

ESCAPE RELAXING PLACES

UNWIND AND
INDULGE
WITH YOUR OTHER
HALF AT ONE
OF OUR FAVORITE
DESTINATION SPAS,
PERFECT FOR
YOUR HONEYMOON.

BY JENNIFER MURPHY



388 | The Knot

CASTELLO DI CASOLE—A TIMBERS RESORT TUSCANY, ITALY

► **WHY IT'S A GREAT DESTINATION** Rolling vineyards and trapped-in-time hill towns provide a dreamy setting. Plus, the museums of Florence are just minutes away.

► **PERFECT BASE** You'll feel like Italian royalty at Castello di Casole—A Timbers Resort (from \$490, CastelloDiCasole.com) one of the largest private estates in all of Italy. The sprawling grounds feature vineyards, olive groves, a heated outdoor infinity pool, walking trails and a croquet lawn. Rich fabrics and farmhouse antiques give all of the rooms a rustic-luxe feel, and the Limonaia Suites boast private gardens.

► **SPA HIGHLIGHTS** Housed in an old wine cellar decorated with Murano glass, mosaic tile work and marble detailing, the spa exudes classic Italian elegance. Private gardens and pools inspired by Roman baths help guests embrace la dolce vita.

► **NOT-TO-MISS TREATMENT** The 110-minute **DiVino Ritual** starts with a full body scrub, moves to a red wine hydro-massage and finishes with a grape-seed oil rubdown.

► **MUST DO** Explore the hilltop town of Casole d'Elsa by bike. It's a challenging six-mile climb from the resort, but you'll be rewarded with panoramic views and a vineyard picnic upon your return. >>



LAS VENTANAS AL PARAÍSO, A ROSEWOOD RESORT

SAN JOSE DEL CABO, MEXICO

- ▶ **WHY IT'S A GREAT DESTINATION** After Hurricane Odile hit in 2014, Cabo rebuilt and transformed its image from spring break central to sophisticated seaside getaway with star chef restaurants and incredible spas.
- ▶ **PERFECT BASE** The Las Ventanas al Paraíso, a Rosewood Resort (from \$895, RosewoodHotels.com) lives up to its name, which means “windows to paradise.” The ocean views (particularly during whale season), award-winning spa and infinity pool are impressive, and the resort’s service sets it apart.
- ▶ **SPA HIGHLIGHTS** The Spa is renowned for its talented therapists, each of whom received over 100 hours of training to master its signature massage. Therapies draw on the wisdom of Baja’s ancient healers.
- ▶ **NOT-TO-MISS TREATMENT** The newly developed **Sixty Fingers Massage** takes place on a private rooftop terrace where masseuses choreograph a rhythmic kneading of your muscles to a live music performance.
- ▶ **MUST DO** Take in Baja’s famed sea lion colony with a sunset cruise on the resort’s yacht, complete with a bottle of Dom Pérignon and fireworks.



BLACKBERRY FARM

WALLAND, TENNESSEE

- ▶ **WHY IT'S A GREAT DESTINATION** The Smoky Mountains provide the perfect backdrop for hiking, cycling, fishing and horseback riding.
- ▶ **PERFECT BASE** A culinary mecca set on working farmland, Blackberry Farm (from \$895, BlackberryFarm.com) makes all of your foodie fantasies come true, from whiskey tastings to spending a day with the gardener.
- ▶ **SPA HIGHLIGHTS** Each of the treatment rooms at The Wellhouse is named for an herb grown on the farm. Indoor yoga and fitness studios are complemented by an array of outdoor activities. Make time to chill on the rope-and-wood relaxation beds that descend from the ceiling of the yoga studio when it’s not in use.
- ▶ **NOT-TO-MISS TREATMENT** Couples can connect during a **Deep Healing Woods Yoga** experience in the forest, followed by the **Smoky Mountain Skin Glow** treatment, which includes a pomegranate-and-orange-peel scrub.
- ▶ **MUST DO** An old-fashioned horse-drawn carriage ride is the perfect way to take in the farm’s 4,200 acres of scenic vistas.



