

TREASURE HUNT

# CLEAN STARTS

Between the season's family get-togethers and holiday parties, taking a few days off to hit restart—mind, body, and soul—sounds pretty ideal. And because the West is home to some of the best hotel spas and wellness resorts in the country (we're looking at you, Arizona), you don't have to travel too far to get your refresh fix. So drop your bags off in any one of these rooms, and get ready to wash away the sins of 2017. —*Mandy Ferreira*

#### WINTER LIGHT

Nestled in Oregon wine country's Newberg, **The Allison Inn & Spa** has long been a home base for indulgence and fine dining. But in September, the spa debuted a cafe full of healthy eats to keep you going from treatment to treatment—or winery to winery. From \$420/night; [theallison.com](http://theallison.com).

#### CLASSIC COMEBACK

A hideaway for Hollywood's elite in the 1950s, **Mountain Shadows** in Paradise Valley, Arizona, reopened in April after long, meticulous construction. The massive new wellness center features a stunning gym, moonlight rooftop yoga, and a core class designed for golfers, as well as two pools with views of Camelback Mountain to enjoy while sipping on organic juice. From \$229/night; [mountainshadows.com](http://mountainshadows.com).

#### THE ULTIMATE APRÈS-SKI

Less than a year old, **The Blake** in New Mexico draws snow hounds with its ski-in/ski-out access to Taos Ski Valley. But you're really at this LEED-certified resort for a couple of New Age massages at its elegant spa. Arrive early to take in the historic Taos Valley photographs in the secluded waiting room. Or relax in the heated outdoor pool and hot tubs that are slated to open this winter. From \$199/night; [skitaos.com/theblake](http://skitaos.com/theblake).

#### NATURAL BEAUTY

Wake up at the all-inclusive **Cal-a-Vie Health Spa** with a hike along one of the 11 new trails in Vista, California, before cooling off with a stand-up paddleboard class in the pool. After dinner, stargaze at the new observatory via panoramic big screens or the high-powered telescope. From \$4,275/person; [cal-a-vie.com](http://cal-a-vie.com).

#### ISLAND REJUVENATION

Recently debuted, **The Ritz-Carlton Spa** in Waikiki is steeped in Hawaiian traditions and ingredients, like hot volcanic stones, leaves from Oahu's rain forest, and native lehua blossoms. Revitalize with a full-body sugar scrub made with healing 'olena and a deep lomilomi massage. When you're done, tuck yourself into one of the resort's ocean-view studios. From \$669/night; [ritzcarlton.com](http://ritzcarlton.com).

#### TOTAL REDO

Jonesing for an extreme makeover? In Rancho Santa Fe, California, sign up for **Rancho Valencia Resort & Spa's** just-launched Wellness Collective Retreat—a choose-your-own adventure with more than 95 fitness classes, spa treatments, and one-on-one consultations. But leave time to lounge with a cocktail at the adults-only pool and outdoor bar. You're not a saint, after all. From \$558/night; [ranchovalencia.com](http://ranchovalencia.com). 🌿



**THE ALLISON INN & SPA**  
Newberg, OR

**MOUNTAIN SHADOWS**  
Paradise Valley, AZ

**ALDERBROOK RESORT & SPA**  
Union, WA



**RANCHO VALENCIA RESORT & SPA**  
*Rancho Santa Fe, CA*



**THE COEUR D'ALENE RESORT**  
*Coeur d'Alene, ID*



**TEN THOUSAND WAVES**  
*Santa Fe, NM*



**KNOB HILL INN**  
*Ketchum, ID*



**THE BLAKE**  
*Taos Ski Valley, NM*



**CANYON RANCH**  
*Tucson, AZ*



**CAL-A-VIE HEALTH SPA**  
*Vista, CA*



**THE RITZ-CARLTON SPA**  
*Waikiki, HI*



**CAVALLO POINT LODGE**  
*Sausalito, CA*