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THE SPA PROFESSIONAL'S CHOICE

# american spa

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## JUNGLE PARADISE

COMO SHAMBHALA ESTATE (BALI, INDONESIA)



Special International Issue

# spa radar

a look at the latest spa trends, offerings, and retail items

## artful healing

San Miguel de Allende, Mexico, is a UNESCO World Heritage Site celebrated for its Spanish architecture and its acclaimed art schools. The city's latest masterpiece is the Hotel Matilda, a charming 32-room hotel filled with contemporary art that is home to dramatic views of the city, a gourmet restaurant, and **Spa Matilda**. Along with a tranquil garden ambience, the

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The spa's relaxation lounge reflects the hotel's cozy yet contemporary style.



CLOCKWISE FROM LEFT: The spa features a luxury spa suite, an on-site Apothecary, and areas that are perfect for picturesque outdoor spa services.

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4,700-square-foot, four-treatment-room spa also features two patios, an indoor/outdoor relaxation lounge, a private hammam, a fitness area, and a studio for yoga and Pilates. Ideal for couples, the luxury spa suite includes a meditation garden, a lounge, a steam shower, and a soaking tub. The spa, which was developed by Under a Tree Consulting, a branch of Amy McDonald and Associates, also features an Apothecary, which offers hand-blended treatment and retail products composed of locally procured artisanal ingredients. Additionally, the spa offers a diverse menu that includes massage and specialty bodywork using elements like hot and cold stones, honey, and herbal poultices; body therapies that incorporate local ingredients like coconut, ginger, lavender, lime, nopal, and vanilla; and skincare services using Natura Bisse and Primavera products. Says McDonald, "We created Spa Matilda within the context of our underlying belief that an integrated program of personalized treatments provides the foundation for a truly authentic spa experience."—*Julie Keller*

## HARBORSIDE HEALING



The spa's indoor pool is an enticing spot for guests to relax before and after treatments.

A recent refurbishment of the Wyndham Grand London Chelsea Harbour resulted in a fabulous facelift of the property's Blue Harbour Spa. The newly renovated haven now features six treatment rooms, two of which are couples' suites; a sauna; a steam room; and a 17-meter pool complete with swan neck waterfalls and swim jets. The updated menu includes a selection of customizable services using products from Aromatherapy Associates, Jessana, Mama Mio, Monu/Renu/Vitru, and Yon-Ka Paris. The signature service, which was created by the spa's head therapist, is the Blue Harbour Spa Signature Massage (\$123, 75 minutes), which involves the use of a patchouli-scented massage oil candle and a take-home gift of a Yon-Ka Paris scented candle, providing guests with a glowing memory of this heavenly harborside retreat.—*J.K.*