MEADOWOOD

NAPA VALLEY, CALIFORNIA

- ▶ **WHY IT'S A GREAT DESTINATION** A wild beauty still pervades the Napa Valley. Its tasting room experiences range from grand estates to small production barnyards, and the restaurant scene has never been better.
- ▶ **PERFECT BASE** The cottages at Meadowood (from \$750, Meadowood.com), a historic 250-acre estate just off the Silverado Trail, are the epitome of wine country chic with terraces and wood-burning fireplaces. Its three-Michelin-star restaurant has been called the new French Laundry.
- ▶ **SPA HIGHLIGHTS** Meadowood’s fabulous new spa is exclusive to overnight guests and resort members. Eight treatment suites each include a private bathroom and steam shower and the comfiest massage tables ever created. Two indoor-outdoor relaxation gardens tempt guests to linger post treatment with saunas, soaking pools and addictive snacks.
- ▶ **NOT-TO-MISS TREATMENT** Couples will feel like kids again when they book the spa’s Treehouse Retreat. Try the three-hour **From the Earth** treatment, which includes a hot and cold stone massage and black walnut scrub.
- ▶ **MUST DO** Have the team at Meadowood prepare an evening picnic of all your favorite s’mores ingredients and a half bottle of Napa Valley Cab to enjoy at your private fire pit on the Croquet Glenn. >>



SIX SENSES DOURO VALLEY

DOURO VALLEY, PORTUGAL

► **WHY IT'S A GREAT DESTINATION** The Douro Valley may not have the fame of Tuscany or Burgundy, but the UNESCO World Heritage-listed area rivals the world's top wine regions in terms of cuisine and tasting room experiences.

► **PERFECT BASE** Housed within a romantic 19th-century manor house, the recently opened Six Senses Douro Valley (from \$290, SixSenses.com) is an intimate wine country retreat with just 57 rooms and a youthful spirit. The on-site wine library provides a great introduction to the local terroir.

► **SPA HIGHLIGHTS** The 23,700-square-foot spa set a new bar for wellness in Portugal with its 10 treatments rooms, heated indoor pool, fitness center and yoga deck. Guests can sample wine and cheese over a mani-pedi and blend grapes, salt and herbs into body scrubs at the Alchemy Bar.

► **NOT-TO-MISS TREATMENT** Vinotherapy is a hallmark of the Six Senses spa. The **Complete Grape Rejuvenation** begins with a grape pulp and seed oil total body exfoliation, followed by a vineyard soak body wrap that stimulates the renewal of cells.

► **MUST DO** Try to time your getaway with harvest season in September and October, when you can stomp grapes barefoot in granite tanks.



ZEMI BEACH HOUSE RESORT & SPA

ANGUILLA

► **WHY IT'S A GREAT DESTINATION** Just three miles wide and 16 miles long, Anguilla may be a tiny island but it packs a culinary punch, boasting more than 100 restaurants. Turquoise seas, white-sand beaches and a year-round sunny climate guarantee honeymoon bliss.

► **PERFECT BASE** Opened last year, Zemi Beach House (from \$795, ZemiBeach.com) has an enviable address on six powdery acres of Shoal

Bay East. The property's 54 rooms and nine suites all feature terraces or balconies with ocean views, and its ocean-to-table restaurant, Stone, is already being touted as one of the top tables in the Caribbean.

► **SPA HIGHLIGHTS** Part of the spa occupies a 300-year-old house imported from Thailand. Wow-factor amenities, including a mud deck, vitality pool, meditation garden and the only hammam on Anguilla, earned it top honors in the 2016 World Spa Awards.

► **NOT-TO-MISS TREATMENT** Adventurous couples should try the **Taino Bathing Ritual**, a five-step journey inspired by the indigenous islanders who would layer their bodies with a blend of fruits, herbs, mud and salts, then dry in the sun and bathe afterward.

► **MUST DO** Group snorkel trips depart from Zemi Beach House twice a day and cruise to the colorful reefs of Little Bay. Or hire a private charter to take you out, then stop for lunch on the secluded Prickly Pear beach.



CAVAS WINE LODGE

MENDOZA, ARGENTINA

► **WHY IT'S A GREAT DESTINATION** Argentina's premier wine region is pretense free. You can play gaucho during horseback rides through rolling vineyards, experience a traditional Argentine asado and sample regional grapes.

► **PERFECT BASE** Set among vineyards with the Andes in the distance, Cavas Wine Lodge (from \$390, CavasWineLodge.com) is a vinotherapy retreat. All rooms have mountain views, private plunge pools, fireplaces and soaking tubs.

► **SPA HIGHLIGHTS** The intimate spa features a scrub room, massage cabin and wine bath area, plus a sauna, Jacuzzi and fitness room. Treatments combine the latest discoveries involving vine and grape-seed extracts.

► **NOT-TO-MISS TREATMENT** **The Perfect Day** is exactly that: seven hours of pampering and relaxation. Start the morning with a malbec-seed body scrub and a 60-minute deep tissue massage. Enjoy lunch in your robe before a facial. Then cap it all off with a bottle of bubbly by the pool.

