



TRAVEL AUG 2017

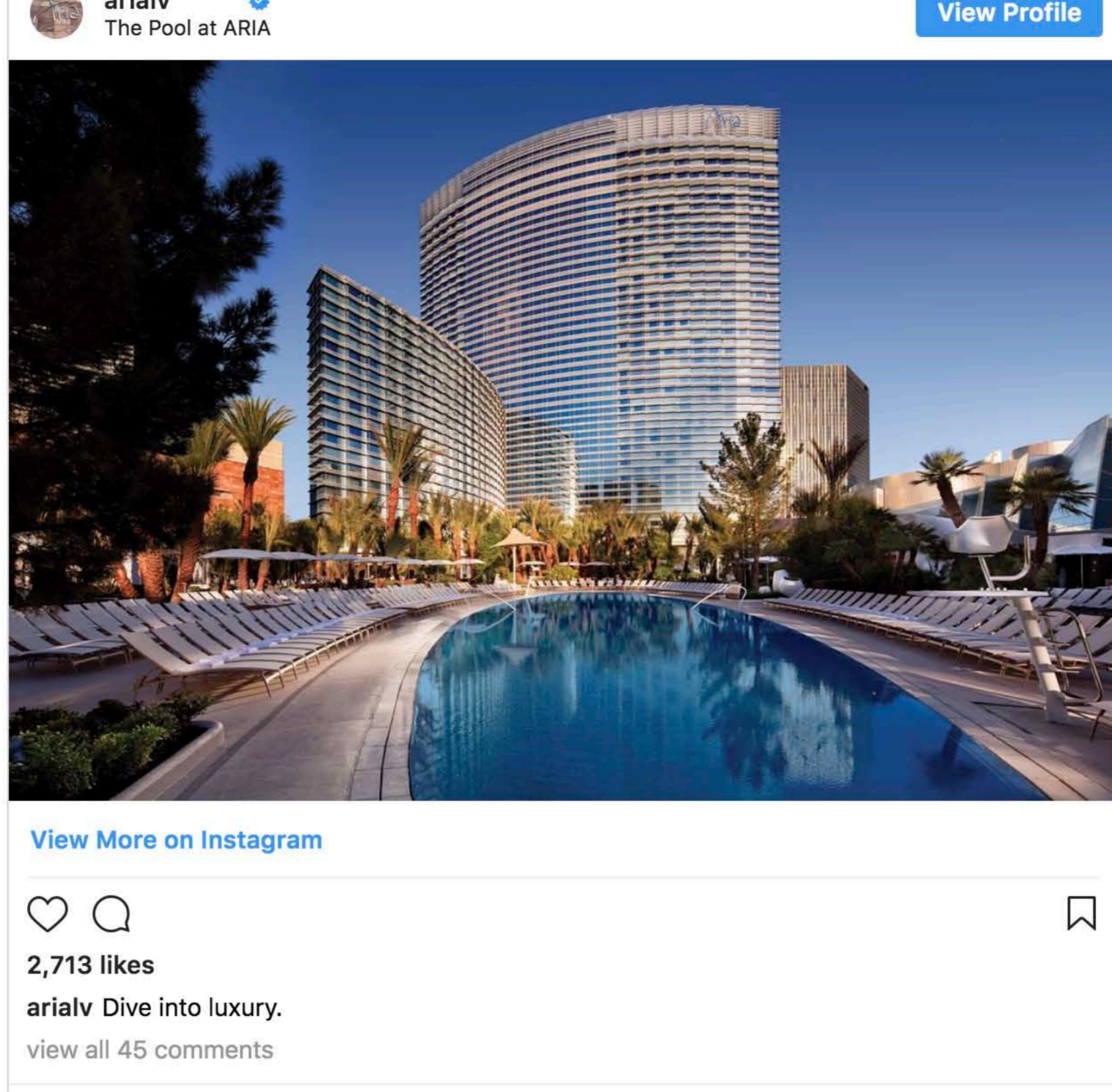
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5 Las Vegas spas worthy of serious indulgence

Shannon Melnyk, Special Contributor

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You could opt to lounge by the pool, but these Las Vegas spas are an even better remedy for one too many martinis the night before.



