

# **Exhibit B**

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## Research and Data

### Top 25 U.S. Newspapers for March 2013

AAM's semiannual newspaper Snapshot report (formerly known as FAS-FAX) covers top-line circulation and audience figures from October 2012 through March 2013. Data for approximately 700 U.S. and Canadian newspapers is available via AAM's database, the [Media Intelligence Center](#).

#### Key Statistics

Daily circulation for the 593 U.S. newspapers reporting comparable averages for the March 2013 and March 2012 periods decreased 0.7 percent. Sunday circulation for the 519 newspapers reporting comparable data was down 1.4 percent.

Newspapers may include digital editions — tablet or smartphone apps, PDF replicas, metered or restricted-access websites, or e-reader editions — in their total circulation. Digital editions now account for 19.3 percent of U.S. daily newspapers' total average circulation, up from 14.2 percent in March 2012.

Branded editions, which are newspaper-owned products such as commuter, community, alternative language or Sunday-Select type newspapers, may also be included in total circulation. Branded editions account for 5.1 percent of U.S. newspapers' total average circulation, up from 4.5 percent in March 2012.

#### Changes to Comparative Data

Since the adoption of current reporting standards in 2010, publishers have modified their subscription types, incorporated branded editions and embraced digital platforms in lieu of print distribution on certain week days. Due to the many ways that newspapers now distribute and market their content -- including year-over-year changes at individual papers -- AAM cautions against drawing too many direct comparisons of the data in the Snapshot report.

In March, the AAM board granted an exception to allow a group of newspapers to exclude reporting a five-day average in this Snapshot file due to a reduction in their print distribution frequency. These newspapers are noted in the report with this message:

*Due to print frequency reduction, per the AAM board, title is exempt from 5 day average. As a result, only comparative data is shown for Sunday (if applicable).*

The AAM board recently considered these trends and gave initial approval to eliminate the five-day average requirement. If this is given final approval in July, five-day averages will be optional for the next newspaper Snapshot report in the fall. The Snapshot report will continue to show circulation metrics for each day newspapers with circulation over 50,000 are published in print or digital.

#### Top 25 Lists

Below are a few charts pulled from the report: the top 25 Sunday and weekday U.S. newspapers by circulation and the top 25 U.S. newspapers with digital editions.



#### Average Circulation at the Top 25 U.S. Sunday Newspapers

*Preliminary figures filed with AAM. Subject to audit.*

Newspaper Name	Print	Total Digital	Total Average Circulation		Total Average Circulation		Percent Change
			Excluding Branded	Total Branded Editions	As of 03/31/13	As of 03/31/12	
NEW YORK TIMES	1,254,506	1,067,923	2,322,429		2,322,429	2,003,247	15.9%

## Alliance for Audited Media Top 25 U.S. Newspapers for March 2013

HOUSTON CHRONICLE	412,329	90,369	502,698	539,691	1,042,389	1,106,379	-5.8%
LOS ANGELES TIMES	775,641	178,369	954,010		954,010	952,762	0.1%
WASHINGTON POST	639,966	31,135	671,101	166,913	838,014	719,301	16.5%
CHICAGO TRIBUNE	706,840	74,484	781,324		781,324	779,440	0.2%
DETROIT FREE PRESS	416,986	6,055	423,041	285,073	708,114	668,332	6.0%
SAN JOSE MERCURY NEWS	180,357	88,993	269,350	433,057	702,407	690,177	1.8%
DALLAS MORNING NEWS	293,383	66,164	359,547	338,170	697,717	702,848	-0.7%
NEW YORK DAILY NEWS	431,519	156,386	587,905	56,974	644,879	658,696	-2.1%
ATLANTA JOURNAL- CONSTITUTION	342,744	7,231	349,975	294,312	644,287	402,602	60.0%
DENVER POST	363,655	165,612	529,267	97,608	626,875	595,361	5.3%
MINNEAPOLIS STAR TRIBUNE	461,696	53,382	515,078	64,793	579,871	544,186	6.6%
PHOENIX REPUBLIC	450,471	5,247	455,718	86,556	542,274	538,579	0.7%
PHILADELPHIA INQUIRER	362,752	95,413	458,165	19,148	477,313	517,311	-7.7%
CLEVELAND PLAIN DEALER	301,806	97,065	398,871	59,967	458,838	440,968	4.1%
NEWSDAY	324,182	134,510	458,692		458,692	495,416	-7.4%
NEWARK STAR-LEDGER	288,431	143,609	432,040		432,040	413,472	4.5%
SAN DIEGO UNION-TRIBUNE	290,115	20,099	310,214	99,582	409,796	364,454	12.4%
CHICAGO SUN-TIMES	180,519	74,784	255,303	150,791	406,094	434,572	-6.6%
TAMPA BAY TIMES	383,693	18,729	402,422		402,422	432,202	-6.9%
BOSTON GLOBE	309,771	72,681	382,452		382,452	365,512	4.6%
ORANGE COUNTY REGISTER	285,794	9,883	295,677	80,997	376,674	385,283	-2.2%
SAN ANTONIO EXPRESS-NEWS	230,628	14,634	245,262	111,139	356,401	353,572	0.8%
NEW YORK POST	249,567	104,333	353,900		353,900	434,392	-18.5%
SEATTLE TIMES	276,274	45,089	321,363	15,000	336,363	346,589	-3.0%



## Average Circulation at the Top 25 U.S. Daily Newspapers

*Preliminary figures filed with AAM. Subject to audit.*

Newspaper Name	Print	Total Average Circulation		Total Branded Editions Print & Digital	Total Average Circulation		Percent Change
		Total Digital	Excluding Branded		As of 03/31/13	As of 03/31/12	
WALL STREET JOURNAL	1,480,725	898,102	2,378,827		2,378,827	2,118,315	12.3%
NEW YORK TIMES	731,395	1,133,923	1,865,318		1,865,318	1,586,757	17.6%
USA TODAY	1,424,406	249,900	1,674,306		1,674,306	1,817,446	-7.9%
LOS ANGELES TIMES	432,873	177,720	610,593	43,275	653,868	616,575	6.0%
NEW YORK DAILY NEWS	360,459	155,706	516,165		516,165	579,636	-11.0%
NEW YORK POST	299,950	200,571	500,521		500,521	555,327	-9.9%
WASHINGTON POST	431,149	42,313	473,462	1,305	474,767	507,615	-6.5%
CHICAGO SUN-TIMES	184,801	77,660	262,461	208,087	470,548	421,780	11.6%
DENVER POST	213,830	192,805	406,635	10,041	416,676	401,120	3.9%
CHICAGO TRIBUNE	368,145	46,785	414,930		414,930	414,590	0.1%
DALLAS MORNING NEWS	190,613	65,912	256,525	152,740	409,265	405,349	1.0%
NEWSDAY	265,782	111,962	377,744		377,744	397,973	-5.1%
HOUSTON CHRONICLE	231,233	102,341	333,574	26,677	360,251	346,129	4.1%
ORANGE COUNTY REGISTER	159,411	15,466	174,877	181,288	356,165	280,812	26.8%
NEWARK STAR-LEDGER	180,271	160,507	340,778		340,778	278,940	22.2%
TAMPA BAY TIMES	241,020	17,099	258,119	82,141	340,260	299,497	13.6%
CLEVELAND PLAIN DEALER	216,122	95,483	311,605		311,605	286,405	8.8%
PHILADELPHIA INQUIRER	184,827	67,958	252,785	54,046	306,831	325,289	-5.7%
MINNEAPOLIS STAR TRIBUNE	227,694	73,651	301,345		301,345	300,330	0.3%
PHOENIX REPUBLIC	285,927	7,048	292,975	665	293,640	321,600	-8.7%
HONOLULU STAR-ADVERTISER	125,726	68,993	194,719	73,525	268,244	209,915	27.8%
LAS VEGAS REVIEW-JOURNAL	126,293	15,996	142,289	109,758	252,047	259,247	-2.8%
SAN DIEGO UNION-TRIBUNE	192,782	21,569	214,351	36,327	250,678	230,578	8.7%
BOSTON GLOBE	172,048	73,524	245,572		245,572	225,482	8.9%

ATLANTA JOURNAL- CONSTITUTION	149,523	6,704	156,227	74,867	231,094	174,251	32.6%
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### Top 25 U.S. Daily Newspaper Digital Editions

*Preliminary figures filed with AAM. Subject to audit.*

Newspaper Name	Digital Replica	Digital Nonreplica	Total Digital	Total Average Circulation as of 03/31/13
NEW YORK TIMES	36,456	1,097,467	1,133,923	1,865,318
WALL STREET JOURNAL		898,102	898,102	2,378,827
USA TODAY	121,368	128,532	249,900	1,674,306
NEW YORK POST	1,559	199,012	200,571	500,521
DENVER POST	51,927	140,878	192,805	416,676
LOS ANGELES TIMES	36,802	140,918	177,720	653,868
NEWARK STAR-LEDGER	23,419	137,088	160,507	340,778
NEW YORK DAILY NEWS	26,626	129,080	155,706	516,165
NEWSDAY		111,962	111,962	377,744
HOUSTON CHRONICLE	79,395	22,946	102,341	360,251
LOS ANGELES INVESTORS BUSINESS DAILY	45,288	51,418	96,706	157,161
CLEVELAND PLAIN DEALER	15,424	80,059	95,483	311,605
ST. PAUL PIONEER PRESS	66,499	17,601	84,100	208,280
DETROIT FREE PRESS	81,511	1,786	83,297	209,652
CHICAGO SUN-TIMES	28,798	48,862	77,660	470,548
MINNEAPOLIS STAR TRIBUNE	49,593	24,058	73,651	301,345
BOSTON GLOBE	13,390	60,134	73,524	245,572
HONOLULU STAR-ADVERTISER	16,149	52,844	68,993	268,244
PHILADELPHIA INQUIRER	41,803	26,155	67,958	306,831

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Alliance for Audited Media Top 25 U.S. Newspapers for March 2013

DALLAS MORNING NEWS	65,912	65,912	409,265
SAN FRANCISCO CHRONICLE	33,672	27,698	218,987
SALT LAKE CITY DESERET NEWS	11,995	44,760	103,190
RIVERSIDE CO. PRESS-ENTERPRISE	36,556	13,250	137,581
CHICAGO TRIBUNE	20,541	26,244	414,930
MIAMI HERALD	42,150	3,949	147,130



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## Research and Data

### Top 25 U.S. Newspapers for September 2012

The FAS-FAX report includes top-line circulation data for all newspaper members for the six months ending Sept. 30, 2012. Newspapers participating in Audience-FAX have additional print and online readership and website activity data included in the report.

#### Key Statistics

Daily circulation for the 613 U.S. newspapers reporting comparable multiday averages decreased 0.2 percent. Circulation for the 528 newspapers reporting comparable Sunday data increased 0.6 percent. On average, digital circulation now accounts for 15.3 percent of newspapers' total circulation mix, up from 9.8 percent in September 2011. Digital circulation may be tablet or smartphone apps, PDF replicas, metered or restricted-access websites, or e-reader editions. Branded editions, newspaper-owned products such as commuter, community, alternative-language or Sunday-Select type newspapers, make up 5.6 percent of newspapers' total average circulation, up from 4.2 percent in September 2011.

Today's report only includes top-line information on circulation categories like digital and branded editions. More in-depth information, such as digital distribution platforms, will be available as newspapers' publisher's statements are released. ABC members may also subscribe to the eFAS-FAX analyzer tool.

#### What's Included in the Report

ABC rules allow newspapers more flexibility to develop publishing plans to cater to their markets and report these expanded platforms to ABC. As a refresher about what's included in average circulation:

- Paid/verified circulation. Paid circulation includes copies purchased by an individual recipient or a specialized distribution channel (such as business/traveler). Verified circulation includes copies such as third-party and copies distributed to schools and newspaper employees.
- Branded editions are editions of the newspaper that are published at least weekly, have a different name than the member newspaper, but are labeled to include the word "edition." Branded editions may include commuter, community or alternative-language newspapers.
- Digital editions are distinguished between replica and nonreplica, which both need to have restricted access. Replica editions must have the same editorial layout and ROP advertising as the print version. Nonreplica editions must maintain the print version's basic identity, although its editorial and advertising content may differ.

This is also the first FAS-FAX report to include total consumer accounts, which represent unduplicated subscriber accounts. It's important to note that this figure does not include newsstand sales or verified circulation (except requested home delivery). Because newspapers have various publishing plans, it is important to understand the different categories on the report and how those programs may impact a newspaper's overall circulation. Due to the many ways that newspapers now distribute and market their content — metered paywalls, mobile apps, bundled subscriptions, branded editions — ABC cautions against drawing too many direct comparisons of the data in the FAS-FAX report.

Below are a few charts pulled from the report: the top 25 Sunday and weekday U.S. newspapers by circulation and the top 25 U.S. newspapers with digital editions.

#### Average Circulation at the Top 25 U.S. Daily Newspapers

Preliminary Figures as Filed with the Audit Bureau of Circulations – Subject to Audit

Newspaper Name	Print	Total Digital	Total Excluding Branded Editions	Total Branded Editions	Total Average Circulation as of 9/30/12	Total Average Circulation as of 9/30/11	% Change
WALL STREET JOURNAL	1,499,204	794,594	2,293,798		2,293,798	2,096,169	9.4%
USA TODAY	1,627,526	86,307	1,713,833		1,713,833	1,784,242	-3.9%
NEW YORK TIMES	717,513	896,352	1,613,865		1,613,865	1,150,589	40.3%
LOS ANGELES TIMES	454,498	151,577	606,075	35,294	641,369	572,998	11.9%

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## Alliance for Audited Media Top 25 U.S. Newspapers for September 2012

NEW YORK DAILY NEWS	383,835	146,605	530,440	5,435	535,875	605,677	-11.5%
SAN JOSE MERCURY NEWS	124,588	43,318	167,906	362,093	529,999	527,568	0.5%
NEW YORK POST	344,755	178,113	522,868		522,868	512,067	2.1%
WASHINGTON POST	434,693	27,535	462,228		462,228	507,465	-8.9%
CHICAGO SUN-TIMES	192,360	70,932	263,292	169,163	432,455	389,352	11.1%
DENVER POST	226,118	176,446	402,564	10,105	412,669	353,115	16.9%
CHICAGO TRIBUNE	388,848	23,112	411,960		411,960	425,370	-3.2%
DALLAS MORNING NEWS	192,345	64,788	257,133	152,997	410,130	409,642	0.1%
NEWSDAY	278,369	114,620	392,989		392,989	404,542	-2.9%
HOUSTON CHRONICLE	234,483	91,331	325,814		325,814	369,710	-11.9%
TAMPA BAY TIMES	218,334	13,610	231,944	81,059	313,003	240,024	30.4%
NEWARK STAR-LEDGER	184,474	127,430	311,904		311,904	210,586	48.1%
MINNEAPOLIS STAR TRIBUNE	234,475	65,802	300,277		300,277	298,147	0.7%
PHILADELPHIA INQUIRER	193,729	43,224	236,953	59,474	296,427	331,132	-10.5%
CLEVELAND PLAIN DEALER	219,509	73,630	293,139		293,139	243,299	20.5%
ORANGE COUNTY REGISTER	160,578	15,273	175,851	109,237	285,088	270,809	5.3%
ARIZONA REPUBLIC	274,783	839	275,622		275,622	292,838	-5.9%
LAS VEGAS REVIEW-JOURNAL	129,363	13,412	142,775	109,399	252,174	213,078	18.3%
BOSTON GLOBE	180,919	49,432	230,351		230,351	205,939	11.9%
OREGONIAN	209,083	17,323	226,406	2,193	228,599	242,784	-5.8%
HONOLULU STAR-ADVERTISER	125,722	29,932	155,654	69,319	224,973	178,082	26.3%

## Average Circulation at the Top 25 U.S. Sunday Newspapers

Preliminary Figures as Filed with the Audit Bureau of Circulations - Subject to Audit

Newspaper Name	Print	Total Digital	Total Excluding Branded Editions	Total Branded Editions	Total Average Circulation as of 9/30/12	Total Average Circulation as of 9/30/11	% Change
NEW YORK TIMES	1,250,077	850,816	2,100,893		2,100,893	1,645,152	27.7%
HOUSTON CHRONICLE	411,751	71,514	483,265	587,025	1,070,290	911,564	17.4%
LOS ANGELES TIMES	809,176	153,016	962,192		962,192	905,920	6.2%
CHICAGO TRIBUNE	733,981	32,580	766,561		766,561	781,128	-1.9%
DALLAS MORNING NEWS	296,466	64,774	361,240	339,409	700,649	374,653	87.0%

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## Alliance for Audited Media Top 25 U.S. Newspapers for September 2012

DETROIT FREE PRESS	435,996	6,032	442,028	252,200	694,228	639,350	8.6%
WASHINGTON POST	651,428	23,323	674,751		674,751	846,019	-20.2%
NEW YORK DAILY NEWS	460,255	146,289	606,544	49,103	655,647	667,638	-1.8%
SAN JOSE MERCURY NEWS	185,349	22,813	208,162	443,175	651,337	602,566	8.1%
DENVER POST	388,374	149,097	537,471	66,713	604,184	538,133	12.3%
ATLANTA JOURNAL-CONSTITUTION	350,989	3,851	354,840	231,453	586,293	410,022	43.0%
MINNEAPOLIS STAR TRIBUNE	476,573	42,172	518,745	59,912	578,657	543,633	6.4%
ARIZONA REPUBLIC	433,663	807	434,470	49,086	483,556	472,200	2.4%
NEWSDAY	341,845	129,817	471,662		471,662	476,723	-1.1%
PHILADELPHIA INQUIRER	385,880	59,661	445,541	23,018	468,559	482,457	-2.9%
CLEVELAND PLAIN DEALER	315,978	73,162	389,140	60,223	449,363	403,945	11.2%
NEWARK STAR-LEDGER	300,076	114,662	414,738	27,536	442,274	333,601	32.6%
NEW YORK POST	270,526	163,517	434,043		434,043	379,673	14.3%
CHICAGO SUN-TIMES	186,182	71,200	257,382	151,295	408,677	400,506	2.0%
ORANGE COUNTY REGISTER	294,640	7,236	301,876	85,671	387,547	397,764	-2.6%
TAMPA BAY TIMES	366,703	12,672	379,375		379,375	403,229	-5.9%
BOSTON GLOBE	323,345	49,196	372,541		372,541	360,186	3.4%
SAN DIEGO UNION-TRIBUNE	272,957	8,771	281,728	69,954	351,682	368,723	-4.6%
SEATTLE TIMES	288,292	26,190	314,482	29,398	343,880	333,937	3.0%
SAN ANTONIO EXPRESS-NEWS	226,281	9,593	235,874	103,591	359,465	344,120	-1.4%

## Top 25 U.S. Daily Newspapers with Digital Editions

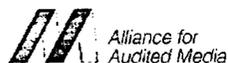
Preliminary Figures as Filed with the Audit Bureau of Circulations – Subject to Audit

Newspaper Name	Digital Replica	Digital Nonreplica	Total Digital	Total Average Circulation as of 9/30/12
NEW YORK TIMES	13,089	883,263	896,352	1,613,865
WALL STREET JOURNAL		794,594	794,594	2,293,798
NEW YORK POST	28,659	149,454	178,113	522,868
DENVER POST	44,116	132,330	176,446	412,669
LOS ANGELES TIMES	23,992	127,585	151,577	641,369
NEW YORK DAILY NEWS	29,072	117,533	146,605	535,875
NEWARK STAR-LEDGER	15,892	111,538	127,430	311,904
NEWSDAY		114,620	114,620	392,989
LOS ANGELES INVESTORS BUSINESS DAILY	46,075	51,696	97,771	156,767

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Alliance for Audited Media Top 25 U.S. Newspapers for September 2012

HOUSTON CHRONICLE	69,595	21,736	91,331	325,814
USA TODAY	69,006	17,301	86,307	1,713,833
DETROIT FREE PRESS	82,863	1,941	84,804	215,401
CLEVELAND PLAIN DEALER	10,106	63,524	73,630	293,139
CHICAGO SUN-TIMES	20,207	50,725	70,932	432,455
ST. PAUL PIONEER PRESS	55,788	11,372	67,160	195,333
MINNEAPOLIS STAR TRIBUNE	47,222	18,580	65,802	300,277
DALLAS MORNING NEWS	64,788		64,788	410,130
SAN FRANCISCO CHRONICLE	27,931	28,119	56,050	212,550
BOSTON GLOBE	9,028	40,404	49,432	230,351
SALT LAKE CITY DESERET NEWS	14,882	32,829	47,711	91,639
SAN JOSE MERCURY NEWS	35,061	8,257	43,318	529,999
PHILADELPHIA INQUIRER	25,572	17,652	43,224	296,427
DETROIT NEWS	39,992	347	40,339	121,492
RIVERSIDE CO. PRESS-ENTERPRISE	30,351	9,506	39,857	126,585
MILWAUKEE JOURNAL SENTINEL	38,499		38,499	207,066



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## Research and Data

### Top 25 U.S. Newspapers for September 2011

This FAS-FAX report includes top-line circulation data for all newspaper members for the six months ending September 30, 2011. Newspapers participating in Audience-FAX have additional print and online readership and website activity data included in the report.

