

american spa

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RELAXATION ROYALE



DESTINATIONS

Asian Infusion

Park City is perhaps one of the last places a spa aficionado would expect to find authentic Japanese-style healing. But relaxation seekers searching for Asian inspiration need look no further than **Amatsu Spa** at The Sky Lodge, a luxe boutique hotel that recently opened its doors in the rustic ski town. This exotic 5,500-square-foot haven specializes in the ancient ritual of the Japanese bath known as ofuro, which serves as the conclusion to any of the spa's decadent face or body treatments. After partaking in a spa session, guests are guided to individual shower stalls, where they are instructed to cleanse and rinse their bodies. Next, they submerge themselves in a steaming ofuro tub to enjoy the centuries-old ritual of purification by water. Following a meditative soak, guests are then invited to the community Tea Room to sip on soothing herbal blends. Sore muscles melt away, a state of Zen is achieved, and spa-goers are ready for another action-packed day on the slopes.—*Julie Keller*