Spa at Aria

Silence is golden in Sin City when you hit the Spa at Aria. Try the ganbanyoku beds — heated Japanese stone beds that soothe muscles and allow for increased circulation while heating your inner core, or breathe deeply in the Shio salt room, which is lined with salt bricks and lamps. Their facial offerings range from a basic facial at \$100 to an age-defying facial for \$345 for 80 minutes. And after? Your best face forward for a night on the town. 702-590-9600. aria.com.

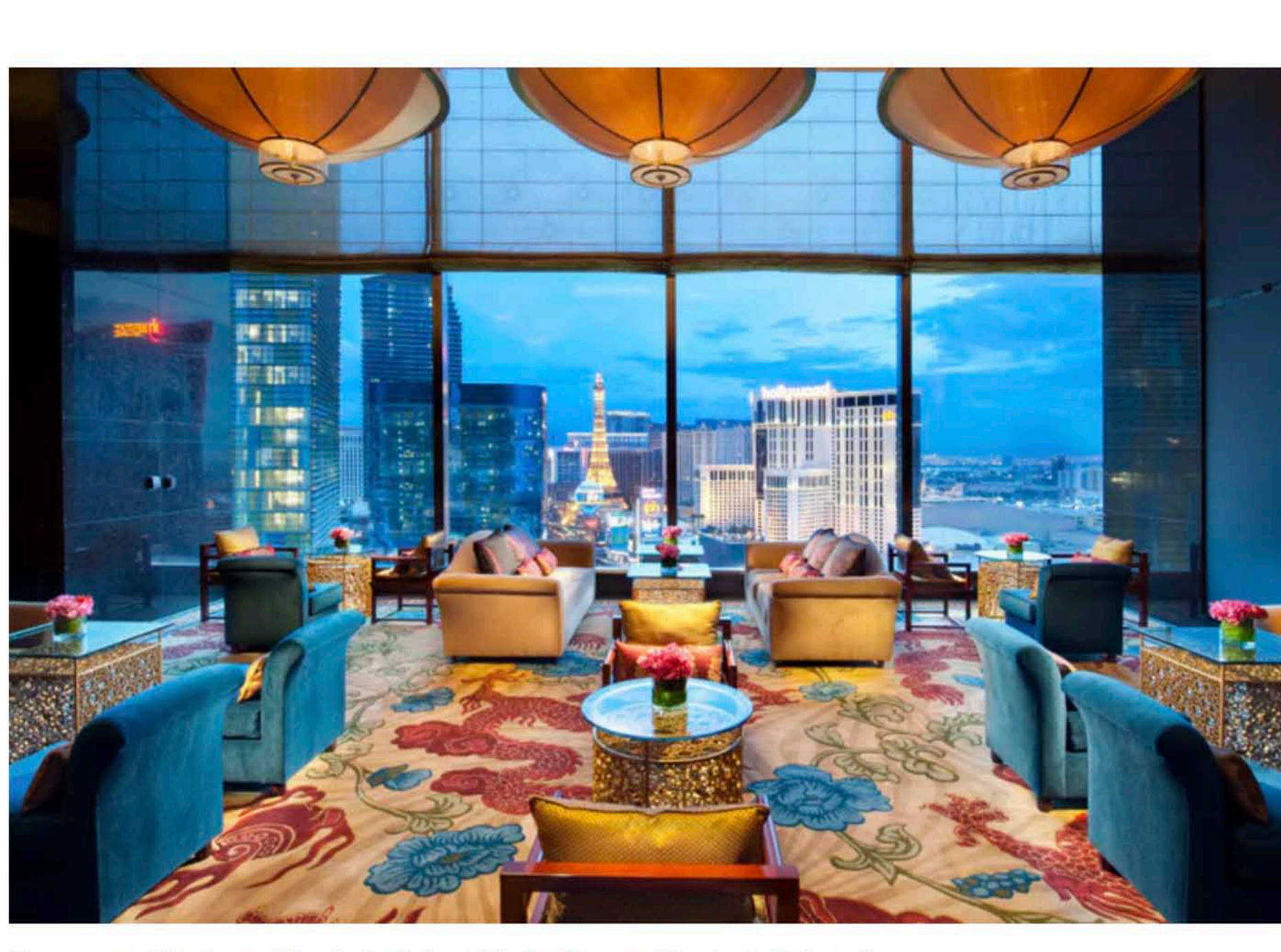
VEGAS, BABY! WE ROLL OUT OUR FAVORITE SIN CITY STORIES

