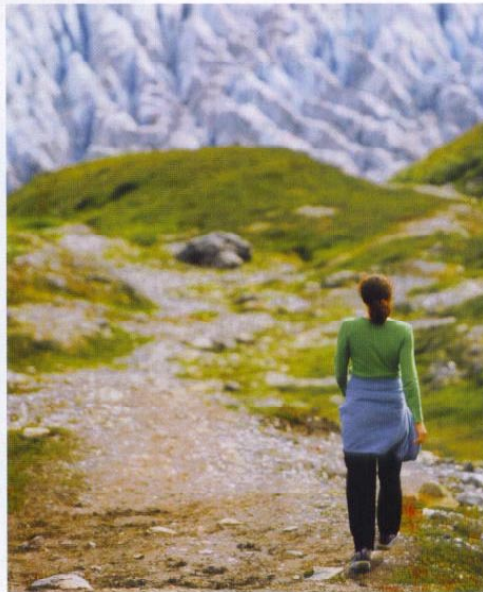


Summer Pleasures

Spa getaways restore health, balance, and harmony.

Where can I combine my love for hiking with a spa vacation? —J.L., NORFOLK, VIRGINIA

Dedicated spas and special programs devoted to hiking abound, especially in the halcyon days of summer. For the former, try the New Life Hiking Spa in Killington, Vermont (800/228-4676, www.newlifehikingspa.com), where small group hikes through the lush Green Mountains are tailored to a variety of skill levels—from gentle nature walks to ambitious climbs up the region's second highest peak. Come summer, the Mountain Trek Fitness Retreat & Health Spa (800/661-5161, www.hiking.com), nestled high in the Purcell Mountains of British Columbia, is thawed out and ready for serious hikers who cap off daily treks with a dip in nearby hot springs. Rocky Mountain Adventure Weeks are new this summer at the Park Hyatt Beaver Creek Resort & Spa (877/625-1547, www.beavercreeksummer.com). During the six-night package, guests explore the pine-studded terrain on guided hikes, including a challenging climb to the summit of one of Colorado's highest peaks.



I've tried losing weight on my own with trendy diets and can't seem to make the progress I want. Should I try a spa weight-loss program?

—J.F., CHICAGO, ILLINOIS

You're not alone: Many people have difficulty finding success in regimented diet plans that ask you to behave by the book. At the Pritikin Longevity Center & Spa in Aventura, Florida (www.pritikin.com), guests learn the fundamentals of healthy eating and exercise for weight loss using a time-honored program that benefits more than your waistline. The one-week (or more) customized sessions emphasize heart-friendly diet and workout choices and include workshops on nutrition, cooking, meditation, fitness strategies, and other relevant topics gleaned from the Center's 30 years of experience—and results. The more recently

added spa offers therapeutic and utterly relaxing wellness services as just reward for guests starting their journey toward optimum health.

My daughter and I would like to rendezvous at a spa somewhere between Austin and Seattle. Where can we go to be pampered and do something other than eat?

—E.J., AUSTIN, TEXAS

Mother and daughter spa getaways provide a relaxed way to reconnect. If you're looking for bargains and don't mind heat, meet in Scottsdale, Arizona. Luxury settings like the Willow Stream Spa at The Fairmont Scottsdale

Princess, (800/257-7544, www.fairmont.com/scottsdale) or Sanctuary on Camelback Mountain (800/245-2051, www.sanctuaryoncamelback.com) both offer great summer discounts. Or, catch the ocean breezes in low-key Laguna Beach, California. (Fly into nearby John Wayne Airport, a small, laid-back outfit that eases stress levels from the outset.) Two in-town options are the Montage Resort & Spa (866/271-6953, www.montagelaguna.com) whose sea-inspired Marine Wrap will relax you both, and the Surf & Sand Resort (949/376-2772, www.surfandsandresort.com) where Yoga "Enrichment" Treatments are offered at the Aquaterra Spa.

WRITE TO US: Send your spa questions to AsktheEditors@SpaMagazine.com or by mail to Ask the Editors, Spa Magazine, 6267 Carpinteria Avenue, Suite 200, Carpinteria, CA 93013. Queries can only be answered in the column and may be edited for length and content.