Today's FAS-FAX report reflects the U.S. newspaper rule changes that went into effect last October. This FAS-FAX report, therefore, has new and redefined categories of circulation. And as a reminder, ABC recommends not making direct comparisons of September 2011 data to prior audit periods.

Below are a few charts pulled from the FAS-FAX and Audience-FAX report: the top 25 Sunday and weekday U.S. newspapers by circulation and the top 25 U.S. newspapers with digital editions.

#### Average Circulation at the Top 25 U.S. Daily Newspapers

For the Six Months Ending 9/30/11

Preliminary Figures as Filed with the Audit Bureau of Circulations – Subject to Audit

State	Newspaper Name	Total Circulation Excluding Branded Editions	Total Branded Editions	Total Average Circulation
NY	WALL STREET JOURNAL	2,096,169		2,096,169
DC	USA TODAY	1,784,242		1,784,242
NY	NEW YORK TIMES	1,150,589		1,150,589
NY	NEW YORK DAILY NEWS	601,097	4,580	605,677
CA	LOS ANGELES TIMES	572,998		572,998
CA	SAN JOSE MERCURY NEWS	184,018	343,550	527,568
NY	NEW YORK POST	512,067		512,067
DC	WASHINGTON POST	507,465		507,465
IL	CHICAGO TRIBUNE	425,370		425,370
TX	DALLAS MORNING NEWS	255,613	154,029	409,642
NY	NEWSDAY	404,542		404,542
IL	CHICAGO SUN-TIMES	236,371	152,982	389,353
TX	HOUSTON CHRONICLE	328,813	40,897	369,710
CO	DENVER POST	343,180	9,935	353,115
PA	PHILADELPHIA INQUIRER	260,375	70,759	331,134
MN	STAR-TRIBUNE	298,147		298,147
AZ	ARIZONA REPUBLIC	292,838		292,838
CA	ORANGE COUNTY REGISTER	172,942	97,867	270,809
OH	CLEVELAND PLAIN DEALER	243,299		243,299
WA	SEATTLE TIMES	242,814		242,814

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## Alliance for Audited Media Top 25 U.S. Newspapers for September 2011

OR	OREGONIAN	242,784	242,784
FL	ST. PETERSBURG TIMES	240,024	240,024
MI	DETROIT FREE PRESS (e)	234,579	234,579
CA	SAN FRANCISCO CHRONICLE	220,515	220,515
CA	SAN DIEGO UNION-TRIBUNE	219,347	219,347

## Average Circulation at the Top 25 U.S. Sunday Newspapers

For the Six Months Ending 9/30/11

Preliminary Figures as Filed with the Audit Bureau of Circulations – Subject to Audit

State	Newspaper Name	Total Circulation Excluding Branded Editions	Total Branded Editions	Total Average Circulation
NY	NEW YORK TIMES	1,645,152		1,645,152
TX	HOUSTON CHRONICLE	519,155	392,409	911,564
CA	LOS ANGELES TIMES	905,920		905,920
DC	WASHINGTON POST	726,990	119,029	846,019
IL	CHICAGO TRIBUNE	781,128		781,128
NY	NEW YORK DAILY NEWS	666,892	746	667,638
MI	DETROIT FREE PRESS (e)	487,953	151,397	639,350
CA	SAN JOSE MERCURY NEWS	219,252	383,314	602,566
MN	STAR TRIBUNE	518,095	25,538	543,633
CO	DENVER POST	495,172	42,961	538,133
PA	PHILADELPHIA INQUIRER	482,457		482,457
NY	NEWSDAY	476,723		476,723
AZ	ARIZONA REPUBLIC	472,200		472,200
GA	ATLANTA JOURNAL-CONSTITUTION	410,022		410,022
OH	CLEVELAND PLAIN-DEALER	344,089	59,856	403,945
FL	ST. PETERSBURG TIMES	403,229		403,229
IL	CHICAGO SUN-TIMES	233,445	167,061	400,506
CA	ORANGE COUNTY REGISTER	283,997	113,767	397,764
NY	NEW YORK POST	379,673		379,673
TX	DALLAS MORNING NEWS	362,134	12,519	374,653
MA	BOSTON GLOBE	360,186		360,186
TX	SAN ANTONIO EXPRESS-NEWS	246,742	97,378	344,120
WA	SEATTLE TIMES	333,937		333,937
NJ	NEWARK STAR-LEDGER	333,601		333,601
MO	ST. LOUIS POST-DISPATCH	332,825		332,825

## Top 25 U.S. Daily Newspapers with Digital Editions

For the Six Months Ending 9/30/11

Preliminary Figures as Filed with the Audit Bureau of Circulations — Subject to Audit

	Digital	Digital	Total
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## Alliance for Audited Media Top 25 U.S. Newspapers for September 2011

State	Newspaper Name	Replica	Nonreplica	Digital
NY	WALL STREET JOURNAL		537,469	537,469
NY	NEW YORK TIMES	18,107	361,896	380,003
NY	NEW YORK DAILY NEWS	29,255	136,186	165,441
NY	NEWSDAY	1,103	111,383	112,486
MI	DETROIT FREE PRESS	94,657	1,782	96,439
CO	DENVER POST	37,297	47,007	84,304
NY	NEW YORK POST	11,188	59,678	70,866
TX	HOUSTON CHRONICLE	68,004	1,711	69,715
DC	USA TODAY	33,324	19,072	52,396
MN	STAR TRIBUNE	42,829	8,054	50,883
CA	INVESTORS BUSINESS DAILY	45,999	3,048	49,047
MI	DETROIT NEWS	48,698	336	49,034
MN	ST. PAUL PIONEER PRESS	48,505		48,505
TX	DALLAS MORNING NEWS	45,922		45,922
CA	SAN FRANCISCO CHRONICLE	29,859	11,911	41,770
CA	LOS ANGELES TIMES	21,823	16,332	38,155
FL	MIAMI HERALD	34,682	2,581	37,263
PA	PHILADELPHIA INQUIRER	22,754	13,138	35,892
CA	SAN JOSE MERCURY NEWS	34,353	1,312	35,665
MO	KANSAS CITY STAR	31,426	717	32,143
UT	SALT LAKE CITY TRIBUNE	29,561	816	30,377
DC	WASHINGTON POST	16,899	10,256	27,155
OH	TOLEDO BLADE	26,959		26,959
NY	WOMENS WEAR DAILY	26,080		26,080
WA	SEATTLE TIMES	24,212	1,662	25,874



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## Research and Data

### Top 25 U.S. Newspapers for March 2011

This FAS-FAX report includes top-line circulation data for all newspaper members for the six months ending March 31, 2011. Newspapers participating in Audience-FAX have additional print and online readership and website activity data included in the report.

Today's FAS-FAX report is the first to reflect the U.S. newspaper rule changes that went into affect last October. For more than two years, newspaper publishers and buyers worked to build a new framework for the qualification and reporting of newspaper media. The October 2010 rule changes had three major components:

- Adoption of a new paid/verified circulation reporting model
- Creation of the branded editions category of circulation
- Comprehensive reporting of replica and nonreplica digital editions

This FAS-FAX report, therefore, has new and redefined categories of circulation. And as a reminder, ABC recommends not making direct comparisons of March 2011 data to prior audit periods.

Below are a few charts pulled from the FAS-FAX and Audience-FAX report: the top 25 Sunday and weekday U.S. newspapers by circulation, the top 25 U.S. newspapers with digital editions and the top 25 print and online U.S. audience gainers by DMA.

Average Circulation at the Top 25 U.S. Sunday Newspapers				
Preliminary Figures as Filed with the Audit Bureau of Circulations – Subject to Audit				
Sunday Frequency, As of 3/31/11				
State	Newspaper Name	Total Circulation Excluding Branded Editions	Total Branded Editions	Total Average Circulation
NY	NEW YORK TIMES	1,339,462		1,339,462
CA	LOS ANGELES TIMES	948,889		948,889
DC	WASHINGTON POST	751,413	101,448	852,861
IL	CHICAGO TRIBUNE	780,601		780,601
CA	SAN JOSE MERCURY NEWS	236,870	400,128	636,999
MI	DETROIT FREE PRESS (e)	490,343	133,883	614,228
TX	HOUSTON CHRONICLE	512,142	75,842	587,984
NY	NEW YORK DAILY NEWS	584,658		584,658
CO	DENVER POST	483,157	36,641	519,838
MV	STAR TRIBUNE	496,039	20,095	516,134
AZ	ARIZONA REPUBLIC	511,764		511,764
PA	PHILADELPHIA INQUIRER	488,287		488,287
FL	ST. PETERSBURG TIMES	428,048		428,048
IL	CHICAGO SUN-TIMES	250,908	170,545	421,453
OH	CLEVELAND PLAIN DEALER	342,683	60,318	403,001
GA	ATLANTA JOURNAL CONSTITUTION	391,815		391,815
TX	DALLAS MORNING NEWS	362,969	12,131	375,100
NY	NEWSDAY	362,221		362,221
MO	ST. LOUIS POST-DISPATCH	380,450		380,450
MA	BOSTON GLOBE	356,652		356,652
NY	NEW YORK POST	355,784		355,784
WA	SEATTLE TIMES	346,991		346,991
MD	BALTIMORE SUN	343,552		343,552
NJ	NEWARK STAR-LEDGER	337,410		337,410
WI	MILWAUKEE JOURNAL SENTINEL	333,999		333,999

Average Circulation at the Top 25 U.S. Daily Newspapers				
Preliminary Figures as Filed with the Audit Bureau of Circulations - Subject to Audit				
AVG M (M-F) Frequency, As of 3/31/11				
State	Newspaper Name	Total Circulation Excluding Branded Editions	Total Branded Editions	Total Average Circulation
NY	WALL STREET JOURNAL	2,117,796		2,117,796
DC	USA TODAY	1,829,099		1,829,099
NY	NEW YORK TIMES	916,911		916,911
CA	LOS ANGELES TIMES	605,243		605,243
CA	SAN JOSE MERCURY NEWS	207,539	370,126	577,665
DC	WASHINGTON POST	550,821		550,821
NY	NEW YORK DAILY NEWS	530,924		530,924
NY	NEW YORK POST	522,874		522,874
IL	CHICAGO TRIBUNE	437,205		437,205
IL	CHICAGO SUN-TIMES	251,108	168,299	419,407
TX	DALLAS MORNING NEWS	251,510	153,441	404,951
TX	HOUSTON CHRONICLE	323,998	40,726	364,724
PA	PHILADELPHIA INQUIRER	268,582	77,128	343,710
AZ	ARIZONA REPUBLIC	337,170		337,170
CO	DENVER POST	324,970		324,970
NY	NEWSDAY	298,759		298,759
MN	STAR TRIBUNE	296,605		296,605
FL	ST. PETERSBURG TIMES	275,192	17,249	292,441
OR	OREGONIAN	260,248		260,248
OH	CLEVELAND PLAIN DEALER	254,372		254,372
WA	SEATTLE TIMES	253,742		253,742
MI	DETROIT FREE PRESS (e)	246,199		246,199
CA	SAN FRANCISCO CHRONICLE	235,350		235,350
NJ	NEWARK STAR-LEDGER	229,255		229,255
MA	BOSTON GLOBE	219,214		219,214

Top 25 U.S. Newspapers with Digital Editions				
Preliminary Figures as Filed with the Audit Bureau of Circulations				
Subject to Audit				
As of 3/31/11 - AVG M (M-F) Frequency				
State	Publication Name	Replica	Nonreplica	Total Digital
NY	WALL STREET JOURNAL		504,734	504,734
MI	DETROIT FREE PRESS (e)	104,795	1,413	106,208
NY	NEW YORK TIMES	47,078	53,442	100,520
CO	DENVER POST	39,516	16,835	56,351
NY	NEWS	31,203	23,488	54,691
TX	CHRONICLE	50,889	1,536	52,425
CA	SAN JOSE MERCURY NEWS	50,536	870	51,406
MI	DETROIT NEWS (e)	50,479	275	50,754
MN	ST. PAUL PIONEER PRESS	50,211		50,211
CA	LOS ANGELES TIMES	22,731	26,447	49,178
CA	INVESTORS BUSINESS DAILY	42,684	2,987	45,671
MN	MINNEAPOLIS STAR TRIBUNE	43,510	1,265	44,775
FL	MIAMI HERALD	41,971	1,498	43,469
CA	SAN FRANCISCO CHRONICLE	38,752	3,537	42,289
DC	USA TODAY	24,578	15,658	40,247
NY	NEW YORK POST	18,010	21,212	39,222
DC	WASHINGTON POST	30,748	8,285	39,133
TN	MEMPHIS COMMERCIAL APPEAL	38,701		38,701
PA	PHILADELPHIA INQUIRER	29,581	9,021	38,602
MO	KANSAS CITY STAR	33,942	513	34,455
UT	SALT LAKE TRIBUNE	31,506	76	31,582
TX	DALLAS MORNING NEWS	29,583		29,583
WA	SEATTLE TIMES	27,754	1,464	29,238
FL	TAMPA TRIBUNE	29,132		29,132
OH	TOLEDO BLADE	28,986		28,986

Top 25 U.S. Daily Newspaper Print and Online Audience Gainers by DMA				
Preliminary Figures as Filed with the Audit Bureau of Circulations - Subject to Audit				
State	Newspaper Name	Past 7 Days Print/0 Days Online Net Combined Aud.		% Change
		As of 3/31/11	As of 3/31/10	
IL	CHICAGO SUN-TIMES	3,605,363	2,429,272	48.41%
TX	FORT WORTH STAR-TELEGRAM	1,260,063	1,117,139	12.79%
IL	DAILY HERALD	938,653	832,367	12.77%
CT	GREENWICH TIME	114,365	102,830	11.22%
UT	THE SALT LAKE TRIBUNE	712,034	648,432	9.81%
NY	THE DAILY GAZETTE	213,841	198,809	7.56%
LA	TIMES-PICTAYUNE	812,735	848,961	7.51%
PA	MORNING CALL	404,235	461,725	7.05%
PA	TIMES LEADER	201,182	190,096	5.64%
OK	TULSA WORLD	552,806	526,559	4.02%
CT	CONNECTICUT POST	288,758	276,151	4.57%
FL	NAPLES DAILY NEWS	271,095	259,377	4.52%
NY	NEWSDAY	2,532,592	2,433,716	4.06%
WA	SEATTLE TIMES	1,648,077	1,596,594	3.22%
FL	THE MIAMI HERALD	1,278,003	1,238,849	3.16%
CA	SAN JOSE MERCURY NEWS	2,583,001	2,504,822	3.12%
NJ	ASBURY PARK PRESS	896,515	869,579	3.10%
MI	GRAND RAPIDS PRESS	751,030	733,405	2.40%
NY	THE JOURNAL NEWS	834,773	819,704	1.84%
FL	BRADENTON HERALD	209,633	206,324	1.60%
CA	LOS ANGELES TIMES	4,785,580	4,715,225	1.49%
TX	DALLAS MORNING NEWS	2,114,021	2,086,993	1.30%
PA	THE TIMES-TRIANGLE	219,811	218,155	0.76%
SC	HERALD-JOURNAL	261,027	259,681	0.44%
CA	SAN DIEGO UNION-TRIBUNE	1,317,932	1,313,573	0.33%



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## Research and Data

### Top 25 U.S. Newspapers for September 2010

The FAS-FAX report includes top-line circulation data for all newspaper members. Audience-FAX data, such as print and online readership and website activity data, is incorporated in the FAS-FAX report for participating newspapers.

Below are a few charts pulled from the FAS-FAX and Audience-FAX report, including the top 25 weekday and Sunday newspapers by circulation and the top 25 print and online audience gainers by DMA.

Average Daily Circulation at the Top 25 U.S. Daily Newspapers			
Preliminary Figures as Filed with the Audit Bureau of Circulations - Subject to Audit			
State	Newspaper Name	Frequency	Total Paid Circulation As of 9/30/10
NY	WALL STREET JOURNAL	AVG M (M-F)	2,061,142
DC	USA TODAY	AVG M (M-F)	1,830,534
NY	NEW YORK TIMES	AVG M (M-F)	876,638
CA	LOS ANGELES TIMES	AVG M (M-F)	660,449
DC	WASHINGTON POST	AVG M (M-F)	545,345
NY	NEW YORK DAILY NEWS	AVG M (M-F)	512,529
NY	NEW YORK POST	AVG M (M-F)	501,501
CA	SAN JOSE MERCURY NEWS	AVG M (M-F)	477,532
IL	CHICAGO TRIBUNE	AVG M (M-F)	441,509
TX	HOUSTON CHRONICLE	AVG M (M-F)	342,952
PA	PHILADELPHIA INQUIRER	AVG M (M-F)	342,361
NY	NEWSDAY	AVG M (M-F)	314,648
CO	DENVER POST	AVG M (M-F)	309,883
AZ	ARIZONA REPUBLIC	AVG M (M-F)	298,973
IL	INDIANAPOLIS STAR TRIBUNE	AVG M (M-F)	297,478
TX	DALLAS MORNING NEWS	AVG M (M-F)	264,459
OH	CLEVELAND PLAIN DEALER	AVG M (M-F)	252,603
WA	SEATTLE TIMES	AVG M (M-F)	251,697
IL	CHICAGO SUN-TIMES	AVG M (M-F)	250,747
MI	DETROIT FREE PRESS (6)	AVG M (M-F)	245,326
FL	ST. PETERSBURG TIMES	AVG M (M-F)	239,624
OR	OREGONIAN	AVG M (M-F)	239,074
CA	SAN DIEGO UNION-TRIBUNE	AVG M (M-F)	234,761
CA	SAN FRANCISCO CHRONICLE	AVG M (M-F)	223,549
NJ	NEWARK STAR LEDGER	AVG M (M-F)	223,037

Average Circulation at the Top 25 U.S. Sunday Newspapers			
Preliminary Figures as Filed with the Audit Bureau of Circulations - Subject to Audit			
State	Newspaper Name	Frequency	Total Paid Circulation
			As of 9/30/10
NY	NEW YORK TIMES	SUN	1,332,358
CA	LOS ANGELES TIMES	SUN	941,118
IL	CHICAGO TRIBUNE	SUN	768,073
DC	WASHINGTON POST	SUN	764,665
NY	NEW YORK DAILY NEWS	SUN	568,765
CA	SAN JOSE MERCURY NEWS	SUN	528,636
TX	DALLAS MORNING NEWS (1)	SUN	515,235
MI	MINNEAPOLIS STAR TRIBUNE	SUN	502,616
MI	DETROIT FREE PRESS (1) (4)	SUN	494,013
PA	PHILADELPHIA INQUIRER	SUN	477,585
CO	DENVER POST	SUN	472,664
AZ	ARIZONA REPUBLIC	SUN	457,058
GA	ATLANTA JOURNAL CONSTITUTION	SUN	384,110
FL	ST. PETERSBURG TIMES	SUN	377,235
NY	NEWSDAY	SUN	375,874
TX	DALLAS MORNING NEWS (1)	SUN	373,615
MA	BOSTON GLOBE	SUN	358,303
MO	ST. LOUIS POST-DISPATCH	SUN	355,589
OH	CLEVELAND PLAY DEALER (1)	SUN	348,374
NJ	NEWARK STAR-LEDGER	SUN	346,435
WA	SEATTLE TIMES	SUN	341,253
NY	NEW YORK POST	SUN	339,115
WI	MILWAUKEE JOURNAL SENTINEL	SUN	331,171
MD	BALTIMORE SUN	SUN	324,018
OR	OREGONIAN	SUN	292,800