How to sample the best of the Vegas food scene in just three hours

Summer in Las Vegas means it's time for some serious ice cream

The Cosmopolitan of Las Vegas revamps its restaurant mix

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Tea room at The Spa at Mandarin Oriental in Las Vegas. (Mandarin Oriental)

The Spa at Mandarin Oriental

Welcome to the sophisticated 1930s Shanghai chic in the heart of the strip. The vibe alone will deliver some out-of-body bliss, but when it's time for the laying of the hands, the East Meets West massage treatment is a delightful fusion of pressure point therapy and restorative stretching that delivers both deep tissue and Thai-inspired massage using herbal remedies for tired muscles.

You may also want to try the Mahjong Balance, which begins with a ginger, jasmine and green tea foot ritual. A smoothing exfoliation gives way to a warm jade therapeutic massage on the energy centers around the body. This treatment is for those head-to-toe hedonists: Tension points around the eyes and ears are part of the package as is a head massage and a cool jade stone finish. Both treatments are a very zen two hours. Don't forget to hit the ultra luxe tea lounge for the full experience. 702-590-8886. mandarinoriental.com/las-vegas.



Suite at Sahra Spa & Hammam, The Cosmopolitan in Las Vegas (The Cosmopolitan)

Sahra Spa & Hammam, The Cosmopolitan

If lying naked on a marble slab while goddesses attend to every anatomical nook is your idea of a good time, the Red Flower Hammam Experience is for you. The desert-inspired cocoon of the spa is enchanting, as is the modern homage to this centuries-old Ottoman Empirical practice. This particular Hammam is an 80-minute feast for the senses, as the fragrant ritual of heat, steam, massage, detoxification and relaxation is achieved with over 11 flower oils and fruit essences. You might just have an early childhood memory or two as attendants bathe you with basins of warmth that envelop your body on the colossal marble stone.

Since we're on the topic of youth, this treatment will leave you infant-booty smooth with a vigorous coffee/lemon blossom/olive stone scrub. Purification follows, with a jasmine-rose Rhassoul Clay and cardamom amber oil application. Let it all sink in at the Space Between serenity lounge, and leave time for the temptations in the spa's boutique. 702-698-7171. cosmopolitanlasvegas.com/spa.

