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RESORT AT PEDREGAL INFINITY POOL, CABO SAN LUCAS



From left: Sunrise Springs, Santa Fe; holistic facial at Four Seasons Resort Rancho Encantado Santa Fe

SHUTTING OUT THE NOISE

NEW MEXICO'S SPAS AND SPRINGS HELP ATTENDEES TO RECHARGE AND FOCUS

BY DAN JOHNSON

Boasting stunning landscapes, plenty of wide-open space, an intriguing mix of cultures and imaginative meeting facilities, New Mexico is a favorite destination among groups seeking inspiration and replenishment. These qualities are enhanced by the Land of Enchantment's many health and wellness offerings, including spas and springs.

"With a state that encompasses so much land but few people, New Mexico exudes a feeling of unlimited space and boundless opportunities to disconnect and rejuvenate," says Kristin McGrath, vice president of convention sales, services and sports at Visit Albuquerque. "The state is home to an oasis of sacred springs and world-renowned spas that are rich with culturally inspired services, allowing for these experiences to connect deeper to mind, body and soul, and leave a lasting imprint."

The benefits of these experiences directly carry over into meetings and events. Planners are finding that in our increasingly fast-paced, complex world, these and other health and wellness options are vital to achieving the best possible ROI.

"Health and wellness options not only allow for attendees to disconnect and enjoy their natural surroundings," McGrath says. "They also often help to sift through the 'noise' and allow for them to focus on the most important aspects of a meeting or an event."

"When a group of individuals can come together with an openness and a change of scenery and view, anything is possible," adds David A. Carr, director of sales for Tourism Santa Fe. "It's important these days, now so more than ever, to bring compassion and happiness into the workplace...increasing communication and connection with those we work with to reach a common goal."

Here's a guide to some of the top spas and springs in the two cities.

Albuquerque

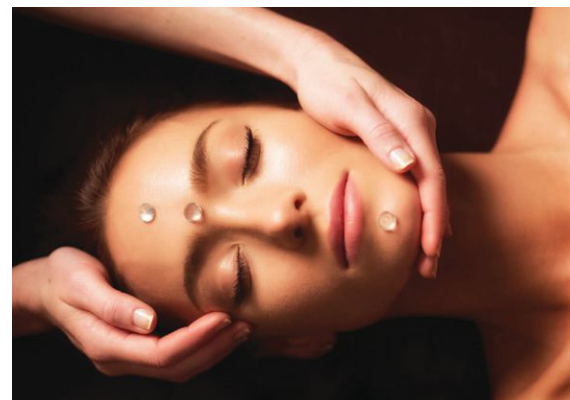
McGrath says that Albuquerque's health and wellness features connect attendees to the city, since they reflect its intrinsic qualities.

"Groups in Albuquerque can unwind and rejuvenate through experiences such as soaking in natural hot tubs, and enjoying [everything from] locally and

culturally inspired spa treatments to active pursuits that awaken the mind and body, as well as culinary experiences that can't be found anywhere else."

SPAS AND SPRINGS

Tamaya Mist Spa, located at **Hyatt Regency Tamaya**



RESOURCES

- [Tourism Santa Fe](#)
- [Visit Albuquerque](#)

Resort & Spa, has been recognized by Travel & Leisure as one of the Top 25 Hotel Spas in the continental United States and Canada. The Pueblo-style luxury spa is a haven for treatments inspired by the land and its people, tracing the footsteps of the Tamayame people as they journeyed to discover a quiet and peaceful home.

"Their signature therapies are grounded in the history and culture of the area, and incorporate local and indigenous ingredients," McGrath says. "Their Ancient Drumming treatment uses red chile, pinon oil and mud from the Jemez Mountains; their Spirit Path treatment incorporates blue corn flour; and their Three Sisters Salt Scrub features an exclusive blend of native Tamaya blue corn meal, Anasazi bean and pumpkin seed."

The resort, which also offers 350 guest rooms and 27,650 sq. ft. of meeting space, is nestled on 550 acres of Santa Ana Pueblo, between the Sandia Mountains and the Rio Grande River, 24 miles north-east of Albuquerque.