Top 25 U.S. Daily Newspaper Print and Online Audience Gainers by DMA				
Preliminary Figures as Filed with the Audit Bureau of Circulations - Subject to Audit				
State	Newspaper Name	Past 7 Days Print/10 Days Online Net Combined Aud.		
		As of 9/30/10	As of 9/30/09	% Change
CT	GREENWICH TIME (DMA)	115,055	95,112	18.74%
UT	DESERET MORNING NEWS (DMA)	557,423	498,123	14.07%
CT	STAMFORD ADVOCATE (DMA)	178,432	157,990	12.94%
IL	ARLINGTON HEIGHTS DAILY HERALD (DMA)	802,858	822,180	5.82%
FL	NAPLES DAILY NEWS (DMA)	784,317	760,737	6.26%
VA	WIRTSCHAFTS-POST (DMA)	798,768	744,695	7.26%
TX	AUSTIN AMERICAN STATESMAN (DMA)	907,049	847,184	7.07%
NJ	ASBURY PARK PRESS (DMA)	811,602	853,608	6.77%
FL	BRADENTON HERALD (DMA)	214,782	201,632	6.58%
NC	RALEIGH NEWS & OBSERVER (DMA)	853,777	808,380	6.02%
LA	NEW ORLEANS TIMES-PICAYUNE (DMA)	883,155	827,190	5.49%
FL	EL NUEVO HERALD (DMA)	482,884	487,242	5.49%
NC	WINSTON-SALEM JOURNAL (DMA)	378,678	359,453	5.36%
IL	CHICAGO TRIBUNE (DMA)	3,869,323	3,289,879	5.19%
TN	TENNESSEAN (DMA)	949,041	910,634	4.10%
TX	FORT WORTH STAR-TELEGRAM (DMA)	1,198,734	1,153,808	3.80%
CT	CONNECTICUT POST (DMA)	286,308	275,681	3.89%
FL	ST. PETERSBURG TIMES (DMA)	1,336,590	1,298,783	2.91%
MI	GRAND RAPIDS PRESS (DMA)	748,613	722,143	2.50%
PA	HARRISBURG PATRIOT-NEWS (DMA)	495,278	483,867	2.40%
NC	ASHEVILLE CITIZEN-TIMES (DMA)	278,576	272,636	2.18%
MN	MINNEAPOLIS STAR TRIBUNE (DMA)	1,835,935	1,799,274	2.04%
NY	ALBANY TIMES UNION (DMA)	506,025	496,057	2.01%
FL	ORLANDO SENTINEL (DMA)	1,288,237	1,274,257	1.88%
NJ	NEWARK STAR-LEDGER (DMA)	2,348,211	2,310,828	1.61%

# **Exhibit C**

# **Exhibit C**



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## Research and Data

### Top 25 U.S. Consumer Magazines for June 2013

AAM's semiannual periodical Snapshot report includes top-line print and digital circulation data for all consumer magazine members for the first half of 2013. Below are some highlights from the report.

#### Key Stats

For the 390 U.S. consumer magazines reporting comparable paid and verified numbers, total paid and verified circulation was down approximately 1 percent. Paid subscriptions were down 0.1 percent, and single-copy sales decreased by approximately 10 percent.

Digital editions continue to be a small but growing portion of magazines' total circulation mix, nearly doubling year-over-year. For the first half of 2013, magazines reported a total average of 10.2 million digital replica editions (paid, verified and analyzed nonpaid), or 3.3 percent of total circulation. This compares with 5.4 million digital editions, or 1.7 percent of total circulation, in the [first half of 2012](#).

#### Top Lists

Below are a few charts pulled from the report — the top 25 U.S. consumer magazines by total paid and verified circulation, single-copy sales, digital replica editions and the top 10 magazines by analyzed nonpaid circulation.



#### Top 25 U.S. Consumer Magazines by Paid & Verified Circulation

*As filed with AAM. Subject to audit.*

Publication Name	Total Paid & Verified 6/30/2013	Total Paid & Verified 6/30/2012	Percent Change
AARP THE MAGAZINE	21,931,184	22,528,478	-2.7%
AARP BULLETIN	21,701,445	22,283,411	-2.6%
GAME INFORMER MAGAZINE	7,829,179	8,169,524	-4.2%
BETTER HOMES AND GARDENS	7,624,505	7,617,038	0.1%
READER'S DIGEST	5,241,484	5,577,717	-6.0%
GOOD HOUSEKEEPING	4,396,795	4,346,757	1.2%
FAMILY CIRCLE	4,014,881	4,100,977	-2.1%
NATIONAL GEOGRAPHIC	4,001,937	4,232,205	-5.4%
PEOPLE	3,542,185	3,563,035	-0.6%
WOMAN'S DAY	3,394,754	3,449,692	-1.6%
TIME-THE WEEKLY NEWSMAGAZINE	3,301,056	3,276,822	0.7%
LADIES' HOME JOURNAL	3,229,809	3,205,302	0.8%
TASTE OF HOME	3,207,340	3,231,697	-0.8%
SPORTS ILLUSTRATED	3,065,507	3,204,945	-4.4%
COSMOPOLITAN	3,017,987	3,017,834	0.0%
PREVENTION	2,884,542	2,930,730	-1.6%

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## Alliance for Audited Media Top 25 U.S. Consumer Magazines for June 2013

SOUTHERN LIVING	2,824,751	2,841,331	-0.6%
AAA LIVING	2,439,193	2,459,090	-0.8%
O, THE OPRAH MAGAZINE	2,417,589	2,444,934	-1.1%
GLAMOUR	2,300,854	2,374,291	-3.1%
PARENTING	2,245,062	2,232,588	0.6%
AMERICAN LEGION MAGAZINE	2,232,287	2,284,729	-2.3%
REDBOOK	2,229,809	2,222,177	0.3%
FAMILYFUN MAGAZINE	2,130,223	1,985,827	7.3%
ESPN THE MAGAZINE	2,128,345	2,132,897	-0.2%



## Top 25 U.S. Consumer Magazines by Single-Copy Sales

As filed with AAM. Subject to audit.

Publication Name	Single-Copy Sales 6/30/2013	Single-Copy Sales 6/30/2012	Percent Change
WOMAN'S WORLD	1,103,996	1,149,242	-3.9%
COSMOPOLITAN	1,028,892	1,351,738	-23.9%
FIRST FOR WOMEN	1,004,422	1,024,889	-2.0%
PEOPLE	828,590	939,554	-11.8%
IN TOUCH WEEKLY	521,315	560,585	-7.0%
US WEEKLY	477,208	572,874	-16.7%
FOOD NETWORK MAGAZINE	448,734	400,254	12.1%
FAMILY CIRCLE	447,073	567,632	-21.2%
WOMAN'S DAY	443,746	360,365	23.1%
IN STYLE	441,514	544,875	-19.0%
NATIONAL ENQUIRER	405,834	457,404	-11.3%
PEOPLE STYLEWATCH	385,760	460,295	-16.2%
REAL SIMPLE	352,438	372,795	-5.5%
MEN'S HEALTH	347,412	391,400	-11.2%
O, THE OPRAH MAGAZINE	346,799	448,649	-22.7%
GOOD HOUSEKEEPING	339,270	318,623	6.5%
STAR MAGAZINE	334,526	379,425	-11.8%
ALL YOU	320,045	394,967	-19.0%
GLAMOUR	301,014	422,868	-28.8%
WOMEN'S HEALTH	300,790	299,107	0.6%
HGTV MAGAZINE	294,478	318,685	-7.6%
WEIGHT WATCHERS	282,762	326,078	-13.3%
LIFE & STYLE WEEKLY	271,504	343,038	-20.9%
VOGUE	269,740	300,955	-10.4%
VANITY FAIR	252,651	283,938	-11.0%

PREVENTION	221,192	219,983	0.5%
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### Top 25 U.S. Consumer Magazines by Digital Replica Circulation

*As filed with AAM. Subject to audit.*

GAME INFORMER MAGAZINE	2,974,512
READER'S DIGEST	292,285
COSMOPOLITAN	246,815
TASTE OF HOME	215,658
MAXIM	211,429
NATIONAL GEOGRAPHIC	180,288
WORKING MOTHER	163,539
PODER HISPANIC	137,717
OK! WEEKLY	135,709
STAR MAGAZINE	117,554
MEN'S HEALTH	109,935
WIRED	102,450
ESPN THE MAGAZINE	101,325
POPULAR SCIENCE	100,470
O, THE OPRAH MAGAZINE	99,412
GQ-GENTLEMEN'S QUARTERLY	99,185
US WEEKLY	92,600
PARENTING	92,348
FOOD NETWORK MAGAZINE	91,491
NYLON	79,616
NEW YORKER	78,511
VANITY FAIR	75,293
MARTHA STEWART LIVING	73,733
WEBMD MAGAZINE	73,568
PEOPLE	73,181

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### Top 10 U.S. Consumer Magazines by Analyzed Nonpaid Circulation

*As filed with AAM. Subject to audit.*

Publication Name	Total Analyzed Nonpaid	Total Analyzed Nonpaid	Percent Change
	6/30/13	6/30/2012	
THE COSTCO CONNECTION	8,648,866	8,631,275	0.2%

## Alliance for Audited Media Top 25 U.S. Consumer Magazines for June 2013

WEBMD MAGAZINE	1,478,569	1,335,852	10.7%
SER PADRES	857,744	858,975	-0.1%
AMERICAN BABY	550,000	389,118	41.3%
COMIDA Y FAMILIA	508,876	502,397	1.3%
COMPETITOR	504,766	508,776	-0.8%
FAMILY MAGAZINE	502,275	501,542	0.1%
FIT PREGNANCY	452,333	444,192	1.8%
SER PADRES ESPERA	410,030	410,685	-0.2%
24/7 MAGAZINE	401,497	419,429	-4.3%

**Accessing the Report**

The full Snapshot report, which contains data on more than 500 U.S. and Canadian consumer magazines, is available in AAM's Media Intelligence Center. AAM members will need their user name and password to access the report. More information about the report is available [here](#).



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## Research and Data

### Top 25 U.S. Consumer Magazines for December 2012

AAM's semiannual Snapshot (formerly known as FAS-FAX) report for U.S. consumer magazines includes top-line circulation data for all magazine members for the second half of 2012.

#### Key Statistics

For the second half of 2012, 289 magazines reported more than 7.9 million digital replica editions (paid, verified and analyzed nonpaid) or 2.4 percent of the total industry average circulation. The number of average digital magazine copies sold has more than doubled compared with the second half of 2011 when 245 magazines reported approximately 3.2 million average digital replica copies (less than 1 percent of the total industry average circulation). Nearly 65 percent of magazines that filed this period have digital replica editions as part of total circulation.

Total paid and verified circulation for the 402 U.S. titles reporting year-over-year comparable data decreased 0.3 percent. Paid subscriptions were up 0.7 percent, and single-copy sales decreased 8.2 percent.

#### Accessing the Report

The full Snapshot report containing data on more than 500 U.S. and Canadian consumer magazines is available in AAM's Media Intelligence Center. AAM members will need their user name and password to access the report. This [blog](#) contains step-by-step directions for accessing the report in AAM's new database.

#### Top Lists

Below are a few charts pulled from the report — the top 25 U.S. consumer magazines by total paid and verified circulation, single-copy sales, digital replica editions and the top 10 magazines by analyzed nonpaid circulation. [Historical charts and data](#) are also available.



#### Top 25 U.S. Consumer Magazines by Total Paid and Verified Circulation

*Preliminary Figures as filed with the Alliance for Audited Media – Subject to Audit*

Publication Name	Total Paid & Verified		Percent Change
	12/31/12	12/31/11	
AARP the Magazine	22,721,661	22,407,421	1.4%
AARP Bulletin	22,403,427	22,171,632	1.0%
Game Informer Magazine	7,864,326	7,514,460	4.7%
Better Homes and Gardens	7,621,456	7,617,844	0.0%
Reader's Digest	5,527,183	5,560,046	-0.6%
Good Housekeeping	4,354,740	4,341,426	0.3%
Family Circle	4,143,942	3,872,671	7.0%
National Geographic	4,125,152	4,480,788	-7.9%
People	3,637,633	3,569,811	1.9%
Woman's Day	3,374,479	3,886,853	-13.2%
Time - The Weekly Newsmagazine	3,281,175	3,298,390	-0.5%
Taste of Home	3,268,549	3,230,514	1.2%
Ladies' Home Journal	3,230,450	3,232,354	-0.1%
Real Simple	2,174,888	2,170,700	0.1%

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## Top 25 U.S. Consumer Magazines for December 2012

Sports Illustrated	3,114,668	3,116,100	-0.1%
Cosmopolitan	3,023,884	3,040,013	-0.5%
Prevention	2,921,618	2,874,117	1.7%
Southern Living	2,867,235	2,865,845	0.0%
Maxim	2,543,563	2,507,318	1.4%
AAA Living	2,455,280	2,471,160	-0.6%
O, The Oprah Magazine	2,439,747	2,380,782	2.5%
Glamour	2,324,170	2,353,863	-1.3%
American Legion Magazine	2,268,015	2,303,613	-1.5%
Parenting	2,232,707	2,231,783	0.0%
Redbook	2,214,603	2,224,418	-0.4%
ESPN the Magazine	2,142,937	2,109,547	1.6%



## Top 25 U.S. Consumer Magazines by Single-Copy Sales

Preliminary Figures as filed with the Alliance for Audited Media -- Subject to Audit

Publication Name	Single-Copy Sales 12/31/12	Single-Copy Sales 12/31/11	Percent Change
Cosmopolitan	1,190,669	1,460,982	-18.5%
Woman's World	1,143,985	1,166,962	-2.0%
First for Women	989,144	1,010,763	-2.1
People	971,668	1,106,244	-12.2%
Family Circle	636,363	523,173	21.6%
Lindy's Football Annuals	609,557	539,739	12.9%
In Touch Weekly	536,030	629,331	-14.8%
In Style	528,418	561,630	-5.9%
US Weekly	528,027	618,491	-14.6%
Food Network Magazine	483,773	438,354	10.4%
People Stylewatch	455,276	496,187	-8.2%
National Enquirer	441,680	472,731	-6.6%
Woman's Day	426,304	372,567	14.4%
O, The Oprah Magazine	415,928	413,363	0.6%
Glamour	401,692	469,544	-14.5%
Men's Health	358,822	387,701	-7.4%
Real Simple	349,132	358,930	-2.7%
Star Magazine	345,565	437,199	-21.0%
All You	344,968	528,241	-34.7%
Vogue	335,006	348,850	-4.0%
HGTV Magazine	310,690	N/A*	N/A
Vanity Fair	310,170	323,946	-4.3%
Life & Style Weekly	306,352	378,758	-19.1%
Seventeen	304,108	374,741	-18.4%

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Top 25 U.S. Consumer Magazines for December 2012

Publication Name	12/31/12	12/31/11	% Change
Women's Health	296,770	271,813	9.2%

\*Denotes time period prior to AAM membership



Top 25 U.S. Consumer Magazines by Digital Replica Circulation

Preliminary Figures as filed with the Alliance for Audited Media – Subject to Audit

GAME INFORMER MAGAZINE	2,305,816
MAXIM	259,529
COSMOPOLITAN	254,751
NATIONAL GEOGRAPHIC	160,077
PODER HISPANIC	149,838
READER'S DIGEST	147,149
TASTE OF HOME	103,961
POPULAR SCIENCE	98,389
ESPN THE MAGAZINE	92,197
OK! WEEKLY	88,347
PARENTING	87,253
MEN'S HEALTH	85,842
O, THE OPRAH MAGAZINE	84,632
WIRED	84,118
US WEEKLY	81,611
NYLON	77,469
GQ-GENTLEMEN'S QUARTERLY	74,806
FOOD NETWORK MAGAZINE	67,727
WOMEN'S HEALTH	66,555
STAR MAGAZINE	59,903
NEW YORKER	59,471
ESQUIRE	57,795
MARTHA STEWART LIVING	56,068
GLAMOUR	53,794
VANITY FAIR	53,735



Top 10 Consumer Magazines by Analyzed Nonpaid Circulation

Preliminary Figures Filed with AAM – Subject to Audit

Publication Name	Total Analyzed Nonpaid 12/31/12	Total Analyzed Nonpaid 12/31/11	Percent Change
AAA Tourbooks	13,271,135	12,723,513	4.3%
The Current Quarterly	8,662,371	8,600,462	0.7%

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Top 25 U.S. Consumer Magazines for December 2012

The Costco Connection	8,033,374	8,390,423	0.1%
WebMD Magazine	1,325,908	1,238,319	7.1%
Where Magazine	1,272,094	1,252,269	1.6%
Ser Padres	858,494	N/A*	N/A
Competitor	508,880	496,728	2.4%
Comida y Familia	504,754	607,371	-16.9%
Family Magazine	502,346	501,375	0.2%
Ready, Set, Grow	500,866	500,932	0.0%
Fit Pregnancy	450,622	443,603	1.6%

\*Denotes time period prior to AAM membership



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## Research and Data

### Top 25 U.S. Consumer Magazines for June 2012

The FAS-FAX report includes top-line circulation data for all magazine members for the first half of 2012.

#### Key Statistics

Although digital editions have previously been included in the toplinc paid and verified circulation number, this is the first report that breaks out a standalone digital replica column. For this period, 258 U.S. magazines reported more than 5.4 million digital replica editions (paid, verified and analyzed nonpaid). This accounts for approximately 1.7 percent of the total circulation. Digital replica magazines more than doubled from the first half of 2011 when 232 magazines reported approximately 2 million digital replica copies or less than 1 percent of the total industry.

Total paid and verified circulation for the 395 U.S. titles reporting year-over-year comparable data decreased 0.1 percent. Paid subscriptions were up 1.1 percent, and single-copy sales decreased 9.6 percent.

#### Top 25 Lists

Below are a few charts pulled from the report — the top 25 U.S. consumer magazines by total paid and verified circulation, single-copy sales and digital replica editions.

