



KEEP CALM, BRING CARRY-ON DO YOU PREFER YOUR MASSAGES SEASIDE OR SNOWBOUND? Jane Larkworthy

CHECKS OUT SIX NEW SPA GETAWAYS THAT ARE WORTH THE TRIP.

1. WELLNESS SPA, THE SINGULAR PATAGONIA, PUERTO NATALES, CHILE

After challenging treks through the snowcapped Andes, hikers can kick back at this rustic-chic resort on the fjord of Last Hope Sound. Its 3,000-square-foot spa takes full advantage of the jaw-dropping views, with floor-to-ceiling windows throughoutfrom the four treatment rooms and the indoor-outdoor pool to the sauna, which feels downright alfresco. (the singular com) GO FOR: The Singular Experience. This three-hour indulgence begins with an herbal bath, moves on to a customized facial, and finishes with a deep-tissue massage using lavender, chamomile, orange, or eucalyptus essential oils

DON'T FORGET: Ugg Australia boots, \$225, uggaustralia.com

2. THE BOTANIQUE HOTEL AND SPA. BAIRRO DOS MELLOS, BRAZIL

Two hours from São Paulo, in the heart of the "Hamptons of Brazil," this brand-new resort boasts amenities including a private cinema, a five-star wine cellar, and a stable stocked with Olympic-caliber horses. Given that one of the founders is Gordon Roddick, of the Body Shop fame, it's no surprise that the spa is world-class. (botanique.com.br) GO FOR: The Terra Brasils. Guests choose which of the 28 locally sourced essential oils they'd like for their 80-minute deep-tissue massage. It's followed by a light coating of mineral-rich clay that leaves the skin cleansed and invigorated. DON'T FORGET: Belle by Sigerson Morrison sandals, \$295, bellenyc.com

3. THE SPA AT VICEROY MALDIVES, VAGARU, MALDIVES

The spa's philosophy of reconnecting to one's "essential self" seems appropriate, considering how long it takes to reach this slice of paradise. Here, you can indulge in Ayurvedic and holistic therapies as well as more-Western treatments that incorporate luxury skincare lines like Valmont and Ila. (viceroyhotel.com/maldives) GO FOR: The Viceroy Must. First, the body is exfoliated with a scrub to either detox, energize, or relax; next comes a four-hands massage. Finally, guests can choose either an antiaging facial—with medical-grade pure collagenor an essential-oil-based calming one. DON'T FORGET: Missoni bikini, \$355, missoni.com

4. AUBERGE SPA AT THE HOTEL JEROME, ASPEN

The 120-year-old landmark hotel reopens this month with its first spa. The treatments are based on ancient healing rituals practiced by the nearby Ute Indians using medicinal botanicals (arnica and birch) as well as minerals (silver and hematite) sourced from the area's mountains and rivers. (hoteljerome.com) GO FOR: Body Extreme Hydration Skin Replenishment. This all-in-one treatment features a milk-and-Colorado-honey wrap for the body, a vitamin-C serum for the face, and an arnica-based balm that's slathered on the feet. For the finale, there's a shea butter full-body massage rubdown. DON'T FORGET: Brunello Cucinelli sweater,

5. SPA BOTANICO AT DORADO BEACH, A RITZ-CARLTON RESERVE DORADO BEACH, PUERTO RICO

This 1,400-acre oasis has many lures: History buffs will dig that back in the fifties, Laurance Rockefeller developed this spot into one of the Caribbean's first eco-resorts; foodies will love that Spanish superstar chef José Andrés is heading up the Caribbean cuisine; and sybarites will swoon over the five-acre outdoor spa, which has private baths behind each of its treatment villas and two treehouse massage pavilions. (doradobeachreserve.com) GO FOR: The ManosSantas Apothecary Ritual. Created by a local healer, the treatment begins with a warm herbal compress tailored to each client's skin to encourage lymphatic drainage, followed by a mud-and-plantextract mask to help regenerate skin cells. DON'T FORGET: Salt Optics sunglasses, \$390, saltoptics.com

6. SIX SENSES SPA, THE ALPINA GSTAAD, GSTAAD

Before the Alpina opened this month, this Swiss village hadn't seen a new hotel in more than village haan't seen a new notei in more than a century. With it comes Gstaad's first five-star restaurant, Megu, as well as the 21,500-square-foot Six Senses spa. After a day on the slopes, guests can take a dip in the hot and cold plunge pools, steam in the hammam, or nap on one of the heated water beds. (thealpinagstaad.ch) GO FOR: Couples Hammam. After a kese-mitt body scrubbing and soap massage to release toxins and stress, you'll each be wrapped in a full-body Moroccan-clay mask. Top it off with a steam and an essential-oil slathering à deux. DON'T FORGET: Moncler jacket, \$1,395, moncler.com



\$2,175, Brunello Cucinelli, New York,

212.813.0900