The Spa at **Iseta Resort & Casino** (210 guest rooms, 60,000 sq. ft. of meeting space) in Albuquerque offers massages, facials, body treatments and salon services. An all-day access pass provides access to a hot tub, steam room, lockers, showers, a relaxation room and a pool. The communal jar spa and rain shower is available to spa guests except during special events, maintenance or seasonal closure.

Betty's Bath & Day Spa, located in the North Valley neighborhood, is known for its outdoor salt-water hot tubs, massage and facial services—all offered in a minimalist, inviting setting. In a separate area of the spa,

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Betty's also offers Suite Retreats, during which small groups can enjoy a private eucalyptus steam room, in-room treatments, access to salt-water soaking tubs and healthy refreshments.

The Back Porch Day Spa uses innovative and traditional methods in its retreat packages, wraps and scrubs, facials, waxing services, pedicures and massage.

Green Reed Spa at **Sandia Resort & Casino** (228 guest rooms, 50,000 sq. ft. of meeting space) features 14 distinctive treatment rooms, Vichy rain showers, soak tubs, private couples' suites, and a tranquil indoor/outdoor relaxation and meditation room.

Amenities include hot and cold plunge pools, steam rooms, dry saunas and private guest lockers. Distinctive and regionally inspired treatments allow for full immersion in the high desert. Signature services are performed with indigenously harvested ingredients: lavender, prickly pear cactus, honey, rosemary and sage. Or choose a botanically inspired service using plant-based, organic products.

Located 60 miles north of Albuquerque, Jemez Hot Springs (formerly Giggling Springs) offers a mountainous escape for groups of up to 50. It boasts four outdoor pools containing more than 17 healing minerals, along with shade and pool-side service. Jemez Hot Springs is located along the Jemez River, and features a view of colorful Virgin Mesa outdoors under the stars. Group reservations, which can include the whole property, are available.

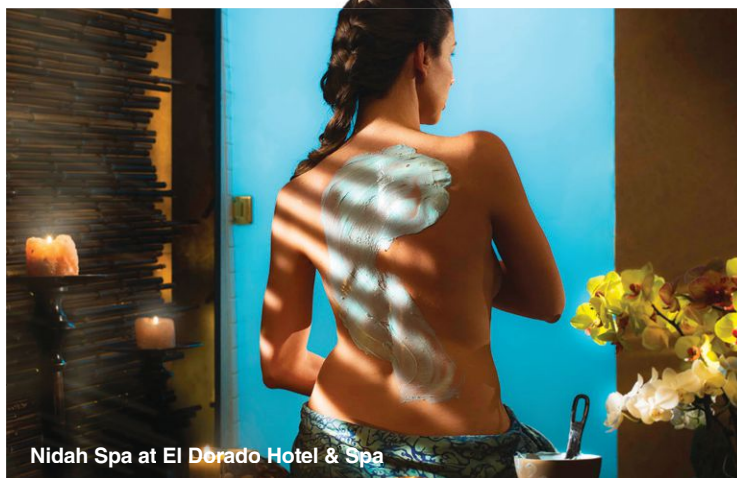
Santa Fe

It's known as The City Different, and this is clearly reflected in Santa Fe's renowned spas.

"Santa Fe has some of the cleanest air in the U.S., and people have been traveling here for centuries to renew body, mind and spirit in the area's high, dry climate, natural hot springs, sun-filled days and endless starry nights," Carr says. "Many of the great spas in the area feature unique treatments that offer ancient Native-American techniques and alternative healing rituals such as prickly pear—blue corn body scrubs and chakra-aligning sessions."

SPAS AND SPRINGS

Sunrise Springs: An Ojo Spa Resort, Santa Fe, is the city's only destination spa, and features 70 tranquil acres of gardens, walking paths and scenic high-desert landscape surrounding historic spring-fed waters. The Sunrise Springs experience is customized for each guest to create harmony among the four aspects of well-being: mental, emotional, physical and spiritual. Nutrition, spa therapies and wellness services are blended with ancient wisdom



Nidah Spa at El Dorado Hotel & Spa

and healing traditions.