#### Top 25 U.S. Consumer Magazines by Total Paid & Verified Circulation

Preliminary Figures as filed with the Audit Bureau of Circulations — Subject to Audit

Publication	Total Paid & Verified 6 months ending 6/30/2012	Total Paid & Verified 6 months ending 6/30/11	Change
AARP THE MAGAZINE	22,528,478	22,395,670	0.6%
AARP BULLETIN	22,283,411	22,236,761	0.2%
GAME INFORMER MAGAZINE	8,169,524	5,954,884	37.2%
BETTER HOMES AND GARDENS	7,617,038	7,648,900	-0.4%
READER'S DIGEST	5,577,717	5,653,440	-1.3%
GOOD HOUSEKEEPING	4,346,757	4,336,711	0.2%
NATIONAL GEOGRAPHIC	4,232,205	4,445,603	-4.8%
FAMILY CIRCLE	4,100,977	3,816,958	7.4%
PEOPLE	3,563,035	3,556,753	0.2%
WOMAN'S DAY	3,449,692	3,863,710	-10.7%
TIME-THE WEEKLY NEWSMAGAZINE	3,276,822	3,376,226	-2.9%
TASTE OF HOME	3,231,697	3,235,718	-0.1%
LADIES' HOME JOURNAL	3,205,302	3,267,239	-1.9%
SPORTS ILLUSTRATED	3,204,945	3,207,861	-0.1%
COSMOPOLITAN	3,017,834	3,032,211	-0.5%
PREVENTION	2,930,730	2,903,417	0.9%
SOUTHERN LIVING	2,841,331	2,830,179	0.4%

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## Alliance for Audited Media Top 25 U.S. Consumer Magazines for June 2012

AAA VIA	2,590,421	2,732,291	-5.2%
MAXIM	2,518,827	2,530,440	-0.5%
AAA LIVING	2,459,089	2,477,127	-0.7%
O, THE OPRAH MAGAZINE	2,444,934	2,461,464	-0.7%
GLAMOUR	2,374,291	2,304,146	3.0%
AMERICAN LEGION MAGAZINE	2,284,729	2,323,308	-1.7%
PARENTING	2,232,588	2,227,350	0.2%
REDBOOK	2,222,177	2,211,659	0.5%

## Top 25 U.S. Consumer Magazines by Single-Copy Sales

Preliminary Figures as filed with the Audit Bureau of Circulations  
Subject to Audit

Publication	Single-Copy Sales 6 months ending 6/30/12	Single-Copy Sales 6 months ending 6/30/11	Change
COSMOPOLITAN	1,351,738	1,599,305	-15.5%
WOMAN'S WORLD	1,149,242	1,193,927	-3.7%
FIRST FOR WOMEN	1,024,889	1,094,056	-6.3%
PEOPLE	939,554	1,153,774	-18.6%
US WEEKLY	572,875	646,685	-11.4%
FAMILY CIRCLE	567,632	525,358	8.0%
IN TOUCH WEEKLY	560,585	646,646	-13.3%
IN STYLE	544,875	570,272	-4.5%
PEOPLE STYLEWATCH	460,295	504,504	-8.8%
NATIONAL ENQUIRER	457,404	502,904	-9.0%
O, THE OPRAH MAGAZINE	448,649	546,164	-17.9%
GLAMOUR	422,868	453,707	-6.8%
FOOD NETWORK MAGAZINE	400,254	339,854	17.8%
ALL YOU	394,967	444,815	-11.2%
MEN'S HEALTH	391,400	431,792	-9.4%
STAR MAGAZINE	379,425	442,131	-14.2%
REAL SIMPLE	372,795	380,721	-2.1%
WOMAN'S DAY	360,365	339,350	6.2%
LIFE & STYLE WEEKLY	343,038	334,700	2.5%
WEIGHT WATCHERS	325,950	449,805	-27.5%
GOOD HOUSEKEEPING	318,623	339,528	-6.2%
VOGUE	300,955	360,400	-16.5%
WOMEN'S HEALTH	299,107	315,075	-5.1%
VANITY FAIR	283,938	349,566	-18.8%
SEVENTEEN	267,368	295,530	-9.5%

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Alliance for Audited Media Top 25 U.S. Consumer Magazines for June 2012

Top 25 U.S. Consumer Magazines by Digital Replica Circulation

Preliminary Figures as filed with the Audit Bureau of Circulations

Subject to Audit

Publication	Digital Replica Circulation as of 6/30/12
GAME INFORMER MAGAZINE	1,218,634
MAXIM	284,824
COSMOPOLITAN	185,673
PODER HISPANIC	170,868
NATIONAL GEOGRAPHIC	134,656
POPULAR SCIENCE	93,037
O, THE OPRAH MAGAZINE	81,259
ESPN THE MAGAZINE	75,600
NYLON	75,184
PARENTING	74,790
WIRED	68,776
US WEEKLY	61,106
GQ-GENTLEMEN'S QUARTERLY	60,031
MEN'S HEALTH	59,536
WOMEN'S HEALTH	51,403
ELECTRONIC HOUSE	50,098
OK! WEEKLY	48,739
MARTHA STEWART LIVING	48,098
POPULAR PHOTOGRAPHY	45,907
POPULAR MECHANICS	45,253
READER'S DIGEST	44,904
FOOD NETWORK MAGAZINE	44,717
NEW YORKER	44,439
ESQUIRE	43,895
PLAYBOY	43,352



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## Research and Data

### Top 25 U.S. Consumer Magazines for December 2011

The FAS-FAX report includes top-line circulation data for all magazine members for the second half of 2011.

Below are two charts pulled from the report — the top 25 U.S. consumer magazines by total paid and verified circulation and by single-copy sales.

#### Top 25 U.S. Consumer Magazines by Total Paid & Verified Circulation

Preliminary Figures as filed with the Audit Bureau of Circulations — Subject to Audit

Publication	Total Paid & Verified 6 months ending 12/31/11	Total Paid & Verified 6 months ending 12/31/10	% Change
AARP THE MAGAZINE	22,407,421	23,748,475	-5.65%
AARP BULLETIN	22,171,632	23,574,132	-5.95%
BETTER HOMES AND GARDENS	7,617,844	7,677,497	-0.78%
GAME INFORMER MAGAZINE	7,514,460	5,073,003	48.13%
READER'S DIGEST	5,560,046	5,533,037	0.49%
NATIONAL GEOGRAPHIC	4,480,788	4,493,024	-0.27%
GOOD HOUSEKEEPING	4,341,426	4,418,398	-1.74%
WOMAN'S DAY	3,886,853	3,895,813	-0.23%
FAMILY CIRCLE	3,872,671	3,841,651	0.81%
PEOPLE	3,569,811	3,602,006	-0.89%
TIME-THE WEEKLY NEWSMAGAZINE	3,298,390	3,314,946	-0.50%
LADIES' HOME JOURNAL	3,232,354	3,837,286	-15.76%
TASTE OF HOME	3,230,514	3,253,392	-0.70%
SPORTS ILLUSTRATED	3,178,760	3,174,355	0.14%
COSMOPOLITAN	3,040,013	2,905,659	4.62%
PREVENTION	2,874,117	2,900,365	-0.90%
SOUTHERN LIVING	2,865,845	2,846,757	0.67%
MAXIM	2,507,318	2,528,569	-0.84%
AAA LIVING	2,471,160	2,469,830	0.05%
O, THE OPRAH MAGAZINE	2,380,782	2,506,037	-5.00%
GLAMOUR	2,353,863	2,307,714	2.00%
AMERICAN LEGION MAGAZINE	2,303,613	2,306,231	-0.11%
PARENTING	2,231,783	2,237,158	-0.24%
REDBOOK	2,224,418	2,232,476	-0.36%
SMITHSONIAN	2,113,637	2,044,406	3.39%

## Top 25 Consumer Magazines by Single-Copy Sales

Preliminary Figures as filed with the Audit Bureau of Circulations — Subject to Audit

Publication	Single-Copy Sales 6 months ending 12/31/11	Single-Copy Sales 6 months ending 12/31/10	% Change
COSMOPOLITAN	1,460,982	1,566,658	-6.75%
WOMAN'S WORLD	1,166,962	1,273,019	-8.33%
PEOPLE	1,106,244	1,257,536	-12.03%
FIRST FOR WOMEN	1,010,763	1,129,967	-10.55%
IN TOUCH WEEKLY	629,331	689,365	-8.71%
US WEEKLY	618,491	683,485	-9.51%
IN STYLE	561,630	654,800	-14.23%
LINDY'S FOOTBALL ANNUALS	539,739	531,292	1.59%
ALL YOU	528,241	459,812	14.88%
FAMILY CIRCLE	523,173	603,504	-13.31%
PEOPLE STYLEWATCH	496,187	549,912	-9.77%
NATIONAL ENQUIRER	472,731	533,308	-11.36%
GLAMOUR	469,544	521,213	-9.91%
FOOD NETWORK MAGAZINE	438,354	376,761	16.35%
STAR MAGAZINE	437,199	496,395	-11.93%
O, THE OPRAH MAGAZINE	413,363	608,212	-32.04%
MEN'S HEALTH	387,701	399,283	-2.90%
LIFE & STYLE WEEKLY	378,758	411,012	-7.85%
WOMAN'S DAY	372,567	396,299	-5.99%
REAL SIMPLE	358,930	395,344	-9.21%
VOGUE	348,850	369,489	-5.59%
WEIGHT WATCHERS	335,249	368,912	-9.12%
GOOD HOUSEKEEPING	325,351	382,273	-14.89%
SEVENTEEN	324,741	343,742	-5.53%
VANITY FAIR	323,946	405,605	-20.13%



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## Research and Data

### Top 25 U.S. Consumer Magazines for June 2011

The FAS-FAX report includes top-line circulation data for all magazine members.

Below are two charts pulled from the report — the top 25 U.S. consumer magazines by total paid and verified circulation and by single-copy sales.

#### Top 25 Consumer Magazines by Total Paid & Verified Circulation

Preliminary Figures as filed with the Audit Bureau of Circulations  
Subject to Audit

Publication	Total Paid & Verified 6 months ending 6/30/11
AARP THE MAGAZINE	22,395,670
AARP BULLETIN	22,236,761
BETTER HOMES AND GARDENS	7,648,900
GAME INFORMER MAGAZINE	5,954,884
READER'S DIGEST	5,653,440
NATIONAL GEOGRAPHIC	4,445,603
GOOD HOUSEKEEPING	4,336,711
WOMAN'S DAY	3,863,710
FAMILY CIRCLE	3,816,958
PEOPLE	3,556,753
TIME-THE WEEKLY NEWSMAGAZINE	3,376,226
LADIES' HOME JOURNAL	3,267,239
TASTE OF HOME	3,235,718
SPORTS ILLUSTRATED	3,207,861
COSMOPOLITAN	3,032,211
PREVENTION	2,903,417
SOUTHERN LIVING	2,830,179
MAXIM	2,530,440
AAA LIVING	2,477,127
O, THE OPRAH MAGAZINE	2,461,464
AMERICAN LEGION MAGAZINE	2,323,308
GLAMOUR	2,304,146
PARENTING	2,227,351
RECORD	2,211,650

REDDOOK	4,211,000
FAMILYFUN	2,128,351

**Top 25 Consumer Magazines by Single-Copy Sales**

Preliminary Figures as filed with the Audit Bureau of Circulations  
Subject to Audit

<b>Publication</b>	<b>Single-Copy Sales 6 months ending 6/30/11</b>
COSMOPOLITAN	1,599,305
WOMAN'S WORLD	1,193,927
PEOPLE	1,153,774
FIRST	1,094,056
US WEEKLY	646,685
IN TOUCH WEEKLY	646,646
IN STYLE	570,272
O, THE OPRAH MAGAZINE	546,164
FAMILY CIRCLE	525,358
PEOPLE STYLEWATCH	504,504
NATIONAL ENQUIRER	502,904
GLAMOUR	453,707
WEIGHT WATCHERS	449,805
ALL YOU	444,815
STAR MAGAZINE	442,131
MEN'S HEALTH	431,792
REAL SIMPLE	380,721
VOGUE	360,400
VANITY FAIR	349,566
FOOD NETWORK MAGAZINE	339,854
GOOD HOUSEKEEPING	339,528
WOMAN'S DAY	339,350
LIFE & STYLE WEEKLY	334,700
WOMEN'S HEALTH	315,075
SEVENTEEN	295,530



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## Research and Data

### Top 25 U.S. Consumer Magazines for December 2010

The FAS-FAX report includes top-line circulation data for all magazine members. Below are two charts pulled from the report — the top 25 U.S. consumer magazines by total paid and verified circulation and by single-copy sales.



Audit Bureau of Circulations

Top 25 U.S. Consumer Magazines by Paid & Verified Circulation	
Preliminary Figures as filed with the Audit Bureau of Circulations Subject to Audit	
Publication	Total Paid & Verified 6 months ending 12/31/10
AARP THE MAGAZINE	23,748,475
AARP BULLETIN	23,574,132
BETTER HOMES AND GARDENS	7,677,497
READER'S DIGEST	5,533,037
GAME INFORMER MAGAZINE	5,073,003
NATIONAL GEOGRAPHIC	4,493,024
GOOD HOUSEKEEPING	4,418,398
WOMAN'S DAY	3,895,814
FAMILY CIRCLE	3,841,651
LADIES' HOME JOURNAL	3,837,288
PEOPLE	3,602,006
TIME-THE WEEKLY NEWSMAGAZINE	3,314,946
TASTE OF HOME	3,253,392
SPORTS ILLUSTRATED	3,174,355
COSMOPOLITAN	2,905,659
PREVENTION	2,900,365
SOUTHERN LIVING	2,846,757
AAA VIA	2,740,435
MAXIM	2,528,569
O, THE OPRAH MAGAZINE	2,506,037
AAA LIVING	2,469,830
GLAMOUR	2,367,714
AMERICAN LEGION MAGAZINE	2,306,231
PARENTING	2,237,158
REDBOOK	2,232,476



Audit Bureau of Circulations

<b>Top 25 Consumer Magazines by Single-Copy Sales</b>	
Preliminary Figures as filed with the Audit Bureau of Circulations Subject to Audit	
<b>Publication</b>	<b>Single-Copy Sales 6 months ending 12/31/10</b>
COSMOPOLITAN	1,566,658
WOMAN'S WORLD	1,274,981
PEOPLE	1,257,536
FIRST	1,129,967
IN TOUCH WEEKLY	689,365
US WEEKLY	663,465
IN STYLE	654,800
O, THE OPRAH MAGAZINE	608,212
FAMILY CIRCLE	603,504
PEOPLE STYLEWATCH	549,912
NATIONAL ENQUIRER	533,308
LINDY'S FOOTBALL ANNUALS	531,292
GLAMOUR	521,213
STAR MAGAZINE	496,395
ALL YOU	456,437
LIFE & STYLE WEEKLY	411,012
VANITY FAIR	405,605
MEN'S HEALTH	399,283
WOMAN'S DAY	396,299
REAL SIMPLE	395,344
GOOD HOUSEKEEPING	382,273
FOOD NETWORK MAGAZINE	376,761
VOGUE	369,489
WEIGHT WATCHERS	368,912
OK! WEEKLY	344,176

# **Exhibit D**

# **Exhibit D**

# BOSTON HERALD

Sunday, January 8, 1995



**EASY LIFTING:** Get a physical tune-up in one of the exercise rooms at Canyon Ranch.

BY KIC BOURIE  
Special to the Herald

**T**he throes of winter have not yet descended but don't delude yourself—they will descend.

At the height of winter's siege, a warm beach may be out of reach. You may not have the time to fly off to the Keys or the Caribbean. If you've been saving up your dollars for a snowy day, they can be wisely spent without going near an airplane.

Let your car be your camel. It can deliver you within hours to a spa—a respite from the gloom of New England winter.

Get on the Massachusetts Turnpike in Boston and you can be at Canyon Ranch in the Berkshires in a little more than two hours.

Canyon Ranch has made an art of rejuvenating the body, mind and spirit. Its flagship facility in Tucson, Ariz., opened in 1979. The Berkshires ranch in Lenox opened in 1989 and was built with winter in mind.

It's a big place, consisting of a modern inn, an extensive spa facility and an old mansion, where you can eat meals or relax



**SHAPE UP:** A stay at Canyon Ranch is a retreat for self-improvement and some pampering.

with a book by the library fireplace.

The buildings are connected by enclosed walkways, so you can put your heavy boots, parka and scarf away for the length of your stay and, if you choose, never get out of the thick terry-cloth robe provided by the locker-room attendant.

It's not uncommon to find guests in robes and sandals, wandering down a walkway on their way back from a blissful Shiatsu massage or herbal wrap, gazing out the windows at the snow and making their way to a cooking demonstration, an appointment with an exercise physiologist or back to their rooms for a long winter's nap.

One guest wore her robe to dinner and no one complained.

Until I visited Canyon Ranch, I was convinced spas were only for the wealthy and

were peopled with perfect human specimens: lean figures with tight abdomens and butts, sculpted biceps, a rippling trapezius.

Canyon Ranch proved me wrong. On my first afternoon, I did see a woman walk by in a full-length mink coat with a tennis racket slung over her shoulder. "Aha," I thought, "just as I suspected." But after a few more days there, it became obvious that the Ranch attracts a well-rounded clientele.

Neither the guests nor the staff were perfect specimens. They came in all sizes and shapes. Some were lean and strong but a lot of guests were there to get started on a program of exercise, healthy eating and positive thinking that can help make life easier to handle out in the real, workaday world.

Canyon Ranch is a retreat for self-improvement and pampering. It provides a

physical and psychic tune-up.

And this ranch is not only for young dudes. The facility's array of employees of all adult ages suggested to us that it welcomes guests of any age.

We spent an intensive hour of stretching under the instruction of a fit-looking woman who chose musical accompaniment from the late '50s—the Platters, the Four Freshmen and other long-faded favorites. It was the music she grew up with, she said. She was a grandmother, she told us, and in great shape, we observed.

Canyon Ranch and other spas extract a pretty penny for services rendered. Rates begin at \$235 per person per night, or \$760 per person for a three-night package. A 50-minute massage at the Lenox spa will cost you \$67, a mud treatment \$80. A cholesterol evaluation costs \$120. An analysis of your posture is \$90.

The cost of the massage is not markedly higher than what you'll find elsewhere. The consultations and analyses are pricey, but you'd pay high prices anywhere to consult with a health professional on par with those employed by Canyon Ranch: exercise physiologists, movement therapists, dietitians, physical therapists, psychologists and more.

And though the bill for a stay at Canyon Ranch may seem high, it includes everything: lodging, food, gratuities and a slew of complimentary activities, including all exercise classes. You can stash your wallet with your parka and boots and not look at it until you check out. At meals in the dining room, you'll ponder a menu that lists calories and fat content, not dollars and cents.

After check-in, a stay at Canyon Ranch begins with a tour of the facility. A nurse reviews your medical history, paying special attention to any conditions or limitations you may need to keep aware of when exercising.

A program coordinator then helps plan your stay. The list of offerings at Canyon Ranch is so long and tempting that it can be difficult to decide just how to spend your time. The program coordinator helps you

make the right choices according to your interests and needs.

Should you take the "Back Care and Posture" class or see an exercise physiologist who can analyze your posture and prescribe some exercise for improving it? If you're bogged down in a winter of discontent, maybe you should speak to a therapist about seasonal affective disorder. Instead of taking lunch in the dining room, sit in on a "Lunch & Learn" session, where you watch a chef prepare a nutritional meal. Then eat it. An acupuncture treatment may eliminate all that stress in your shoulders.

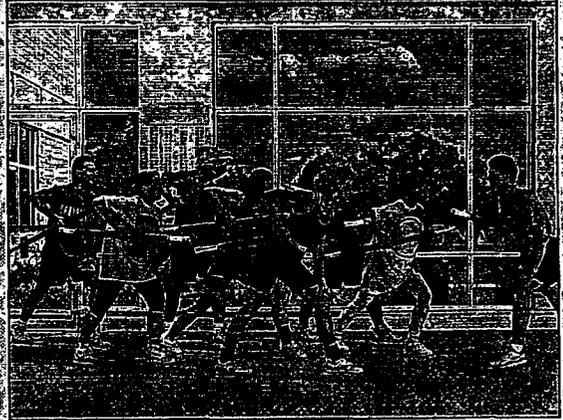
Remember, you've come to the Berkshires where mills and manufacturing plants have shut down and New Age learning has become one of the region's leading industries. These hills are alive with meditation centers, crystal shops and holistic healers. On the second floor of the mansion, consultations with experts address a score of other subjects: how to stop smoking, relaxation training, dream analysis, emotional healing, therapy through hypnosis, assertiveness training, sleep disorders, even life regressions. The list goes on.

There's a long menu of exercise classes to choose from. They run from 8 a.m. to 6 p.m. Open the door to any of the exercise rooms and you might find guests sweating it out in a step aerobics class, sliding back and forth like a speed skater in a slide class, hefting a weighted bar in a body bar class, practicing yoga or meditation, relaxation quietly or sparring and jabbing in a Boxercise class.

After the workouts are over, it's time for a shower and your choice of steam bath or sauna. You can soak in a Jacuzzi or sit in the inhalation room, a steam bath with a scent to clear those nasal passages and refresh the lungs.

If you wish to be further pampered, your choices include Swedish and Shiatsu massage, foot massages, sports massages, hydromassage or cranial sacral therapy, an osteopathic technique that uses a light touch and releases tension inside the cranium, spine and sacrum.

You can get wrapped in steamy sheets, soaked in herbs to relax your tired joints and sore muscles. During a salt treatment, your body is massaged with salts, steamed with moisturizing herbs, rinsed and oiled. A mud treatment draws impurities out of the body



**BAR SCENE** Canyon Ranch guests enjoy a fitness class, specifically designed for them, using a barbell to build strength.

after your body is covered with and wrapped in warm, dry fabric.