► **MUST DO** Book a wine tasting in the cellar with the lodge's sommelier followed by a private, candlelit dinner of regional specialities.



HONEYMOONS

NAYARA SPRINGS

ARENAL VOLCANO NATIONAL PARK, COSTA RICA

► **WHY IT'S A GREAT DESTINATION** Arenal Volcano National Park is a spectacularly beautiful adventure spot. You can trek to the top of an active volcano, zip-line through jungle canopies or raft down croc-filled rivers.

► **PERFECT BASE** Accessed via a 250-foot-long canopy bridge, Nayara Springs (from \$750, NayaraSprings.com), the adults-only annex to Nayara Resort Spa & Gardens, feels like a secluded Eden surrounded by red ginger plants.

Each of the 35 villas has its own private plunge pool fed by hot springs. A recent expansion added a gym, yoga pavilion, espresso bar, pool and swim-up bar.

► **SPA HIGHLIGHTS** Open-air pavilions have rain forest views and feature Jacuzzis and outdoor showers. Signature treatments highlight local ingredients, like organic coffee, volcanic mud and clay.

► **NOT-TO-MISS TREATMENT** The **Volcanic Mud Massage** is influenced by Costa Rica's ancient beliefs that the application of mineral-rich volcanic mud to the body regenerates skin and provides inner peace.

► **MUST DO** You'll feel like Indiana Jones floating down the river on a rafting safari at twilight. Keep an eye out for howler monkeys, crocodiles and sloths.



NIHIWATU SUMBA, INDONESIA

► **WHY IT'S A GREAT DESTINATION** Nihiwatu is all about exclusivity, with a private stretch of beach and even a private surf break. In addition to sun and surf, you get to experience the local Sumbanese culture.

► **PERFECT BASE** A surfer's paradise, Nihiwatu (from \$750, Nihiwatu.com) epitomizes sustainable luxury. Thatched villas pay tribute to traditional Sumbanese houses and come with a personal butler who can arrange waterfall treks or turtle release experiences.

► **SPA HIGHLIGHTS** Guests can choose to be pampered in jungle bales, at the beach or in their own villa. A yoga pavilion offers 360-degree island views and diverse classes including yin, vinyasa and a dedicated Surfers Stretch.

► **NOT-TO-MISS TREATMENT** Nihiwatu's **Full-Day Spa Safari** leads couples on a scenic trek through rice fields to arrive at Nihi Oka, where they're greeted with breakfast, dedicated therapists and unlimited treatments.

► **MUST DO** Horses are still integral in Sumbanese culture and Nihiwatu has its own stables. Guided sunset beach rides cater to all levels of riding experience, while adrenaline junkies can try horse-powered wakeboarding. >>



394 | The Knot

ROYAL MANSOUR MARRAKECH, MOROCCO

- ▶ **WHY IT'S A GREAT DESTINATION** You'll dine on tagines, bargain for Berber rugs and be scrubbed until you sparkle during hammam sessions.
- ▶ **PERFECT BASE** Fresh off a renovation, the Royal Mansour (from \$1,000, RoyalMansour.com) is the ultimate homage to artisan craftsmanship. Every *riad* spans three floors and feels like your own palace, decorated in locally inspired silks and tile work. The rooftop pools are the perfect place to watch the sunset, and an outdoor restaurant run by Michelin-starred chef Yannick Alleno is tucked away in the property's gardens.
- ▶ **SPA HIGHLIGHTS** The Spa's intricate latticework design resembles an enormous white birdcage. An authentic hammam anchors the striking building and a palm-lined pool is a welcome respite on steamy days. The Spa Tea Lounge, nestled among the gardens, is the perfect place to unwind.
- ▶ **NOT-TO-MISS TREATMENT** A couple's **Hammam experience** begins on a slab of heated marble, where the therapist douses you in water and slathers you with vetiver and olive oil soap. You'll be scrubbed head to toe with *miel d'ambre* before a final rinse and dunk in an icy-cold plunge pool.
- ▶ **MUST DO** The team at Royal Mansour can bring guests to the Agafay desert for a romantic dinner under the stars.



