



Representing the Finest Spas in the World

	Destination Spa	Telephone	Website	Econo	Mid	Luxury	Noteworthy items
Midwest	Birdwing Spa Litchfield, MN	(320) 693-6064	birdwingspa.com	X			Nature, wildlife, 300 acres, 90 mi W Mpls, lakeside, X-C ski, country, vintage barn suites, lodge
	The Heartland Spa Gilman, IL	(800) 545-4853	heartlandspa.com	X			Country estate, private lake, 80 mi SW Chicago, "State of the Heart" medical, Ropes challenge, pamper
	The Kerr House Grand Rapids, OH	(419) 832-1733	thekerrhouse.com			X	Victorian mansion, yoga, breakfast in bed, candlelight dinner, 5-8 guests, pamper
Northeast	Deerfield Spa East Stroudsburg, PA	(800) 852-4494	deerfieldspa.com	X			Pocono Mts., Country B&B feel, 12 woodland acres, outdoor heated pool and jacuzzi
	Canyon Ranch in Lenox Lenox, MA	(800) 742-9000	canyonranch.com			X	New England, Berkshires estate, comprehensive, 4 seasons, X-C Ski, canoe, cultural festivals
	Green Mountain at Fox Run Ludlow, VT	(800) 448-8106	fitwoman.com		X		Wt loss specialists, long-term stays, women only, 7 day minimum
	New Age Health Spa Neversink, NY	(800) 682-4348	newagehealthspa.com	X			Catskill Mts., country setting, yoga/meditative, juicing program, Alpine Tower & Ropes, cottage accom.
	New Life Hiking Spa Killington, VT	(800) 228-4676	newlifehikingspa.com		X		Green Mountains, VT ski area, all levels of hiking, nature, May-Nov
	Copperhood Inn & Spa Shandaken, NY	(845)688-7484	copperhood.com	X			Catskill Mtns. Intimate spa lifestyle with wilderness hiking, biking, yoga and more.
South/Southeast	Lake Austin Spa Resort Austin, TX	(800) 847-5637	lakeaustin.com			X	Texas hill country, Lake Austin waterfront, organic gardens, canoe, kayak, sculling, luxury cottages
	Regency House Hallandale, FL	(800) 454-0003	regencyhealthspa.com	X			Atlantic Ocean beachfront, Dr. Frank Sabatino health program, vegetarian, holistic, juicing
	Tennessee Fitness Spa Waynesboro, TN	(800) 235-8365	tfspace.com	X			Scenic Natural Bridge, wt loss, rustic
Southwest/Mexico	Canyon Ranch in Tucson Tucson, AZ	(800) 742-9000	canyonranch.com			X	AZ Sonoran desert, comprehensive spa program, adobe cottages, medical staff, tennis, golf
	Cal-A-Vie Vista, CA	(760) 945-2055	cal-a-vie.com			X	San Diego hills, European pamper, women only & co-ed weeks, 7 day, La Petite weeks
	Golden Door Escondido, CA	(800) 424-0777	goldendoor.com			X	377 acres, Japanese country inn, women only, 7 day program, attentive, labyrinth
	Green Valley Spa St. George, UT	(800) 237-1068	greenvalleyspa.com			X	Red Rock Canyons, Zion, hiking, golf, tennis,labryinth, pamper, Las Vegas weather
	Hosteria Las Quintas Cuernavaca, Mexico	(877) 784-6827	hlasquintas.com		X		1.5 hrs Mexico City, eternal Spring, tropical gardens, Aztec sweat lodge, pamper, eco-tours, Spanish
	The Oaks at Ojai Ojai, CA	(800) 753-6257	oaksspa.com	X			Southern CA valley, Shangri La, artist town, affordable, fitness/wt loss, lodge, 1000 calories
	Rancho La Puerta Tecate, Mexico	(800) 443-7565	rancholapuerta.com		X		Baja CA, 45 miles SE San Diego, 3000 acres, Mt Kichumaa, casitas, organic garden, 60 classes
	Red Mountain Spa St. George, UT	(800) 407-3002	redmountainspa.com		X		Snow Canyon, outdoor adventure: hiking, biking, rock climbing, Las Vegas weather, casitas
Canada	The Hills Health Ranch 108 Mile Ranch, BC	(250) 791-5225	spabc.com	X			BC, Ranch setting, 20,000 acres, 200km X-C Ski, horseback riding, "wellness vacations"
	Mountain Trek Fitness Ainsworth Hot Springs, BC	(800) 651-5161	hiking.com		X		BC Rockies, outdoor adventure, nature, yoga, mineral baths, fasting, naturopathic, cedar lodge accom.
	Spa Eastman Eastman, Quebec	(800) 665-5272	spa-eastman.com		X		Quebec Eastern Townships, French country lodge, bilingual
	Echo Valley Ranch & Spa Clinton Jesmond, BC	(250) 459 2386	evranch.com		X		Central BC - Adventure wonderland for outdoor activities, Thai traditions, "East meets West"
Int	Chiva-Som Hua-Hin, Thailand	66 (0) 2711-6905-10	chivasom.com			X	Beachside setting, Thai values/beliefs, personal wellness programs, non-regimented

888-772-4363

www.destinationspas.com