Massages and other therapeutic treatments, fitness consultations and beauty services are listed on a menu of Spa & Sports services.

There's no extra charge for the exercise classes and many other activities. Sound like a lot to choose from? On a visit the week before Christmas, we spent 90 minutes just planning our three days. Get the menu of activities before you go, then call ahead to plan your stay.

After a few days, your attitude toward winter may change. You may even want to get out on a pair of cross-country skis and glide around the grounds or sign up for an excursion to a downhill or cross-country area.

Guests who stay three nights or longer can get a free weekday ski outing, including a half-day ticket to Butternut Basin in Great Barrington, equipment rental, a one-hour group lesson and transportation. We took a wonderful mountain bike ride on the hilly country roads of Lenox, past colonial homes and estates, a cottage where Nathaniel Hawthorne lived, just across the road from Tanglewood. Another walk took participants to the Norman Rockwell Museum in Stockbridge.

Visitors soon develop a taste for this kind of living. Sitting by a roaring fireplace at Canyon Ranch and stirring a cup of herbal tea with a cinnamon stick after a hard work out and a foot massage can do wonders for a case of those winter blues.

**IF YOU GO**

**GETTING THERE** Take the Mass Pike west to Exit 2 in Lee. Follow Route 20 into Lenox. Take a left on Route 193 south and another left on Route 7A, Kemble Street.

**INFORMATION** Call (800) 742-9000.

 **Canyon Ranch**

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# HAMPTONS

Labor Day, 1995

## Canyon Ranch

*At this Posh Spa We Literally and Figuratively Vegged Out*

By DEBRA SCOTT

It's Friday night, and I'm at this party on Park Avenue when I happen to mention—after I take a last sip of champagne—that I'm on my way to a weekend at Canyon Ranch, the one in the Berkshires. Of the three women in my klatch'around the hors d'oeuvres table, two have recently returned and immediately take to dishing up advice. Laurie, an aerobics junkie, tells me that a weekend is nothing at Canyon Ranch. I need at least five days to begin to experience all the exercise classes alone. Jane eyes my cigarette and insists I pay a visit to Marcia, the "smoking shrink" who weaned her off the evil weed on her last ranch visit. But what I'm concerned about as they wax poetic about the wonderful carrots and other inspiring vegetables at the joint is this: caffeine, ice cream, salt—as in, Will anybody be preventing me from my habitual intake? And, more to the point, will all that spa food fill me up? I feel the onset of a metabolic anxiety attack looming.

"You look frazzled," Laurie informs me. Now I'm driving up the Taconic Parkway, well actually my boyfriend is, while I devour the remains of literature that have been sent to me about the ranch. So much to do, so little time. A painful process of elimination begins: First to go are the things I can do anytime: the classes—from step class to yoga I can take at my local gym and tarot card reading? I've been meaning to, visit the spiritualist on my corner do for ages. Next, are the things I don't have time to pursue: watercolor painting and something for couples called "The Art of Relating," which we would need a few weeks for, at least. I notice a class called simply, "Power," described as a "challenging workout for the experienced stepper." My ego is alerted to the challenge; I make a note to myself to sign up. My program is beginning to take shape: I decide on a two-pronged approach. First I am going to treat myself to the luxury so absent in my normal life. Then I will do something boringly practical.

As for luxury, there are so many options that my mind is awash with possibilities. They seem to fall into two categories: those which improve only the body (glycolic skin treatments, Parisian body polish, L'azartique hair treatments) and those that also pay tribute to the spirit (craniosacral therapy, reiki, shiatsu). I choose one of each, hydrotherapy and something called polarity. As for practicality I could chose a bone density evaluation, but I can't see what earthly good it would do me. I could also undertake a test of my lung health called spirometry, but I don't want to know. Even though I pride myself on knowing the nutritive value of foods, I know from my daily muffin intake that I have clearly gone by the nutritional wayside and am in dire need of nutritional counseling.

By the time I settle on my program, we have arrived (in under three hours) at the sprawling estate that once belonged to a turn of the century industrialist and whose character has remained intact even while extensive modern spa facilities have been added.

Despite our best intentions to rise early, we crawl out of bed just in time... Phew! ...to still get breakfast. Seated at the end of the dining room, we order omelettes which arrive looking rather albino—made with egg whites, it

warm water while nurturing hands work my aching muscles. I am only part right. Inside a tub, which is less a womb than a coffin-shaped Jacuzzi, I am pelted with painful jets of pressurized water with a German woman at the controls. After turning the pressure down, she explains to me that the strength of the jets is measured in something called BAR, on a scale of one to ten. My comfort level is a measly two-and-a-half, her next client, she tells me, a man—can withstand a mighty 9 1/2. Most women, I am humiliated to learn, measure in at between four and five. These jets, she tells me, provide a deeper massage than the Swedish variety. No kidding: I am a water wimp.

Polarity. This is a sort of laying on of hands, in my case those of a gentle young woman, in order to connect your body's electrical charges (or something like that, anyway). All I can say is it gave me such a sense of well-being I never wanted the hour session to be over.

Nutritional counseling. After I regaled the aghast attendant nutritionist with a litany of my daily diet, she spent a fact-filled hour telling me what I was doing right

turns out. We gobble these up—a function of our hunger more than our gusto. Feeling somewhat underfed, we rush to our first activity (filling our pockets with fruit easily swiped from a table we pass on our way out).

One thing I don't get a helluva lot of in my urban existence is fresh mountain air. So next thing we know we are scrambling up a mountainside with a pack of fellow cityfolk. Much huffing and puffing later (We're in shape but the air's thin up here.) we stop at a stippled hemlock glade to marvel at a deep gulch formed, so our guide explains, by a glacial finger that clawed through the limestone ten thousand or so years ago. What can I say? We are duly humbled.

We've been here less than 18 hours when this complete stranger says, out of nowhere, "You look so relaxed." We are dragging our flip flops along a mile, or so it seems, of green carpeted corridor and I am in some sort of meditative state. The fact that it takes so long to get from one place to another contributes to a general slowing down, and a feeling of, well, unfrazzledness in our cocoon of pampered privilege. I can't wait to tell my friend Laurie.

My movements are getting slower and more deliberate, as if I'm stoned on some benign drug. Swimming laps in the pool puts me into a state of welcome exhaustion which is deepened by breathing in eucalyptus vapors in the Inhalation Room. Though it's time to go to "Power" class, I opt to collapse on a cushioned chaise by the pool overlooking a pine-ringed meadow and a blue-tinged Berkshire ridge beyond. This is the spa's best kept secret; during my stay there are always a clutch of vacant chaise longues, waiting for me to read or nap on.

Hydrotherapy. I have no idea what it is, but envision myself immersed in a womb of





*This turn-of-the-century photo still captures the estate's likeness.*

... and wrong (mostly the latter). Just some of her advice: Ingest more calcium (soy is a great source); stock up on protein and fats early in the day; eat seven helpings of fruit and vegetables per day. Oh yes, and no more muffins.

Life takes on a calming metronomic regularity between eating and taking treatments. After our first breakfast, we discover another section of the dining room where there are groaning boards laden with all the sprouts, miscana and whole grain breads you could ever want. This stuff is good, and if you eat enough of it (which we do), filling. During our first dinner we kindly share our table with a single woman who might have had to wait a few minutes for a table had we not come to her rescue. Our generosity pays off. Since she's been here a few days, she knows the ropes. We can order as many helpings as we want, and though the waitstaff defaults to giving you skim milk and sugarless jam, they stock fat and sugar in the kitchen. We're getting an education, too. Since all foods are labeled with calorie and fat counts, where we would have piled on slabs of pink salmon, we discover its stratospheric fat count and refrain. And we're learning to eat two-thirds of our calories before evening. We are literally vegging out as we figuratively veg out.

Being practically spoonfed three healthful meals a day where the biggest decision is whether to have lobster or pasta (no contest) is enough to chill out the most

confirmed stressaholic. Unfortunately, you can't stay at Canyon Ranch forever. Leaving feels like birth: I am being expelled cruelly from the womb and back into the harsh world. I wonder, do they ever have to hire bouncers to throw people badly out? As we drive, regretfully, away I realize I never took the Power class. My ego went on vacation too. ♦

## Tips

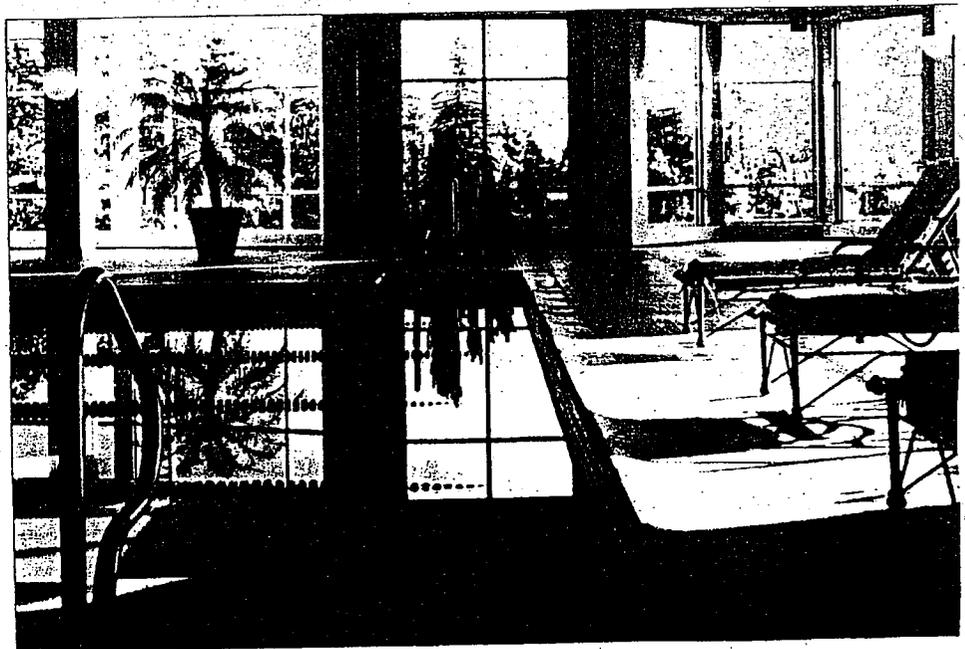
- Study the activities schedule from home *before* arriving so that you have a good idea of what you can reserve desirable treatment appointments in advance.

- Get to breakfast early. The schedule is bottom-heavy at teh ranch with most activities (scheduled in the morning and afternoon. The dining room fills up fast with fellow campers eager to launch their morning routines.

- Unless you wish to carouse at the nearby Red Lion Inn until all hours, you'll want to follow the early-to-bed/early-to-rise schedule you abandoned all summer.

- Treat yourself to at least one massage or other deep treatment early on to allow your blissful state to set the tone for the rest of your stay.

- Get out into the mountains to get a sense of place and to pump your lungs with fresh air.



# High Profile

Sunday, December 17, 1995

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Section E

## GOING IN STYLE

### Canyon Ranch

#### A spa for the body and soul

By Joyce Saenz Harris

Staff Writer of The Dallas Morning News

LENOX, Mass. — Tell a Texan, "I'm going to Canyon Ranch," and the usual response is: "Lucky you! Just don't melt out there in Tucson."

However, it is entirely possible to go to Canyon Ranch, enjoy all the earthly delights of that famous spa, and never worry about Arizona's desert heat.

Just head northeastward to the other Canyon Ranch. This one is set in the gorgeously tranquil Berkshires of Western Massachusetts, on 120 acres surrounding a restored 1897 mansion that is a replica of Louis XV's Petit Trianon at Versailles. For those who love the cooler climes of New England, this is the perfect

escape from the Sunbelt's endless summer.

Canyon Ranch in the Berkshires opened in 1989. In November, *Condé Nast Traveler* magazine rated it the top "destination spa" in its Top 100 Readers' Choice Awards for the second straight year.

While Canyon Ranch in Tucson has the aura of a Western summer camp, attracting such celebs as Barbra Streisand, Donna Karan, Julia Roberts and Michael Keaton, the Berkshires location is more like a luxury hotel resort. It just happens to be integrated into a 100,000-square-foot, state-of-the-art spa that offers dozens of healthy options.

And don't worry about snow. Because each section of the New England complex is connected by glass-walled walkways, winter visitors needn't even set foot

outside unless they want to go cross-country skiing or snowshoeing.

It's natural to say "spa" and "pampering" in the same breath. And Canyon Ranch in the Berkshires certainly offers all the Sisley facials, Swedish massages and French manicures anyone could want — as well as a bountiful array of "spa cuisine," low-fat but luscious enough to induce undue guilt.

But, its luxurious trappings aside, "We teach people to make healthy choices," says chairman and CEO Mel Zuckerman, 67, who with his wife, Enid, founded Tucson's Canyon Ranch in 1979.

The Zuckermans' philosophy is geared



A variety of speakers provide lectures in the Library.

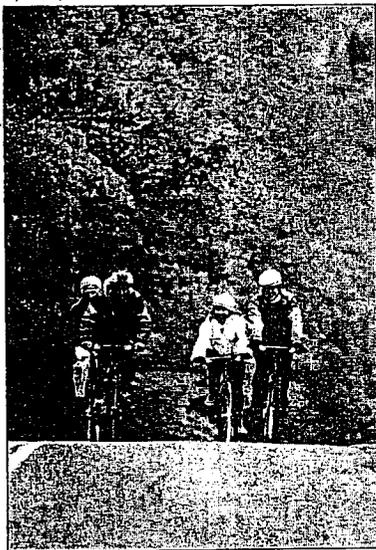
toward building not only better bodies but healthier souls. Mr. Zuckerman, who at age 50 discovered the virtues of diet and exercise, says it took him a little longer to find that vital mind-body-spirit connection.

"I thought that physical fitness was the answer," he says. "But I still didn't feel like a complete person. I needed a balance in my life."

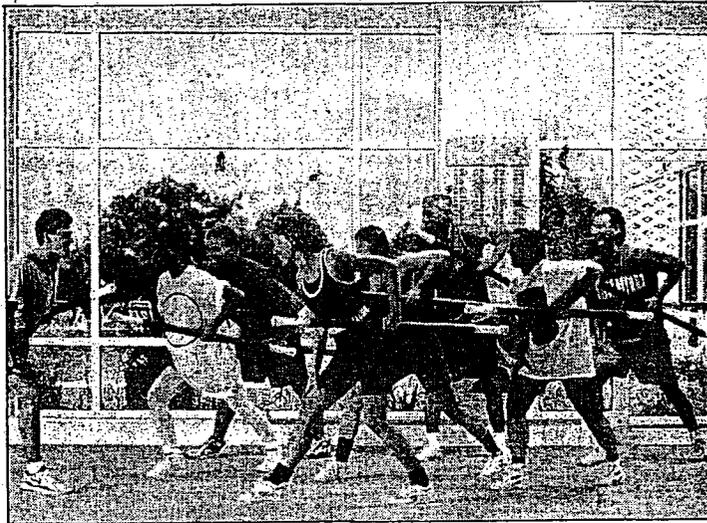
"To have true balance, you've got to be emotionally and spiritually whole, also."

So, while Canyon Ranch features aerobics classes, heated pools, free weights and workout machines aplenty, clients shouldn't assume that this place is simply about exercise and self-denial. With offerings from tai chi and acupuncture to hypnotherapy and yoga, Canyon Ranch is serious about its spiritual mission.

Staff members go to great lengths to make sure a new arrival understands this goal. The staff-to-guest ratio is nearly 3 to 1, and someone always is available to answer questions. Program coordinators help plan daily



PHOTOS: COURTESY OF CANYON RANCH  
Bicycling is among the sports offered.



A fitness class practices body bar strength.

activities, encouraging guests to schedule in meals and rest time rather than frantically overdoing it with nonstop classes.

And let it be clear: You *don't* want to miss any of your meals.

Canyon Ranch's white-tablecloth dining rooms overlook the rolling lawns of Bellefontaine Mansion. It's a traditional, formal setting — but guests regularly appear in shorts, jeans and exercise wear, and no one feels compelled to dress for dinner.

Menus change daily, but certain recurring dishes are obvious favorites among the guests, with the gazpacho and the low-fat brownie dessert garnering particular raves. While everything is "good" for you, the food also tastes great and is presented with impeccable four-star style. Only the coffee (as a java-addicted guest from Seattle noted with disappointment) was not as flavorful as might be expected in a dining room of this caliber.

Canyon Ranch's cozy informality means that there really aren't that many house rules to remember. You're expected to show up for your

"You've really got to stay five or even 10 days. There is a whole physical and emotional catharsis that takes place, but you don't get the effect until about the fifth day."

— Mel Zuckerman

appointments on time, of course, and smoking is allowed only in very limited outdoor areas. If you're used to a glass of wine with dinner, you're out of luck: No liquor is served, period. (But, if you walk or drive into the nearby town of Lenox for a "forbidden" treat, nobody will lecture you.)

Meanwhile, whenever guests aren't busy with their "spa and sports" or "health and healing" routines, they can relax in beautiful surroundings.

Landscaped lawns and gardens encourage unhurried walks, and Adirondack chairs invite an afternoon nap in the sun. The mansion's elegant library offers books, some new, some a century old, and videotapes may be borrowed free of charge. Canyon

Ranch's guest rooms are spacious, comfortable and nicely appointed, with windows that look out on the woody lawns (and crank open to receive a fresh breeze).

Just as summer rates are lower at Tucson's Canyon Ranch, fall and winter rates are lower at the Berkshires, with packages that include spa and health services. Through March 27, a four-night weekday package starts at \$930 per person. Nightly rates (in the \$300-\$400 range) also are available, but include no spa or health services. And those services are, after all, why guests come here.

Besides, Mel Zuckerman says, you can't achieve the intended benefits of Canyon Ranch in a mere 24-hour stopover.

"You've really got to stay five or even 10 days," Mr. Zuckerman says. "There is a whole physical and emotional catharsis that takes place, but you don't get the effect until about the fifth day."

"For those who give it more time and have that catharsis, the mind becomes open to what its real potential is. Very few people ever scratch the surface of that potential."

But if Mr. Zuckerman has his way, more people will do just that, by way of Canyon Ranch.

For more information on Canyon Ranch, call 1-800-742-9000.



# Travel

TRAVEL  Trip of the Week

## Canyon Ranch nurtures minds and bodies

By BARBARA STUM  
CORRESPONDENT

**N**ew Year's resolution-makers take note: I found the perfect place to jump-start a healthier lifestyle.

Located amid the snow-covered mountains of western Massachusetts, Canyon Ranch in the Berkshires offers a smorgasbord of self-nurturing ways to pursue an optimal and balanced lifestyle — not just there but also at home, where you face the biggest challenges.

Owners Mel and Enid Zuckerman have assembled an extraordinarily talented support team to help guests learn how to energize and heal their mind, body and spirit.

Emphasis is clearly on fitness and health, rather than dieting or obsession with food. The biggest surprise was finding so much accent on spiritual awareness — especially subtle energy practices based on chi, or universal energy, which form the basis of Far Eastern medicine.

After my three-day visit in late November, I believe Conde Nast Traveler Magazine was right on target when it gave Canyon Ranch in the Berkshires the 1995 readers' choice award for "Best Spa" in America.

Yes, it's expensive. But if you take full advantage of its resources, cutting-edge information and instruction, the investment will pay off.

My visit actually began a week early, when I received a 57-page guide book listing options and activities plus the gentle suggestion that I think about exactly what I wanted to achieve during my stay.

Did I need to deal with stress and rediscover the joy of play? Set realistic weight goals and acquire tools to achieve them? Connect with my inner self through spiritual-awareness activities? Enhance my health and longevity? Indulge in nonstructured relaxation and pampering treatments?

At first reading, the answer was all of the above.



● Guests at Canyon Ranch in the Berkshires, Mass., loosen up during a line-dancing session.

### Flow of energy

There are more than 30 classes, lectures and demonstrations at Canyon Ranch per day, focusing on everything from low-fat cooking and power walking to deep breathing.

