the lady-who-lunches lifestyle would be like? Now you can act the part with a stay at the Mansion on Peachtree, a Rosewood Hotel. Rooms in this slim 42-story building, which towers over the upscale Buckhead neighborhood, are accented with velvet, silk, and black and white marble tiles and offer sweeping views of the city. The spa, created by 29 Cosmetics

The 29 Spa offers 22 grape-based treatments

founder Lydia Mondavi, was inspired by Napa Valley. What does this mean for you? Grapes. Lots of them. Choose from the grape seed antioxidant tea or signature wine before you hit the heated water beds in the treatment rooms. Then pick your pleasure, from a Secret of the Vine Facial to a Right off the Vine Massage (both feature grape seed extract). Be sure to check out the 4,500-square-foot gym and lap pool too.

Details Treatments start at \$100, rooms at \$369; rwmansiononpeachtree.com.

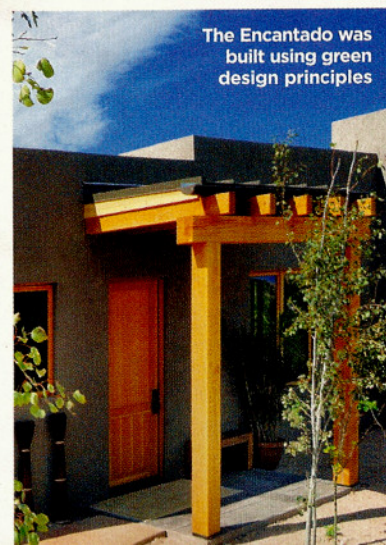
FIND SERENITY IN THE DESERT

The Spa at Encantado

Santa Fe, New Mexico

There's something magical about the Southwest, and many spas have tried to

capitalize on that feeling. The Spa at Encantado, located just seven miles from Santa Fe Plaza in the foothills of the Sangre de Cristo Mountains, gets it right. There are 65 adobe-style casitas, each equipped with heated bathroom floors and private terraces to fulfill your nesting tendencies, but there's also a communal fire pit, an outdoor sculpture garden, and an art gallery to encourage you to go outside and meet your fellow guests. After a day of hiking, biking, or horseback riding in the nearby Santa Fe National Forest, cool your heels with a chili pepper foot-



The Encantado was built using green design principles

STILL LIFE, FOOD COLLECTION/STOCKFOOD