FOUR SEASONS RESORT CHIANG MAI CHIANG MAI, THAILAND

- ▶ **WHY IT'S A GREAT DESTINATION** Thailand's beaches steal the spotlight, but "the rose of the north" captivates with its temples, rice fields and distinct cuisine.
- ▶ **PERFECT BASE** Surrounded by mountains and paddy fields, the Four Seasons Resort Chiang Mai (from \$765, FourSeasons.com/chiangmai) feels like a palace of serenity tucked in the mystical Mae Rim Valley. Each of the 99 rooms feature Siamese artwork and Thai décor, as well as covered verandas.
- ▶ **SPA HIGHLIGHTS** Treatments at the award-winning spa are inspired by ancient Thai rituals and are divided into six categories according to the Thai concept of social harmony. The seven well-appointed spa suites feature outdoor showers, private herbal steam rooms and outdoor soaking tubs. A dedicated yoga studio feels like it floats above the rice fields.
- ▶ **NOT-TO-MISS TREATMENT** Designed for couples, the **Royal Lanna Signature Treatment** erases tension with a silk glove massage. An exfoliating scrub made from seven sacred flowers (believed to have purified the skin of ancient princesses) leaves you glowing and a culminating massage uses an antiaging blend of mangosteen and orange blossom oil.
- ▶ **MUST DO** Sample northern Thai specialties like *khao soi gai* (coconut curry noodles with chicken) during a private dinner in the resort's orchid nursery. >>



THE ST. REGIS PRINCEVILLE RESORT

KAUAI

- ▶ **WHY IT'S A GREAT DESTINATION** Kauai's magical North Shore still feels like a lost paradise, particularly the rugged cliffs and golden beaches of the Na Pali Coast. And its dramatic waterfalls and rainbow-filled skies are great photo backdrops.
- ▶ **PERFECT BASE** White-glove service and a stunning location on Hanalei Bay make it hard for guests to ever leave the 9,000-acre grounds of the St. Regis Princeville Resort (from \$1,575, StRegisPrinceville.com). The view of the 5,000-square-foot glass-tiled infinity pool overlooking the ocean makes it even tougher to consider getting off your chaise lounge most days.
- ▶ **SPA HIGHLIGHTS** Spanning 10,000 square feet with 12 treatment rooms, the Halele'a Spa is one of the largest and best spas in the Hawaiian Islands.
- ▶ **NOT-TO-MISS TREATMENT** Couples can experience the 120-minute **Napali Ritual of Energy and Balance** in tandem. Highlights of the head-to-toe treatment include an energizing warm ginger grass and bamboo exfoliation and a purifying hot bath spiked with sea algae, yuzu, mint and chlorophyll. A rose, aloe and avocado facial evens out overly sun-kissed skin.
- ▶ **MUST DO** Book a private dinner at the resort's secluded beachside cabana at Kamani Cove. A lei presentation and chilled bottle of champagne kick off the wine-paired four-course meal.

THE MINI-MOON *Can leave town only for a few days? Escape to one of these fun cities.*



CHICAGO
The rooftop deck of **Soho House Chicago** will transport you with its views and stainless steel swimming pool. The boutique hotel's Cowshed Spa caters equally to both sexes, with a dedicated barbershop for gents. Fitness nerds will love the 17,000-square-foot gym, which boasts a professional boxing ring and old-school pommel horse. From \$365, SohoHouseChicago.com



LA
The spa at **Four Seasons Los Angeles at Beverly Hills** treats every guest like a movie star. Poolside cabanas let you feel like a VIP, and innovative therapies include an inner-peace immersion to balance your emotional well-being and a DNA facial that utilizes the OxyGeneo machine from plastic surgeon Ronald L. Moy, MD. From \$795, FourSeasons.com/losangeles



AUSTIN
Travaasa Austin embraces the Texas Hill Country spirit with mechanical-bull-riding workouts and male-focused spa treatments that culminate with a local craft beer. At night, you can dance the Texas Two-Step or snuggle up around the fire pit. A three-acre working farm grows organic ingredients for both meals and spa treatments. From \$375, Travaasa.com/austin



NYC
Treatment rooms at **Mandarin Oriental New York's** spa boast some of the best views of Manhattan. Located on the hotel's 35th and 36th floors, the spa spans 14,500 square feet and includes a state-of-the-art gym, 75-foot lap pool and a unique spa suite complete with a fireplace, dual massage beds and deep soaking tub. From \$695, MandarinOriental.com/newyork



MIAMI
South Beach isn't just about partying. The new eco-minded **1 Hotel South Beach** features the first-ever obstacle-race-inspired, 14,000-square-foot Spartan Gym and the US's first spa from cult UK brand Bamford Haybarn. Other perks include 600 feet of beach, four pools and a farm-to-table restaurant from chef Tom Colicchio. From \$499, 1Hotels.com/south-beach