Less familiar disciplines include tai chi, a dance-like routine that enhances one's sense of self and chi using another movement system designed to restore and balance the natural flow of life energy.

More traditional stretch, aerobic, slide, yoga and aquatic exercise classes are ranked easy, intermediate and difficult so you never feel inadequate or unchallenged.

In addition, my three-night package entitled me to two special services, such as a mud treatment or reflexology, and a \$90 credit toward a health consultation.

To fit so much into one visit, I recommend traveling to the area a day early and staying one night in a local motel or inn. You can then take advantage of the entire first day's program without losing a single hour.

Treatments and consultations can be pre-booked, with the caveat that you may miss out on word-of-mouth, on-the-spot recommendations from fellow ranchers about unfamiliar techniques such as reiki and craniosacral massage, which are now popular.

Ranch guests stay in a modern two-story building with 120 luxury guest rooms and suites. It is located across the lawn from Bellefontaine, a marble and brick mansion designed in 1897 as a residence by Carrere & Hastings in a style distantly reminiscent of the Petit Trianon at Versailles, France.

The classic wood-paneled library remains intact. But spaces for a dining room, medical facilities and art workshop have been modernized.

### Emotions and the body

The state-of-the-art spa, with six gyms, a weight-training room, tennis courts and an indoor pool, is connected to the mansion and the guest rooms via all-weather, glass-enclosed walkways. The entire complex forms a U-shape around a reflection pool and formal gardens.

I went alone to Canyon Ranch by choice, hoping to get some rest. Single guests can dine at a large, round captain's table, where it's easy to meet people. Conversation was always lively.

At my first low-fat, no-salt lunch, I learned how delicious such cuisine can taste. There's a help-yourself salad bar with low-fat dressings plus a menu with interesting appetizers, entrees and desserts, repeated on an eight-day cycle. Each item is measured for calories, fat grams and sodium content. (After two days, I didn't miss the taste of salt or fat.)

Before joining any classes, guests must meet with a medical technician who checks blood pressure and takes a health history. You then discuss goals and daily schedules with a program coordinator. Appointments and class choices are kept track of in a small plastic notebook with room and locker keys attached. Each orientation folder contains a one-page guide to aid in setting calorie limitations, but emphasis on weight loss is minimal and there is no separate dining room for dieters.

By the time I accomplished all this, there was only time to catch movement therapist Dan Levin's talk on emotions and the body, then an after-dinner art workshop on masks. Unfortunately, these sessions stirred up unexpected emotions that interfered with my sleep.

Nevertheless, I got up in time to take part in Tuesday morning's 45-minute, two-mile walk, which

began at 7 a.m. Bundled up against the cold, a group of 20 or so did warm-up exercises under a gold and pink sky, then walked briskly past snow-pocked fields and stands of evergreen trees.

### Using hidden keys

Breakfast began with a help-yourself fruit bar laden with raspberries, strawberries, blackberries, melons and specialty muffins. Pumpkin pancakes, egg-white omelets and other

entrees could be ordered from the menu.

By 9 a.m., I was lined up with other women in leotards and cotton shirts for a morning stretch class. Penciled into my schedule for that day were women's stretch, relax yoga, breathing class and meditation relaxation.

Lemonade and almond sunset and orange zinger teas are on tap at strat-

egically placed refreshment stations outside of classrooms and throughout the three buildings.

I had a 10 a.m. private consultation about food behaviors with Jill Hopkins, who suggested that I create a basket filled with alternative things to do when my hunger was triggered by

Please see *Nutrition*, page F8

# Ranch nurtures minds and bodies

From page F3

anger, frustration, loneliness or anxiety. Items might include books, audio tapes, a crossword puzzle and some poetry. She also advised that I make a list of things I enjoy doing and schedule at least two per week in order to build more childlike pleasure and joy into my life.

During the noon lunch-and-learn session in the demonstration kitchen, I saw how Chef Ruby adds crunch and color to low-fat cooking. She prepared chicken and bean soup and Thai shrimp, which became our lunch, along with a chocolate mocha dessert.

I used my first personal service by having a facial at 4 p.m. Other guests scheduled facials and massages just before bedtime.

As if my day wasn't full enough, I spent the evening beginning a 12-part video series called "Hidden Keys to Loving Relationships" by Gary Smalley, using the VCR machine in my room.

I was putting pressure on myself to do as much as possible, deciding to forgo my original goal of going home physically rested. I wanted to take full advantage of the ranch as an important learning resource.

## Tired but enlightened

On Wednesday morning, I felt so energized that I moved comfortably into the intermediate exercise sessions and used a pair of 5-pound weights with ease. During the day, I learned more about weight training, metabolism, fitness walking and proper back care. The lunch-and-learn demonstration featured vegetarian tostada with roasted corn salsa and tuna with mango pineapple chutney.

After the tai chi class, I had a relaxing massage as my second health service, then an extra consultation on body/mind dialogue with Levin.

Among Levin's messages to me was that good choices always take long-term consequences into account. By noticing how I feel hours or even days after indulging, venting or overreacting, my choices will become clearer and wiser.

On Thursday, I began to slow down. I learned more weight-training exercises, attended an outstanding lecture on osteoporosis by Dr. Stephanie Beling, then relaxed with several of Smalley's tapes until it was time to catch the 4:45 p.m. bus back to Manhattan, and then head home.

I was physically tired from so much activity — but enormously enlightened.



● A visitor enjoys a mud treatment at Canyon Ranch.

**WHERE:** Canyon Ranch in the Berkshires, 165 Kemble St., Lenox, Mass. 01240.

**COST:** For a three-night package with Sunday, Monday or Tuesday arrival, you pay \$1,242.68 single or \$1,022.62 double occupancy, per person; Wednesday, Thursday or Friday arrival is \$1,436.85 single and \$1,190.90 double occupancy, per person; for a four-night package with Sunday or Monday arrival, the cost is \$1,462.74 single and \$1,203.85 double occupancy, per person; Tuesday arrival is \$1,579.24 single and \$1,307.40 double occupancy, per person; Wednesday through Saturday arrival is \$1,799.30 single and \$1,462.74 double occupancy, per person. These packages include meals, taxes and gratuities; use of spa facilities, several fitness classes and lectures, two spa services and one \$90 allowance toward a health and healing service. Rates shown are valid through March 27.

**WHAT TO BRING:** Comfortable, casual clothing such as shorts, T-shirts, warm-up-suits, leotards, tights, a bathing suit and weather-appropriate outdoor wear. Leave perfume and jewelry at home but pack aerobic shoes for exercise classes and hiking boots for mountain treks.

**SPECIAL NOTE:** In addition to a no-fat, no-salt policy, no alcohol or smoking is permitted in public areas at the ranch.

**GETTING THERE:** By Bus: Bonanza Bus Company leaves from Port Authority Terminal at 41st Street and Eighth Avenue, New York. The trip to downtown Lenox, Mass., takes four hours one-way and costs \$54 round trip; telephone 1-800-556-3815.

By Car: Take the New Jersey Turnpike North to Exit 11. Follow the Garden State Parkway North to the end. Continue north on New York State Thruway (I-87) to Exit 21A. Take I-90 East, which becomes the Massachusetts Turnpike, to Exit 2. Follow Route 20 West for about four miles. Turn left onto Route 183 South and drive about one mile. Turn left onto Route 7A South. Canyon Ranch is a half-mile on the left.

**INFO:** 1-800-742-9000.

IF YOU GO

# Travel

SUNDAY, AUGUST 25, 1996

## Two If by Spa

Mother and Daughter  
Chill Out in Hot Water  
In the Berkshires

By Rolaine Hochstein  
Special to The Washington Post

**M**y little girl—over 30 and a strong-minded exec in international money management—is, she tells me, long distance, stressed out. Quarterly reports loom, headhunters have nabbed her top assistant and, heaviest, she and her husband have just spent their all on their first home: a grand apartment that needs new floors. My little girl needs rest and renewal and, come to think of it, so do I. I've been working hard, too, and I'm old enough to be her mother.

My daughter and I like each other and—though we're many miles apart—we get along beautifully on the telephone. We've both been saving up for a vacation (me, money; she, days) so I make her an offer: a four-day package for two at a luxury spa.

Question: Is this a great idea or what?

Answer: No whats about it. A spaghetti-weigh (code for mother-and-daughter *spa getaway*) is tailor-made to reinforce intergenerational relationships—that is, to smooth out the worry wrinkles and to oil joints that sometimes rub the wrong way. Canyon Ranch, in the Berkshire mountains of Massachusetts, lies about halfway between my daughter's Boston residence and my place near New York City. We reserved for late October, two days after the rates went down for winter.

"Don't forget to ask for your senior discount," my daughter reminded me. She also proposed to pay for our extra beauty services, such as

See SPA, ES, Col. 1



CANYON RANCH IN THE BERKSHIRES  
Getting the Mud Treatment at Canyon Ranch.

# Spa

SPA, From E1

the Parisian Body Polish, promising a rubdown with ground pearls. "Ground pearls?" I howled inwardly. But I knew enough to keep my mouth shut.

Any spa, I'm sure, would serve, but Canyon Ranch seemed made to promote mother-daughter compatibility. It's so enormous—six gyms, plenty of lawn and lobby, a bulletin board full of activities that make a Ben & Jerry's flavor list (garden the inappropriate metaphor) look like easy pickings. Two women could spend a whole day without meeting, let alone getting on one another's nerves. By the time they renege in their big, two-basin, two-double-bed room, they're too tired to start a fight.

Bess, my daughter, got up at 6:30 a.m. for the 60-Minute Advanced Aerobic Walk. I hugged my mattress, husbanding energy, till we met in the pretty dining room for an 8 o'clock low-cal breakfast. No problems there. Bess discovered the three-egg-white omelet with a daily change of filling. I agreed that the warm muffins weren't worth their weight in calories.

Table talk centered on the schedules we were writing into our little blue books (complaints of the house, along with plastic water bottles and a ticket for a never-ending supply of clean white terry cloth bathrobes). We might start together at Morning Stretch, then split for Muscle Conditioning (Bess) and Ease Into Fitness (me). Bess's page was covered with exhortations from *Bettercise* (yes, with gloves) to Wallball (off-the-wall volleyball) to Dynamic Strength (rubber tubing to make it harder) to Power Step (hell on knees). I took time off to watch her, and could my kid go! I was as proud as I was 25 years ago when she broke the gender line in Little League baseball. Bess bounced through eight

classes a day, doing all the things I wanted to do but couldn't or shouldn't. It didn't feel so bad to skip the heavy stuff as long as Bess was loving it and getting our money's worth.

Weight room or hot tub? Tai chi or tennis? Step class or a swim? Whatever you decide, you've got to run because everything starts on the hour. "You've been late for three classes," Bess observed, but how could I tell her to get off my back? I was on my back already. We were sweating side by side, pressing our bellies to the floor, ankle on knee, pulling hard.

At lunch neither Bess nor I criticized the other's bad food choices. The menu chose for us. Bess created a beverage— $\frac{1}{2}$  cranberry juice,  $\frac{1}{2}$  Perrier—that I had to applaud. She admired my restraint in eating only half my soup (I didn't like it). Ready-made conversation touched agreeably on past and future exertions and late-afternoon rewards—Swedish Massage for Bess, shiatsu for me, Balanced Herbal Wrap for Bess, Reflexology for me. (I don't really believe that pressure on the foot telegraphs happy messages to important body organs, but I love the rub). Lunch time flew, but when Bess had to run, I didn't feel separation anxiety. I had to run, too, for a Body Composition consultation closely followed by Back Care and Posture class.

Years ago, when the nest emptied out, I didn't pine. I enlarged my living room. I'm happy with my kids as visitors instead of dependents. However, I wouldn't mind if they lived a little closer—so we could have lunch or go shopping, drop in on each other. One of the joys of the spa was running into my daughter in the locker room. I'd be getting into a bathing suit for Aqua Shape. She'd be pulling on warm-ups for Country Line Dancing. We'd make a date for 5 o'clock Stretch and Relax.

And what wackos that meeting provided! (That's Yiddish for the heart-swell of pride and joy experienced by a parent of a child who does something right.) I stuffed my sweaters and eyeglasses into the cubbyhole and entered

Gym 2, which was all carpeted and mirrored, with ballet barre and mountain sunset slanting through the window wall. I didn't have to find a place for myself. "Mom," Bess called from up front. "I've got a strap for you over here." I pulled in beside her and in sync we followed the instructor. We strapped our feet and pulled our legs to stretch the hamstrings. I thought of the past, when my kids would hide in the back seat rather than be seen in the car with their (ugh!) mother.

Any health resort seems like a natural, but a luxury spa compounds the euphoria. Canyon Ranch advertised a three-to-one staff-to-guest ratio, and at least two of those three turned out to be cheerful and helpful. At least one of those three was more conversant on literature and politics than the average MBA. My daughter and I were also beguiled by handy tea and fruit juice cases, and ubiquitous stacks of thick, white towels (and baskets to toss them in, once used). I loved the high-pressure spray-to-bullets showers and all the skin-care products available to try out. There were even fastidious paper seat covers for the toilets.

"But who has time to use them?" I commented at large.

Bess was there, but before she had time to say "Oh Mother," I was off to my Moving From Within class. So attentive was the locker room staff that when I lost a pair of underpants (don't tell Bess), they were returned the next day in a neat plastic bag. "I found them in the towel basket," the attendant discreetly whispered.

All told, Bess and I felt so battered up by the solicitous service, spotless decor, entertaining exercise, etc., that we never missed the butter on our table.

Our life lanes may diverge, but at the Ranch we got down to infrastructure. We proved to be taste twins. We'd come back from the salad bar with identical components on our little glass plates. We'd both order soup instead of salad (minty pea was our favorite, though I missed the croutons). We both chose potato primavera

(stuffed with fatted cheeses) from eight more-or-less interesting main courses. We both chose Linzer torte from six possible desserts. "Genes," I declared with satisfaction.

We were kindred spirits outside the dining room, too. We both fled from lectures Bess called "crunchy" (Rediscovering Spirit in Our Lives) and I called "phalistic" (How to Find a Financial Adviser You Can Trust). Instead we hit the free video library. We'd seen all the same movies and we picked out the same cassette—a Woody Allen that we'd both happened to miss. Upstairs in our big room, we slipped into knee-length nighties and snuggled under covers. (Of course, Bess is the one who knows how to operate the VCR.) We laughed in all the same places and waited till the last credit rolled before turning over into deep sleep. "Environment," said Bess. (She always has to contradict me.)

Mentally previewing this getaway, I'd seen myself elongated on a sun deck, reading Proust while Bess defined her muscles in the weight room. But my daughter spurred me into action and godolphins did the rest. The very kernels of mother-daughter disagreements just popped off. What's the

major irritant but our attempts to improve one another? At the spa these attempts are redundant. Improvement is *their* job.

Breathing and posture classes say, "Stand up straight." Low-cal meals and fat-burning workouts make nagging redundant. It was fun to bring up my heartbeat, bring down my blood pressure, discover muscles that might—if regularly activated—help flatten my belly and strengthen my back. Bess didn't have to tell me about it. Schlep-ping across the tended lawn in baggy sweats, loose shorts, oversize T-shirts, nothing matching, neither of us took exception to the other's attire. "If they ran a Slob Contest," my daughter happily remarked, "we'd win."

One day Bess signed us up for a fast-paced mountain hike (and canoe back) that made me feel like King Lear in the wilderness—only with Cordeila around to help me over the steep rocks. After that ordeal, we both recognized that there is, after all, a generation gap. We'd meet after three morning classes. "Are you doing too much?" Bess would ask, her terry cloth arm on my terry cloth shoulder.

"I'm fine," I'd say, panting a bit. "I

think I'll sit in the Jacuzzi for a few minutes."

"Good idea," my daughter said. "I think I'll join you."

Conceivably, Bess's presence made me eat less and exercise more, and maybe having her mother around spurred Bess to unwanted heights of hedonism. She got me to learn to ride a mountain bike. I wanted her to get a shiatsu massage and she said I should get a facial last thing, so I could take it home with me. But we didn't push. In the Jacuzzi, we talked about this and that—barns, husbands, work, friends. But we didn't tell each other how to spend our time, use our talents, live our lives. We were *doing* the hard things, so our talk stayed easy.

We said goodbye at the skin-care center. I was leaving, blissful from a facial that comes with a shoulders-up massage. Bess was entering, glowing from the shower.

"Ground pearls?" I asked her. She shook her head. "Too decadent," she said. "I'm getting a shiatsu."

I'd promised my husband I'd leave by 3 o'clock. Bess's husband was meeting her 5 o'clock bus. She and I embraced and held the pose.

The skin-care receptionist said, "That's how a mother and daughter should be."

*Rolaine Hochstein is a short-story writer and novelist.*

## WAYS & MEANS

Canyon Ranch in the Berkshires (165 Niblett St., Lenox, Mass. 01240, 1-800-726-9900) offers packages of three, four, five or seven nights ranging from \$1,160 to \$3,250 per person, double occupancy, during the peak season (late June through late October, except Sept. 2-26, when all packages will be discounted 20 percent). Packages include accommodations, meals, use of all resort facilities, fitness classes, sports activities, recipe demonstrations and other amenities. Depending on the package, guests can choose from "Spa & Sports Services" such as massages, private tennis lessons and

facials, and "Health & Healing Services," such as medical and nutrition consultation. Ask about special programs and deals.

**GETTING THERE:** Canyon Ranch is located in Lenox, Mass., about 60 miles north of Hartford and 60 miles east of Albany, N.Y. The spa provides complimentary transportation from the Albany and Hartford airports. USAir offers nonstop service to both destinations from Washington and Baltimore and is currently quoting round-trip fares of \$194 to \$240 to Albany, \$152 to \$196 to Hartford. All fares have restrictions.

June 1996

DIST 5/24/96

# BAZAAR

Harpers

# BEAUTY

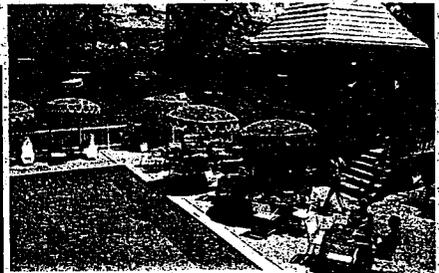
## Are you ready for **this?**

# 13

# SPAS

### to psych you up, body and soul, for the season.

Spa scenes, clockwise from top left: Marriott's Camelback Inn, Scottsdale, AZ; Cambridge Beaches, Somerset, Bermuda; Canyon Ranch in the Berkshires, Lenox, MA; the Lodge at Cordillera, Edwards, CO:



#### **Canyon Ranch in the Berkshires, Lenox, MA; 800-726-9900.**

My winter-worn body (and mind) desperately needed an overhaul. Too many days of hibernation and too many nights of comfort food had taken their toll. So, with my husband dragging his feet behind me, I headed for Canyon Ranch. Whether you plan on pummeling yourself into shape (I did) or pampering yourself into serenity (he did), this place is spa nirvana.

The choice of daily classes and activities is dizzying, as is the vast selection of body treatments, salon services, and spiritual awareness and nutrition programs. We opted for an hour-long Pole Hike, a fantastic aerobic

workout using cross-country ski poles for upper-body exercise; puffing our way through the beautifully kept grounds in the early-morning mist, we tried to keep up with Jan, our 75-year-old Czechoslovakian guide, who didn't even break a sweat.

While my husband treated himself to a mud bath and Sisley facial, I took a "below the belt" class, visions of bikinis and shorts dancing in my head. He returned to our room looking rosy and refreshed; I, well, old and battered. But after a seaweed treatment and Swedish massage, I sat down to a scrumptious low-cal dinner feeling as though I could take on the world—and the summer.