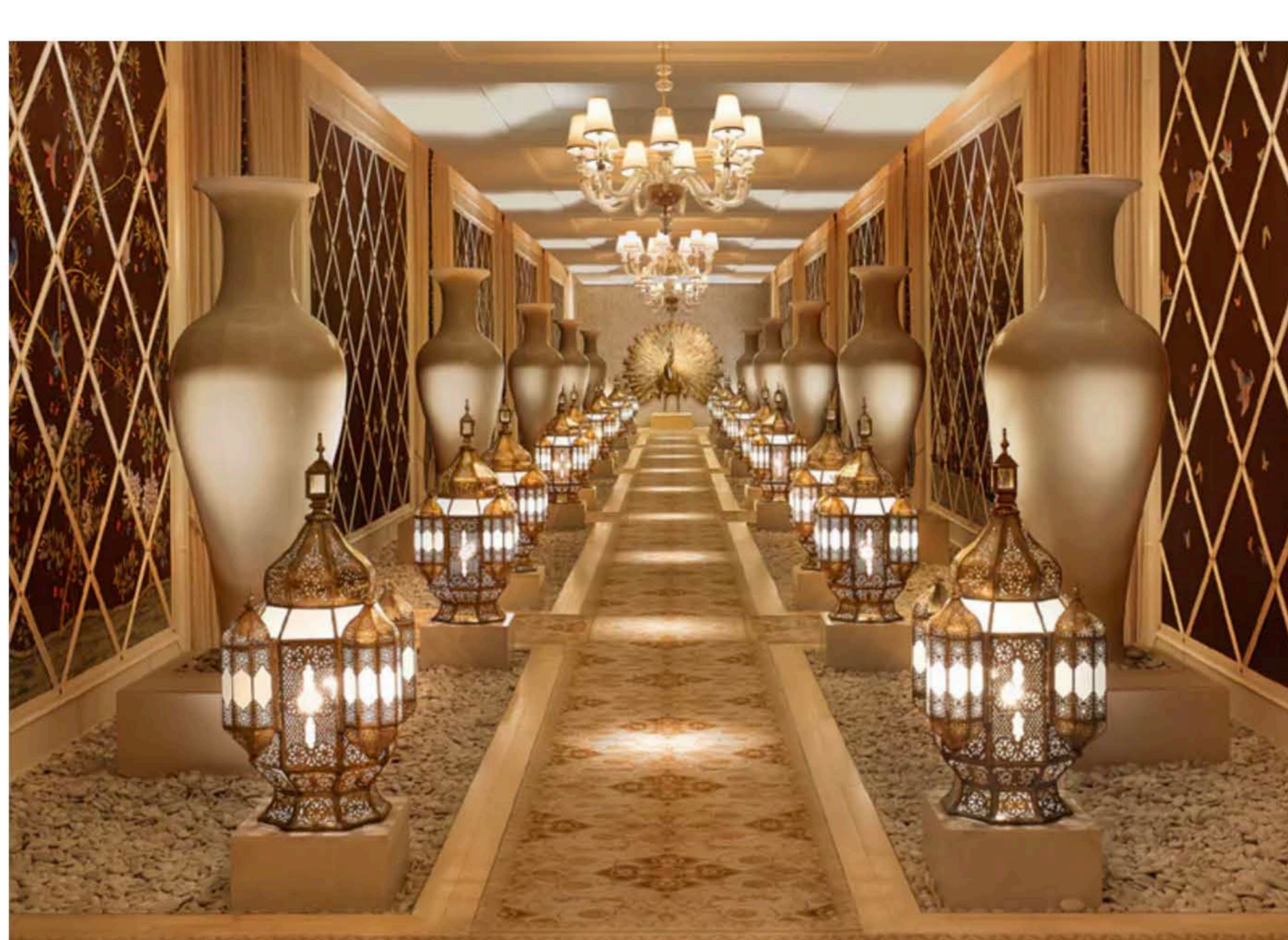


Roman Baths at Qua Baths & Spa, Caesars Palace, Las Vegas (Wynn Las Vegas)

Qua Baths & Spa, Caesars Palace

You'll want to find an excuse to stay all day in 50,000 square feet of aqua-celestial sanctuary at Qua. Offerings include signature treatments and experiences both from the deliciously aromatic main menu as well as the Japanese-inspired Nobu menu.

They blast oxygen into the casinos, so why not into your pores with an O2 Awakening facial? The pure O2xygen formula penetrates the skin to re-energize cellular function, eliminate toxins and give you that glow sans the sangria cocktail. Or getting your glow on might instead mean a hydratherapy facial with a little Diamond Tip microdermabrasion chaser to plump up fine lines and stimulate collagen. Lazing around feels otherworldly in the blue hue of the Roman Baths, the Laconium Room and the Arctic Ice Room. 866-782-0655. caesars.com.



The Spa at Encore, Wynn Las Vegas (Wynn Las Vegas)

The Spa at Encore, Encore Resort, Wynn Las Vegas

Get ready to experience the big O for opulence at the most exquisite of spas in Las Vegas. You'll know you're in for something special once you're bathed in the warm light of the grand, golden Moroccan lamp-laden corridor leading to the designer treatment rooms. Buddhas and blossoming orchids, oh my!

Signature experiences include the Desert Stone Ritual with hot and cold stones and both an invigorating scrub down and soothing massage. Or try the detoxifying Moroccan Mud Wrap, where an invigorating dry brushing precedes a cocooning wrap, and finishes with a warm Argan oil on skin and hair. Mind and body bliss-seekers should try the Bodhi Massage and Visualization, a collection of body and energy work along with aroma and color light therapy and guided visualization. In between treatments, make like a queen and lounge about noshing on dried apricots and sipping white pear tea. 702-770-3900. wynnlasvegas.com.

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