

# SCOTTSDALE: A WELLNESS SANCTUARY

Scottsdale has long been touted as a spa mecca and is revered for its Sonoran Desert setting, said to have healing powers. Its reputation as a place of health and wellness dates back hundreds of years to the Native Americans, who considered both the body and spirit to be equally important when assessing overall health. It was also the ancient tribes who discovered its curative climate, medicinal plants and therapeutic herbs – even turning prickly cacti into soothing balms.

Today, Scottsdale has more resort spas per capita than any other city in the United States, and many of them leverage indigenous ingredients and the serenity of our desert surroundings to rejuvenate the bodies, hearts and minds of wary travelers. Whether the locale is inspired by the Sonoran Desert or transporting spa-goers to another place with its globally influenced setting, when paired with spirit-stirring sunsets and crisp air, visitors find a spa destination unlike any other.

## SCENIC SPAS

- **The Spa at the Boulders Resort:** Set amongst awe-inspiring 12-million-year-old boulder piles and Black Mountain in the distance, the spa is a 33,000-square-foot facility for finding pampering and renewed energy. Its treatment spaces are complemented by signature elements such as a labyrinth (path to tranquility), an authentic Tipi for guided meditation, and a 5,600-square-foot Organic Garden.
- **Agave, the Arizona Spa:** This 20-treatment-room, desert-inspired retreat at The Westin Kierland Resort is designed to rejuvenate and renew the mind, body and spirit, incorporating traditional therapies handed down from Arizona's many cultures of healing. Serving as the spa's main inspiration, the indigenous agave plant is used in many of the treatments.
- **The Spa at Camelback Inn:** Nestled between Mummy Mountain and Camelback Mountain, this spa is 32,000 square feet of bliss, with a menu of services that includes massages, body care and skin care treatments and fitness programs, plus Sprouts, a heart-healthy and organic-driven café perfect for refueling after a workout or soothing massage.
- **Palo Verde Spa & Apothecary:** Guests of Andaz Scottsdale Resort & Bungalows would be remiss not to visit this intimate spa, with poolside views of Camelback Mountain. The luxurious treatment menu incorporates ingredients by a local Sedona botanist, presented in a space inspired by the artistic culture of the desert.
- **The Spa at Four Seasons Resort Scottsdale:** In the cooling foothills of Pinnacle Peak, the AAA Five Diamond property's spa offers a truly handcrafted desert resort experience with an array of seasonal, indigenous and innovative spa treatments, as well as an Aroma Blending Bar, and other wellness offerings like a Zen Hike and yoga classes.

## TOTAL-WELLNESS SPAS

- **Well & Being Spa:** At this rejuvenating sanctuary within the Fairmont Scottsdale Princess resort, guests find a well-appointed and tranquil setting with a comprehensive program of spa treatments, fitness activities and wellness retreats – from Singing Bowl Sound Therapy, Acupuncture and Cupping, to Aerial Yoga and Bod Pod assessments.
- **Spa Avania:** Because our bodies need different things at different points of the day, Hyatt Regency Scottsdale Resort's 2.7-acre spa has crafted its treatment menu around circadian rhythms and provides holistic, total-immersion spa experiences based on the six spa elements deemed most essential to the body's changing rhythms and requirements: customized spa treatments, mineral water therapy, music styling, diet, antioxidant benefits of tea and natural light.
- **The Phoenician Spa:** This three-story facility at the AAA Five Diamond property brings a nurturing and contemporary approach to relaxation, fitness and beauty through a variety of facials, massages and bodywork therapies. Lounge at the rooftop pool, visit the aromatherapy blending bar, or sweat it out at the movement studio.
- **Spa CIVANA:** CIVANA's 22,000-square-foot spa takes guests back to the origin of SPA – Salus Per Aquam (Health through Water) – by offering a choice of hydrotherapy immersions that include a tepidarium, hot/cold walking pool, cold plunge shower and saunarium. Wellness classes include Wall Yoga, Myofascial Release, Floating Meditation and more.

## EXOTIC SPAS

- **Joya Spa:** Arguably the most exotic in the area, the moment guests step into the spa at Omni Scottsdale Resort at Montelucia – inspired by Spain's Andalusia region – they'll feel as though they're in a Moroccan riad. The spa's modern interpretation of the Hammam prepares the mind and body for spa treatments and includes a scrub with traditional Moroccan black soap and essential oils.
- **The Spa at Sanctuary Resort on Camelback Mountain:** Take a spiritual journey to Indonesia or Thailand, with a menu boasting services like the tok sen, which blends Thai massage with vibration therapy. The Asian-inspired spa also offers multi-day Satori Wellness Retreats, customized to address anything from mental wellbeing to physical development.
- **Alvadora Spa:** Bringing the healing traditions of the Mediterranean to the desert, this spa oasis at the Royal Palms uses herbs, flowers, oils and minerals native to the region, amidst the lush gardens and winding terra cotta pathways reminiscent of a far-away place.

*Dive deeper into Scottsdale's more than 50 day, resort and health [spas](#).*



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