—Karen Johnston

BUSINESS WEST  
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APRIL 1996

APRIL 1996

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HEALTH CARE QUARTERLY 29

# The Shape of Things to Come

## Canyon Ranch Helps Keep the Mind and the Body Healthy

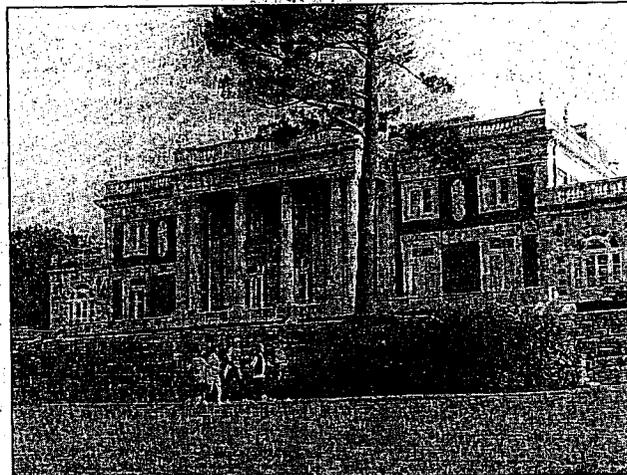
By SUZANNE BAY

6740

**O**ne of the cardinal rules in life is not to try to be all things to all people because we will undoubtedly fail at some, succeed at few, and lose a part of ourselves in the process. The professionals at Canyon Ranch in the Berkshires know this. Their goal is simply to make a healthy difference in people's lives.

Canyon Ranch in Lenox is not a ranch, at least in conventional terms. It isn't a fat farm, or a pamper palace, either. Instead, it is a comprehensive lifestyle and fitness resort modeled after the first Canyon Ranch built 20 years ago in Tucson, Ariz. by a man desperate to turn his life around. Canyon Ranch, located in the historic Bellefontaine estate in the Berkshires, is only 7 years old, but has become phenomenally successful in that short time. It was rated the country's No. 1 Spa by readers of *Condé Nast Traveler* magazine in 1991, 1994 and 1995.

Many of the Lenox facility's guests choose to spend their annual vacations here, deciding that for about the same amount of money, they'd rather spend less time



At Canyon Ranch in the Berkshires, the focus is on attaining — and maintaining — mental and physical well-being.

traveling and more time really enjoying themselves at a world-class resort. A 48% return rate and a 75% occupancy rate suggest that Canyon Ranch is *not* a once-in-a-lifetime experience.

### A Healthy Vacation?

At Canyon Ranch, the air is fresh and clear. Wooded pathways beckon. Lush surroundings soothe the eye as a sense of New England tradition and charm envelops you.

The Lenox facility rests on 120 acres of meadow, field, and forest, which makes it perfect for hiking, strolling or cross-country skiing. The marble-columned Bellefontaine, built in 1897 and modeled after a Louis XIV palace, is one of the Berkshires' great estates. The elegant mansion, now housing a luxurious dining room, medical and behavioral consultation areas, and a restored library, is part of everyone's Canyon Ranch stay. Other buildings include an ultramodern 100,000-square-foot fitness complex and a 120-room New England-style inn with VCRs in all rooms, free movies, and a demonstration kitchen. There, guests

can learn how to make the same healthy gourmet cuisine served three times a day in the dining rooms. Each building is connected by a glass-enclosed walkway, making a chase-the-blues winter visit just as much fun as one in warmer months.

### Multi-Purpose Resort

"People who come to Canyon Ranch feel safe, nurtured, and supported," explains Joanna Roche, communications director. "We've had corporate executives come here for retreats, families for vacation, couples on honeymoon, and people just interested in taking off a few pounds or getting some well-earned rest. It is also a wonderful experience for people who are facing some kind of transition in their lives."

There are group rates if you'd like to come with others. Corporations stage retreats and executive seminars there, combining individual and team activities with business sessions. The average stay is four days, and runs about \$1,000-\$1,200 for the basics.

Guests select what they want to do during their visit. A minimum three-day stay comes with three professional services: one health and healing service, and two spa/sport services. That means you can learn how to play racquetball from a pro, have a shiatsu or Swedish massage, and try an acupuncture treatment, in addition to a host of other activities. Private consultations for stress management, smoking cessation or other behavioral issues are also offered.

"The whole thrust of the medical aspect is on prevention," says Roche. "We are holistic in our approach — body, mind, and spirit. Guests can learn about natural healing remedies and ways to improve mental fitness or cope with stress. But some-

times a business person who has been leading a stressful life just wants a complete physical or, for a woman, a bone density scan." The staff includes physicians, nurses, nutritionists, acupuncturists, exercise physiologists, movement therapists, and behavioral counselors. Both Eastern and Western healing techniques are integral to Canyon Ranch's body-mind-spirit philosophy.

The spa complex houses indoor and outdoor tennis, squash and racquetball courts, and swimming pools, an indoor running track, and exercise rooms. More than 30 fitness classes each day are offered, including "boxercise," Tai Chi, basketball, yoga, swimming, and weight training. The mansion's formal gardens and estate are open to guests for walking, jogging, hiking and even kayaking.

### Financial Benefits

While providing a better way of life for its guests, Canyon Ranch has also done wonders for the region's economy. It turns in \$800,000 a year in room occupancy taxes and spends \$15,000,000 on food, operating supplies, and equipment purchases. Guests spend an estimated \$400,000 at local restaurants during their stay, and another \$600,000 at local gift shops. There is also \$125,000 a year in local gasoline purchases, and \$1.5 million in sales receipts at the resort's boutique.

Roche estimates that Canyon Ranch makes a total impact on Lenox and the local economy of about \$28 million a year, and, she says, that number is growing.

"But the most satisfying thing about Canyon Ranch — and I feel it every day when I walk through the halls and listen to people — is that we are making a positive difference in people's lives."

# Meanwhile, back at the Ranch (Spa)

Lenox health resort offers fitness, relaxation and chance to 'de-stress'

By FYLLIS HOCKMAN (6740)

Kathy Gorup came from Columbia, Md., "to get back on track" to lose weight she had recently put on. Jerry and Rocky Cullinane came to "de-stress" from the hassles of their South Carolina real estate business. Boston native Vic Goodman was attracted by the "Stop Smoking" program.

I went to Canyon Ranch Spa in Lenox, Mass., to fulfill a longtime dream of being able to return home from a vacation without spending the whole next month bemoaning weight gained and workouts missed.

The concept of what constitutes a spa has been redefined over the years. Not very long ago, spas either were considered "fat farms," thought of as synonymous with herbal wraps and beauty treatments, or feared as a kind of fitness boot camp. Now, many spas — or more appropriately, health resorts — incorporate features of all these approaches.

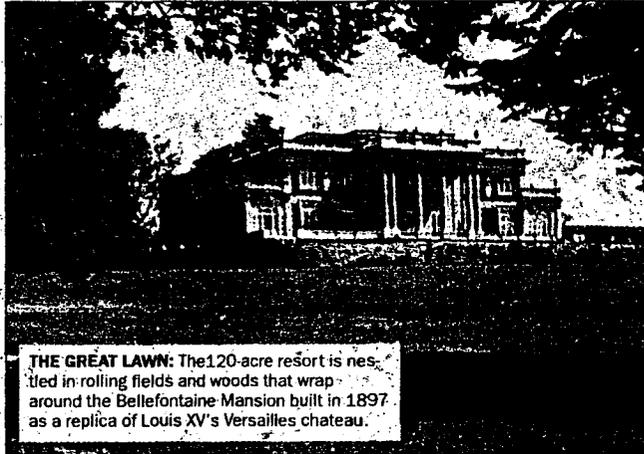
Few come as close to being all things to all people as Canyon Ranch in the Berkshires, the premier health spa on the east coast fashioned after its famous sister resort in Tucson, Ariz. Its scope extends beyond the limited focus of the past to a total lifestyle approach encompassing mind, body and spirit.

True, the extensive exercise programs at Canyon Ranch draw a reasonably fit and active clientele, but many people come just to relax and "veg out" — and the relaxed atmosphere at the Ranch allows you to do so without guilt. The food borders on gourmet, but with all the healthful attributes necessary to make it almost impossible to gain weight — unless, of course, you order several entrees per meal, which guests are free to do.

It's difficult to resist the more than 50 aerobic, strengthening and flexibility options available each day. This "menu of opportunity" — as described by Mel Zucker, Canyon Ranch creator — permits guests to discover a "Special Personal Adventure," the Ranch's own definition of "SPA."

To keep guests from becoming overwhelmed by the choices — from step to water to funk aerobics, hiking and biking, tennis and racquetball, volleyball and basketball, circuit training, weights, treadmill, Stairmasters, yoga — a personal coordinator helps plan your program, based on personal goals and objectives. Depending on the length of stay, several professional health, personal or sports services are included.

The beautiful 120-acre resort is nestled in rolling fields and woods that wrap around the Bellefontaine Mansion built in 1897 as a replica of Louis XV's Versailles chateau. So extensive is the complex that



**THE GREAT LAWN:** The 120-acre resort is nestled in rolling fields and woods that wrap around the Bellefontaine Mansion built in 1897 as a replica of Louis XV's Versailles chateau.

you could simply spend the day traversing the glass-enclosed connecting walkways, and work off enough calories to justify a lavish dinner, Canyon Ranch-style.

And served in style it is! The surprisingly enticing menu lists calories rather than prices. I smiled every time the server

announced the daily special: "Tonight's special is broiled swordfish with taragon sauce, costing 310 calories and 3 grams of fat." As I pushed away my luncheon dessert plate, I already was looking forward to dinner — not because I was hungry, but because of the excitement of being able to eat such variety and quantity of food with impunity. I'd never before savored a hot fudge sundae (frozen yogurt with what

certainly tasted like chocolate sauce on top, for a total of 125 calories) without remorse.

To get a firsthand look at how the food is made, check out a cook and learn class in the Demo Kitchen. Unless, of course, you'd really rather not know just how much tofu is in the Maryland Crab Cakes. Keep in mind a casual tone pervades all of the Ranch. You can wear sweats and sneakers and still feel slightly overdressed for dinner.

The emphasis on fitness and a healthy lifestyle is only part of the Canyon Ranch philosophy. The underlying concept is that you must take care of both the inside and outside of a person and the inside must change first. The tranquil Berkshires provide a perfect setting for lectures on such topics as stress management, nutrition and metabolism, and healing life's hurts.

Individual consultations with professional and knowledgeable staff members also can be arranged. Sue Silverman of

Stockbridge, plagued by a family history of back problems, came away from her private session much relieved. "The posture class alone gave me so many tips on breathing, standing, lower back issues and so many other things I've never thought about that I'm no longer worried about stooping in my old age."

One of the most important hours you can spend at the Ranch is with Bill Day, who'll tell you how to "Take Canyon Ranch Home with You." The lecture is full of solid nutritional and fitness information that will help you stick to your own regimen once you get home.

A glance around the lecture, dining or exercise rooms reveals that the Ranch caters to a mixed crowd: young and old, men and women, heavy and thin, singles and couples, fitness fanatics and exercise novices. Whether you come to lose weight, "de-stress," work out or just to relax, you're going to feel pampered, invigorated and unwilling to leave.

As you're dragged kicking and screaming to the car, you'll probably promise yourself that you owe it to your body and your psyche to return at least once a year to get revitalized. And if you should tire of all the exercise programs, the nutritious food, the camaraderie, the educational lectures — there's always a massage or facial to fall back on.

#### IF YOU GO

**Getting There:** Interstate 495 South to Route 2 West. Follow Route 2 West until you come to Williamstown, where you will pick up Route 7 South. Follow Route 7 South into Lenox Center. At monument in Lenox Center, bear left, then take a right onto Route 7A (also known as Kemble Street). Canyon Ranch is approximately one-quarter mile on left.

**Information:** Rates at Canyon Ranch through March 19, 1997, start at \$1,255 per person, double occupancy, including service charge and tax, for a 4-night/5-day package, \$2,588 for a 7-night/8-day stay. For more information, call 800-326-7080.

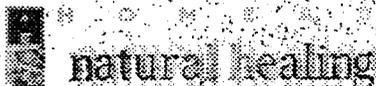
Fyllis Hockman is a free-lance writer who lives in Gaithersburg, Md.



**MORNING TREK:** Guests take a brisk morning walk on the ranch grounds.



**WINTER RETREAT:** Cross-country skiing is available during winter spa visits.



- SEARCH
- TALK TO OTHERS
- WRITE TO US
- A B
- Body & Soul

October Spa of the Month:

# Canyon Ranch Massachusetts

**BY LAMBETH HOCHWALD**

There's no hand-holding at Canyon Ranch. The staffers at this New England-style retreat are glad to guide you to your goals — whether they're to de-stress, trim down, or pump up — but you won't be babied in the process. And, without question, the Ranch's understated elegance will appeal to anyone looking for a jump-start towards a healthier path, minus the glitz and glamour. The Ranch, centered around an 1897 mansion with formal gardens, does have its share of celebrities — including John Travolta, whose visit to the spa coincided with mine. But even the most famous guests choose this spa because they know they'll be left alone here.



With Canyon Ranch's full array of sports, including cross-country skiing on the glorious 200-acre property in the winter and canoeing and hiking in the warmer months, there's something for everyone, including the man in your life. The only trouble is choosing what to do first, since you can opt to attend daily presentations by fitness, nutrition, and medical experts, or try one of more than 40 classes offered each day. You can even be a couch potato for the afternoon with a book or video from the lending library.

Canyon Ranch is a spa in the truest sense of the word, offering such services as complete medical evaluations with physicians, behavioral and stress management counseling, and weight management. If you'd like, you can try acupuncture, a Chinese herbal consultation, or something as basic as learning about your sleep disorders — if you can fit them into your already busy day.

**Spa of the Month Rating System:**

 Categories are rated on a sun scale — one means you're better off staying home; five is our way of saying "pack your bags — now."

**CLASSES/ACTIVITIES:**

The most rejuvenating way to get your engine rolling is to take the spa's morning walks. Not only will you really get to see the terrain of the country lanes surrounding the spa, but you can also pick one of three fitness levels based on the grade and pace that suits you. The instructors are perky and make the walks fun, with tips on boosting heart rate and advice on how to handle the steep climbs. Also try Sunrise Tai Ji, which combines walking with stretching. For even more of a challenge, you can sign up for mountain hikes through area wetlands and streams, kayaking outings, canoeing, and even sculling.



With at least four classes every hour, it's hard to choose. And this is a crowd that loves working out, so sign up early. The boxercise classes draw a crowd, and the spa's spinning and aqua aerobics classes are other popular workouts. Keep in mind that some of the activities have additional fees (for example, private sculling lessons are \$95 and kayaking is \$45). You'll also find daily yoga, tai chi, squash, tennis, and stretching classes, perfect after a long hike.

The seminars were varied on my weekend at the Ranch. Many of them were geared to a slightly older group, with topics ranging from coping with chronic pain to living longer to preventing osteoporosis. But the lunch-and-learn demonstrations — as well as such evening features as landscaping designs for floral artists, literary Lenox, ballroom dancing, and nightly films in the card room — appeal to everyone. If you want less structure, you can take a dip in the spa's indoor or outdoor pool, or sign out a mountain bike and zip into the ultra-quaint town of Lenox.

**MEALS:**

You really won't feel deprived here. You'll instantly know from the menu how many fat grams and calories are stowed in each food item you choose, but you'll be surprised how full you feel. The meals are elegantly served with plenty of options for every tastebud. While alcohol is prohibited and there's no alternative to the spa menu, you can request salt for your entrée, milk for your coffee and butter for your whole-grain roll and no one will raise an eyebrow. In exchange for alcohol, you'll find sparkling apple cider, chilled tomato juice, and cranberry spritzers while you wait to be seated. You can have seconds of anything you choose, but you'll feel so fueled it's likely you won't crave another helping.

Some of my personal favorites were potato-crust salmon with shallot dijon sauce, Maryland crabcakes with jicama cole slaw, and polenta-crust seabass with corn salsa. For breakfast, you'll feel full after three bites of the alpine muesli. If not, you can stroll over to the breakfast bar stocked with assorted muffins and cold cereals. There's always a salad bar with lunch — the salad dressings tasted like the real thing. The biggest surprise is the hot fudge sauce to go with desserts (which are plentiful as well). Return visitors

claim it's the thing that brings them back year after year. It almost tastes too good to fit into the spa plan.

If you're traveling alone, be assured that there are many others eating solo. You can also opt to sit at the captain's table where there are daily speakers (including some talking about acupuncture, exercise physiology, and nutrition issues while I was there).

#### ACCOMMODATIONS:



The 120 guest rooms at the spa are simple and elegant. The details, again, are what make the stay so much more comfortable. The rooms offer soft, comfortable quilts and abundant blankets (even in late summer), top-of-the-line soaps and shampoos, and plush towels. You can pop a video into your in-room VCR or sink into a cozy armchair and read a book from the lending library.

During the evening, you'll hear crickets from your room through windows that open up to the scenic property and night air. (Which is about the only noise you'll hear here, since the rooms are amazingly quiet.) The best part? It's almost unnecessary to pack sundries since you'll find almost everything in your room or in the spa, including blow dryers and rubber thong sandals, razors, robes, and sunscreens.

#### SPA SERVICES:



In this 100,000-square-foot spa, you'll feel like you've entered an oasis. This isn't a New Age emporium replete with candles and drumbeats, though. It's more of an authentic European spa, with luxurious jacuzzis, steam rooms, and saunas, as well as unhurried staffers who greet you warmly, know how to pronounce your name, and treat you like royalty — even if you're not.



The spa is spotless and quite plain. The treatments, while abundant, emphasize doing the basics perfectly instead of offering a host of the latest and most trendy treatments. Several guests did rave about their "heavenly" 45-minute Austrian Mud Therapy treatments. The mineral-rich European Moor mud is brushed on and allowed to penetrate into the skin while your face and feet are massaged. Others enjoyed the spa's polarity treatment. One friend told me that while she was being rocked from side to side her attendant told her that her body was a meadow and that she had 20 streams flowing through it. She felt incredibly energized afterwards.

You'll find Swedish massage, sports massage, and shiatsu massage here as well. I had one of the best essential oil facials I've ever had, mostly because the esthetician was attuned to my skin and spent some extra time talking about skin issues before plunging in.

#### OVERALL:

It's the attention to details that impressed me most about Canyon Ranch. From the moment we were picked up in Albany (the van was stocked with water bottles and fresh fruit) to walks through the spectacular gardens to juice bars wherever you turn, this was an exceptional place to recharge. While the guests tend to keep to themselves, you will see some chatting before classes start or while waiting for meals. It's a down-to-earth environment where all sorts of activities are just within reach. And, on the off chance that you want to get away from all the self-improvement, you can always take a quick jaunt into town and catch seasonal performances at such famous arts venues as Jacob's Pillow and Tanglewood.

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Canyon Ranch, 165 Kemble Street, Lenox, Massachusetts 01240; (800) 742-9000. A three-night weekday package (Sun., Mon., Tues. arrival) is \$990 per person (not including an 18 percent service charge) and includes all meals, gratuities, airport transfers, exercises classes, and seminars. This package also includes a \$90 allowance for health and healing services and two spa & sports services. Canyon Ranch offers many different packages, and prices adjust depending on the season.

