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10 GREAT SPA ESCAPES

Royal treatment in beautiful locations is available at spas throughout the Inland Empire.

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The Inland Empire offers a plethora of choices when it comes to spa escapes. You can choose from a pampered weekend getaway or a simple respite from your busy day by way of a near-by spa. There are even mountain-top spas with spectacular views or cliff-side spas in the desert.

For a simple and easy escape right where you sit, close your eyes, relax, take calming breaths, and let go of stress with worry-free thoughts. It is that easy!

If, however, quality treatment from experienced professionals is what you crave, there are many wonderful retreats to visit in the area.

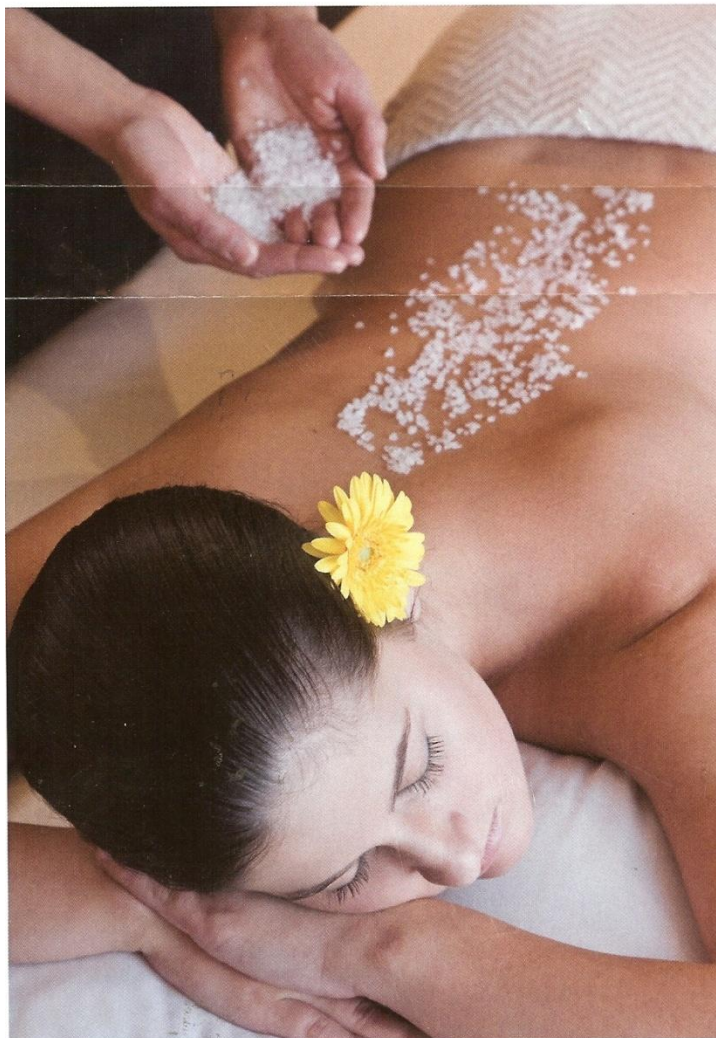
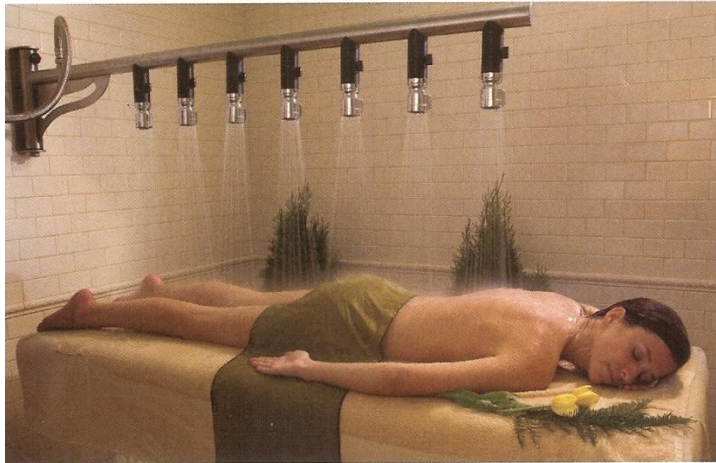
The Resort at Couer D'Alene, Couer D'Alene

Couer D'Alene, Idaho, has long been the ideal escape for people who want to relax without becoming a full-time rustic. For them, there is The Couer D'Alene

Resort. This upscale resort features a stunning spa that is a 15,000-square-foot facility engineered to pamper and please. It was designed by spa visionaries, including noted designer TAG Gaylean. This \$10-million facility features the acclaimed \$100,000 SilverTAG Shower. It also includes the Spruce & Cedar Vitality Bath, which offers the TAG's FlowThru tub to provide a bath experience that will soothe as well as provide medicinal value. You can also have a mineral scrub or their signature Mountain Lake Natural Spirulina Wrap, which promises to revitalize your skin with minerals and amino acids. This spectacular and spacious spa is open throughout the year. Don't miss it! cdaresort.com

Escape Day Spa, Dayton

Just 70 miles from the Tri-Cities, Washington, in the rolling hills of the Palouse, is the small but historic



way up the stairs. The graceful entry is brimming with natural and organic skin care products. Their signature treatment is the Five Element Massage. This is an ultra relaxing Swedish massage that includes heated compresses as a way to release the stress and tension from your body. They also provide a creative array of face and body treatments. The standout treatment at Sister Moon is cellulite cupping. This treatment uses negative pressure cupping to send energy into the areas that need stimulation, thereby decreasing the appearance of cellulite. They also provide couples massages. sistermoonspa.com

Suncadia Resort, Roslyn

The Glade Spring Spa at Suncadia Resort is designed and staffed by professionals to provide a calming and restorative experience for its patrons. The spa offers Glade Sprint Vitamin Facial, Botanical Therapy Massage, Flower and Honey Fusion Scrub, and the Ritual Pedicure. I suggest you try their cranio-sacral therapy, as it is a subtle and profound treatment that helps one's body hit the reset button. Their scrubs and potions draw on the bounty that nature provides, and they smell heavenly. Also, a new winery has opened near Suncadia. It is the utterly spectacular Swiftwater Cellars, which provides fine dining, golf, and entertainment. We recommend Swiftwater's fabulous Grilled Lollipop Lamb Chops after your day at the spa. Suncadia is a perfect escape for east- and west-siders! suncadiaresort.com

Sun Mountain Lodge, Winthrop

Winthrop is a small city in north, central Washington where you can watch deer graze while enjoying your morning coffee. If you visit Winthrop you should try the spa at Sun Mountain Lodge, which offers a variety of wraps and massages to detox and restore your being. Their facials use Sothys skin care products from Paris. The pristine mountainous view from the saline, not-chlorinated pool, helps transition you into a lovely evening. After a visit to this spa, you will feel and look wonderful. sunmountainlodge.com **nlw**

Top left: Soothing massages and showers are both part of the restorative spa experience. Spas may also include facials, pedicures, and more.

Left: In addition to using scrubs, the best spas make use of new massage techniques and technology which will leave you feeling like a new person.

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