The spa overlooks a serene pond, and fuses the rejuvenating and restorative services of a wellness spa with Eastern and Western therapies. Sunrise Springs has 20 casitas, 32 guest rooms, 7,000 sq. ft. of indoor meeting space and 20,000 sq. ft. of outdoor meeting space.

Located at **Inn and Spa at Loretto** (136 guest rooms, 12,000 sq. ft. of meeting space), The Spa at Loretto features a calming palette of earth tones, natural woods and stone elements that accentuate antique furnishings, hand-carved cabinetry, beaded sconces and a candlelit kiva fireplace. Offerings include massage services, body treatments, facials, nail services and healing rituals.

The Spirit of Heritage treatment starts with a foot soak in aromatic warm water, during which a heated, scented neck wrap is applied to relax your shoulders. Then your feet receive a 15-minute "sole revival" massage, followed by the Sacred Stone massage.

Nidah Spa at El Dorado Hotel & Spa (219 guest rooms, 32,000 sq. ft. of meeting space) blends modern and ancient healing techniques using a unique combination of gold, turquoise, chile and honey. A variety of massage treatments, body wraps and alternative therapies, as well as full salon services, are available.

Tucked away from all the nearby excitement, The Spa at **La Fonda on the Plaza** (180 guest rooms, 20,000 sq. ft. of meeting space) recently expanded its offerings. It offers massage therapies, body wraps, body scrubs and oils featuring naturally derived ingredients.

Housed in historic adobe-style architecture and surrounded by rich textures and stylish decor, Spa Sage at **La Posada de Santa Fe** (157 guest rooms, 4,500 sq. ft. of meeting space) has massage, facial, and spa wet room services, as well as a full-service salon, weekend yoga and Pilates classes, a modern fitness center and more.

"One of the signature treatments, The Spirit of Santa Fe, includes a blue corn exfoliation scrub and

OTHER HEALING SPACES

Along with spas and springs, Albuquerque and Santa Fe feature some other unique, unusual options for groups to immerse themselves in a nurturing wellness environment.

Los Poblanos Historic Inn & Organic Farm in Albuquerque is set among 25 acres of lavender fields, enormous cottonwood trees and lush formal gardens. It's a working organic farm as well as a 50-room inn with a farm-to-fork restaurant and 17,000 sq. ft. of meeting space. Los Poblanos is ideal for small wellness retreats, which include lavender amenities made on the farm, massage treatments, healthy rooms.

Santa Fe Oxygen & Healing Bar consists of three healing spaces. Sanctuary Spa offers Fusion Healing, which blends hand-on massage, intuitive healing modalities and deep relaxation techniques. Eastern and Western methods are used to nurture and relax the body. Apothecary Restaurant features fusion cuisine, Herbal Elixir Bar & Cafe, Oxygen Lounge and Hemp & Wellness Boutique. Kaverns offers yoga classes, an art collective, events and 3,850 sq. ft. of space for private gatherings.



Drink at Herbal Elixir Bar & Cafe, Santa Fe Oxygen Healing Bar

"It's known as The City Different, and this is clearly reflected in Santa Fe's renowned spas."

a massage infused with desert sage essential oils," Carr says. "They also offer the Santa Fe Chocolate Chile Wrap, which uses a custom blend of warming

red chile [from Chimayo, New Mexico] and a rich chocolate and cocoa butter."

The spa at the elegant **Four Seasons Resort Rancho Encantado Santa Fe** highlights regionally inspired massage and bodywork, energy-balancing rituals, facials and waxing treatments.

"Their Mountain Spirit Purification treatment includes...the healing properties of sage, adobe clay and juniper to cleanse, revive and awaken your senses," Carr says. "They also have the Lavender Pinon Rejuvenation, a full-body scrub and massage that soothes and balances the skin while incorporating mountain scents of lavender and pinon."

Inspired by world-famous Japanese mountain spring resorts, Ten Thousand Waves Japanese Spa Resort offers massage, skin care and four spa treatments: Ashi Anma addresses the whole body through the feet; Yasuragi concentrates on the head, neck, and shoulders; Salt Glow is a whole-body exfoliation; and Herbal Wrap is highly detoxifying and includes a head or foot massage. **SM**