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Photographs courtesy Canyon Ranch

Spa of the Month for September: SoHo Sanctuary, New York, NY

Spa of the Month for August: Saddlebrook Resort, Tampa, Florida

Spa of the Month for July: Rancho La Puerta, Tecate, Mexico

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# Healing Retreats & Spas

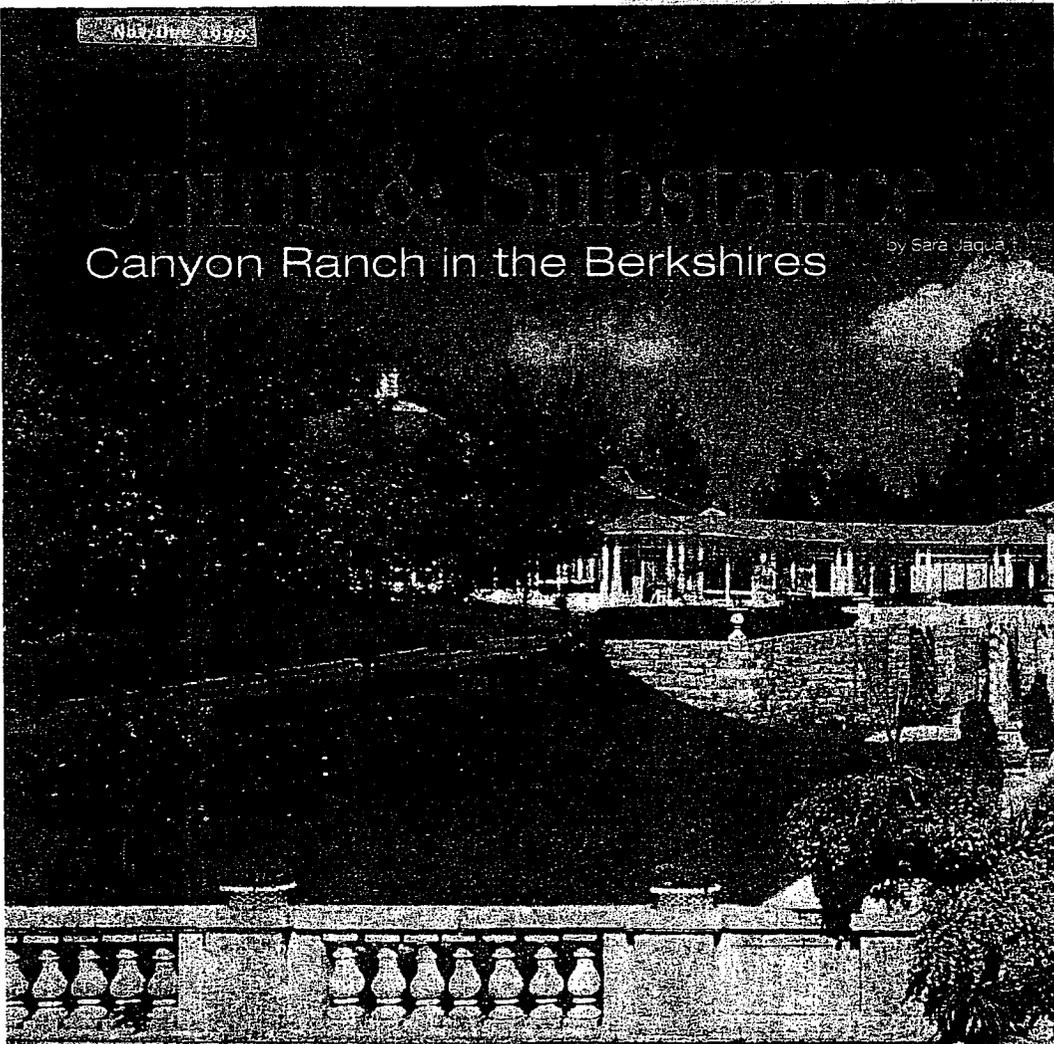
Nurturing & Healing Alternatives for the Global Community

Nov/Dec 1998

## Spa & Substance

### Canyon Ranch in the Berkshires

by Sara Jaqua



I've heard of the name enough times that I am sufficiently intrigued when I arrive. *Condé Nast Traveler* magazine has repeatedly rated Canyon Ranch as one of the top spas in the world, and other articles I've read depict the spa as if it were in a category of its own.

But I know how writers can exaggerate, and I am determined not to be one of them. Besides, if the truth be told, I am not that excited about spas any more. Too many of them have jumped on the bandwagon in the hopes we won't notice they really aren't

I begin to feel inspired to take care of my body, amidst the camaraderie of my fellow spa-goers.



**Above:** Working out in the pool.

**Right:** A group of inmates escapes on skis.

hour, I am not exactly stress free, but I do feel more invigorated.

At dinner, my first meal at the Ranch, I experience mild disappointment, followed by a pang of fear: everything looks fat free, tastes fat free, and the portions are small. It doesn't help that other people in the dining room are talking about the food, too. "Tomorrow I'm having real food. I can hardly wait," I overhear a woman say. "Somehow it all looks like play food," her friend says. "The things that are missing are salt, butter, chocolate chips, and cake," she says, and then reaches for another piece of bread. I try to recall how far the closest town is, the nearest restaurant.

I'm soon to find, though, that what I'm experiencing is simply withdrawals from months of fattening foods. The Ranch is serious about getting people back on track foodwise, and they have a series of nutrition and behavioral health experts to help make it happen. I get a consultation from a health educator on food habits and

learn that I should be visualizing myself moving calmly and eating slowly when in a restaurant or other place where I might be tempted to overeat. I'm told that if I eat while in a stressful state my body stores more fat cells. Even though I don't have a serious weight problem, this is stuff I need to know.

I see a physiologist who recommends I stretch my muscles after a workout, that I get aerobic exercise five days a week, and that I add more variety to my workout. She teaches me the squat and lunge, and how to lift weights for my biceps and triceps muscles.

From the thirty fitness class options per day, I choose an aqua aerobics class and work some extra flab off in the pool, kicking and jumping to rock music along with twenty-five other swimmers, all of them women. I begin to feel inspired to take care of my body, amongst the camaraderie of my fellow spa-goers and the obvious caring of the staff.

Spiritual revelations do occur at Canyon Ranch—they just don't make a big fuss over them.

healing and wellness take place if you are properly informed about exercise, nutrition, and stress management.

The staff, and the education and support they provide, is the most important thing the Ranch has to offer. The staff-to-guest ratio is three to one, and among the professionals the Ranch employs are physicians, nurses, psychologists, aestheticians, and acupuncturists, all with a vast knowledge of their subjects. I find this to be true time and again as I complete my program there.

The majority of my treatments at the Ranch deal with my inner self, since it is my goal to remember my experience here beyond three days. The elderly woman who guides me through 110 minutes of movement/bodywork is not only knowledgeable about the human body and the emotions that get stored there, she is incredibly caring and intuitive. The bodywork involves lying on a table while various parts of my body are touched, massaged, and rocked. I'm asked to describe how I'm feeling at every moment, and somehow my practitioner knows when to ask and where to touch to get a response.

Although this therapy is touted in the Ranch's brochure as helpful in releasing tension for those with arthritis or asthma, I find it to be a cathartic, personal experience, one in which old emotions come up and get explored, pushed through, possibly let go. I hug her when I leave, feeling as if I'm leaving my mental baggage behind.

Other treatments are equally unforgettable. I take an "Inner Journey," designed to get me in touch with a "rich reservoir of memories, images, feelings, and messages." My practitioner has a Ph.D. and is extremely knowledgeable in the field of hypnotherapy, as well as psychology. I'm told that a past life may or may not appear during this session, and am surprised to find that one indeed does appear. After I have come out of the hypnosis, my practitioner is careful to not place too much emphasis on whether or not past lives are real, and concentrates instead on why these particular images came up for me now, in this life.

My favorite body treatment is "Euphoria," which includes a Swiss shower, body wrap, aromatherapy scalp massage, body mask, body scrub, and immersion in a hydrotub. It lasts 100 minutes, and by the time it is over I am so relaxed I go to my room and sleep for three hours.

I know I will remember my time here when I go home. I am relaxed, which the average spa can make happen, but I am also spiritually renewed. The Ranch seems to work hard to avoid turning off people who are suspicious of anything "new-agey," instead emphasizing the practicality and educational aspects of their services. Underneath the surface, however, spiritual revelations do occur. They just don't make a big fuss over them, which is refreshing. It's telling that the word "spa" does not turn up in their literature. They call themselves a "health resort," and as such, they truly stand alone. ■■■



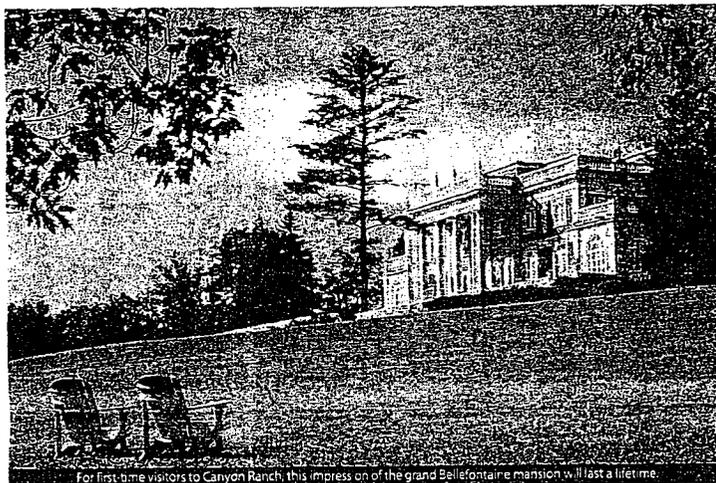


**TRAVEL**

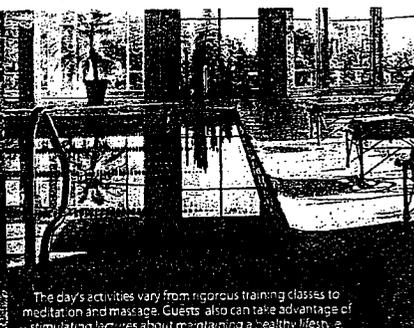
By Lorna Franklin

## Berkshires Rejuvenation

Canyon Ranch paves the path to wellness in a majestic setting



For first-time visitors to Canyon Ranch, this impression of the grand Bellefontaine mansion will last a lifetime.



The day's activities vary from rigorous training classes to meditation and massage. Guests also can take advantage of stimulating lectures about maintaining a "healthy lifestyle."



The Ranch offers a perfect vacation for family members and friends who enjoy bonding rituals that include wellness and rejuvenation.

Five years ago, the women in my family started a summer ritual of health, weight loss, rejuvenation and bonding. After reading and hearing about Canyon Ranch, we knew we must experience what Julia Roberts, Cindy Crawford, Donna Karan and countless others rave about.

Upon our arrival at the airport in Hartford, Connecticut we were welcomed by a warm and friendly staff member who whisked us on an hour-long drive through the serene mountains of wildflowers that blazed the roads to the majestic entrance of Canyon Ranch and the breathtaking grand Bellefontaine mansion, which was built in 1897 as a replica of the Petite Trianon, Louis XV's Versailles chateau. We were immediately disappointed to learn that this was not our private suite, but the luxurious dining

room and home to a grand library with many cozy lounges in which to enjoy the tranquility of Massachusetts' Berkshire mountains.

began our day with a lively walk. Groups separated into levels of walking speed and though we felt that we could accomplish a brisk five-mile jaunt in one hour, what lay ahead in those curvy and sometimes steep hills pushed us back with the slower walkers.

After enjoying a savory breakfast with delicious choices that included sweet-potato waffles with maple syrup, our day's activities varied from rigorous exercise classes of Aerobic Circuit Training, Cardio Box and Spinning, to Meditation, Restorative Yoga and Chi Gong. Some members of our group also took in specialized classes such as Pilates, Energy Flex and Heart Smart. Outdoor activities were abundant, from hiking—overlooking the famous century-old towns—to sculling the Great Lakes of the Berkshires. We rewarded ourselves each afternoon and evening with different glistening body treatments. From

motivational lectures. So, while my mother and I feasted on a scrumptious lunch of sweet-potato soup and a duck-breast wrap with scallions and a red-currant glaze, we listened to Canyon Ranch co-founder Mel Zuckerman.

In middle age, Mel Zuckerman's highly stressful career and sedentary lifestyle caught up with him. First, Mel's father was diagnosed with lung cancer and died within a few months. Then, a visit to his own doctor alerted the 50-year-old accountant and land developer to the fact that he had the body of a 71 year old. Remembering his father's words, "If I'd only quit smoking and taken better care of myself," Mel took off to the Oaks Spa in Ojai, California. Although he only intended to stay one week, he hung around longer and managed to lose 28 pounds. By the third week he could run over a mile in only 11 minutes. That was his "Aha" moment. This year, Mel celebrates his ninth anniversary at Canyon Ranch in the Berkshires and his 20th year with the original Canyon Ranch in Tucson, Arizona.

The goal of a resort like the Canyon Ranch is to teach us how moderate our lifestyles. Though I doubt we will all cook every night, using the fabulous organic foods we were treated to, we've become more enlightened about living life to its fullest and never having to look back and say, "If only."

Get lost: Call 800-742-9000 or log on to the website [www.canyonranch.com](http://www.canyonranch.com).

### Outdoor activities were abundant, from hiking to sculling the Great Lakes of the Berkshires.

room and home to a grand library with many cozy lounges in which to enjoy the tranquility of Massachusetts' Berkshire mountains.

Eager to trade our Gucci city gear for sweat-pants and natural no-fuss hairdos, we dashed to our well-appointed suites to begin a week of bliss. Our party consisted of seven women and took over two double suites. Our next stop was the Health & Fitness Assessment Center, where we were given a light health evaluation before working with a staff member to map out a week's program specifically designed for our individual goals. By ten p.m. we were exhausted but exhilarated about what lay ahead in the next few days.

Alarms blared at 6:30 a.m. the following morning. Approximately 50 other guests met us and we

deep-tissue massages and herbal wraps, to craniosacral and neuromuscular therapy, even spa regulars could succumb to the Sisley facials and gentle hands of the experienced therapists. Each evening, following meals crafted for a true gourmand, a different lecture was given about physiological well-being.

It's easy to appreciate all that the Berkshires offer. Known across the country for legendary theater—in August, Gwyneth Paltrow appeared in *As You Like It* at the Williams Town Theater, a stone's throw from the resort—and summer music at Tanglewood, the Berkshires summer cultural series and concert series, coupled with Canyon Ranch's non-stop schedule provide more extracurricular activities than you could crowd into one week.

In addition to the exhilarating classes, there are

# Fairfield County

January 2000

magazine



## hopskipjump

Hops = Day trips within Fairfield County  
Skips = Longer jaunts within Connecticut  
Jumps = Weekend excursions within five hours of Fairfield County

BY ANDREW COLLINS

Whether it's a spiritual journey or a respite in the lap of luxury, a spa getaway can help banish post-holiday blues and jump-start New Year's resolutions. You may need more than just a massage to unwind in the aftermath of the holidays, so here are five one- to three-day trips to help you de-stress. Choose from holistic pampering at Canyon Ranch, meditation at a yoga center in the Berkshires, beauty treatments in Manhattan, a sybaritic post-gambling retreat in eastern Connecticut, or seaweed wraps on the Jersey shore. Whatever you do, leave the cell phone, pager and laptop at home and come back glowing and renewed.

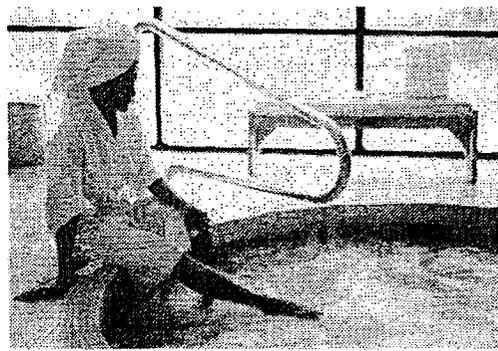
### Back at the Ranch

If you don't have a week to spend in Arizona's saguaro-studded Canyon Ranch Health Resort, try the celebrated facilities and mountain views of its cousin, Canyon Ranch in the Berkshires. Because glass-enclosed walkways connect the 120-room inn, the 100,000-square-foot spa and the dining rooms in the Versailles-inspired Bellefontaine Mansion, winter presents no obstacles to having a wonderful time.

This ultra-luxurious resort, frequently voted the best spa in America in *Condé Nast Traveler* reader polls, occupies 120 wooded acres of a fabulous 1897 Victorian estate in Massachusetts. In addition to renowned spa treatments and meditation, you'll find about 40 daily fitness classes, cross-country skiing on the premises and downhill skiing nearby, plus indoor swimming, jogging and racquet sports.

Weight-loss programs, once a primary focus of Canyon Ranch, remain, but the resort's emphasis has shifted toward developing an overall plan for healthy living, including smoking cessation and sound therapy programs. Additionally, the staff-to-guest ratio of three-to-one ensures that someone will always be available to assist you on your journey toward inner enlightenment—or to the dining room for a second helping of pumpkin crème brûlée.

*Canyon Ranch in the Berkshires Health Resort is located at 165 Kemble Street, Lenox, Massachusetts; (413) 637-4100 or (800) 742-9000. A three-night wintertime package, based on double occupancy, ranges from \$930 to \$1,410 per person. Visit [www.canyonranch.com](http://www.canyonranch.com) for more information.*



Winter pleasures: Cross-country skiing and indoor swimming make a winning combination at Canyon Ranch in the Berkshires.



REJUVENATION OF BODY & SOUL

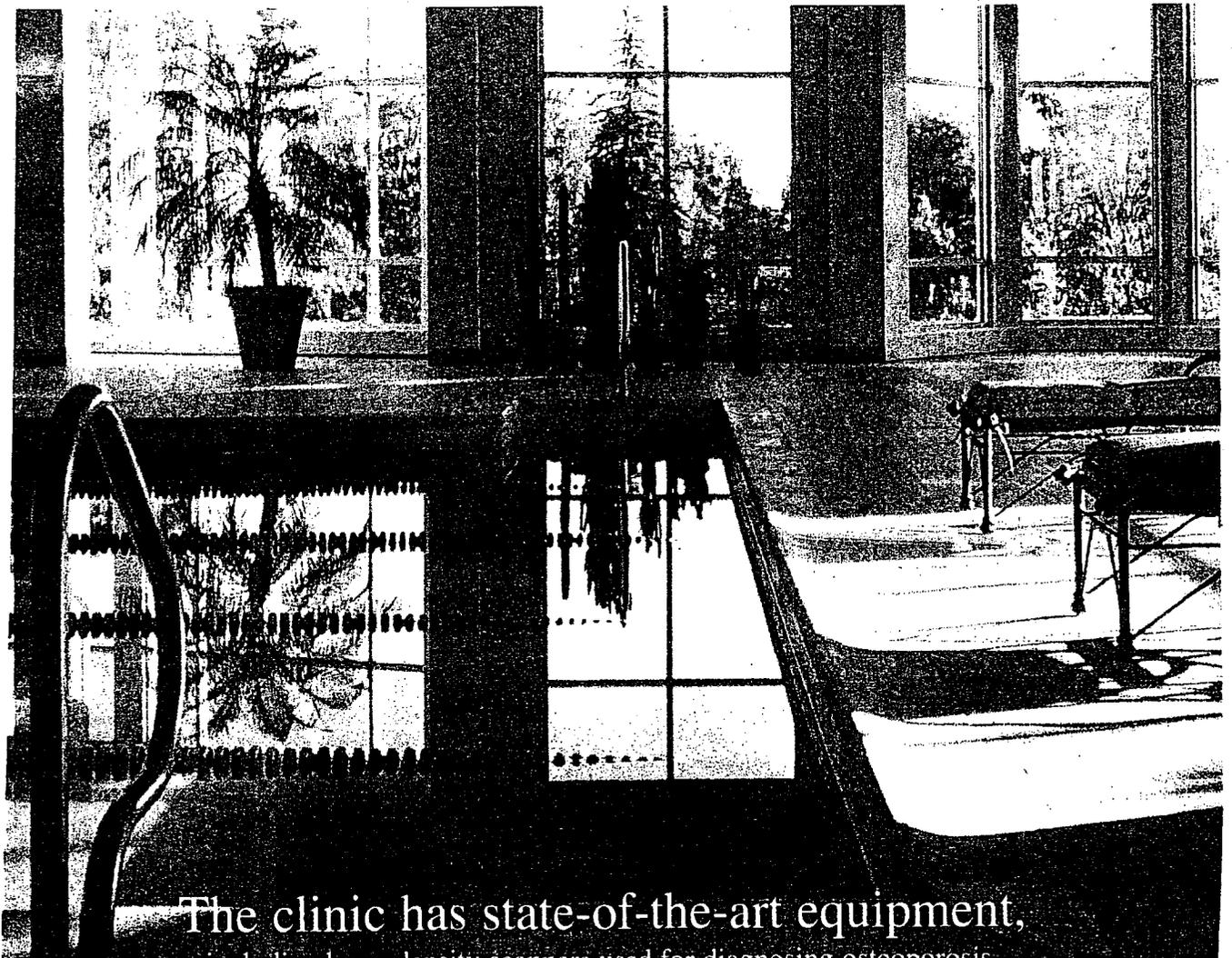
# SPR LIFE

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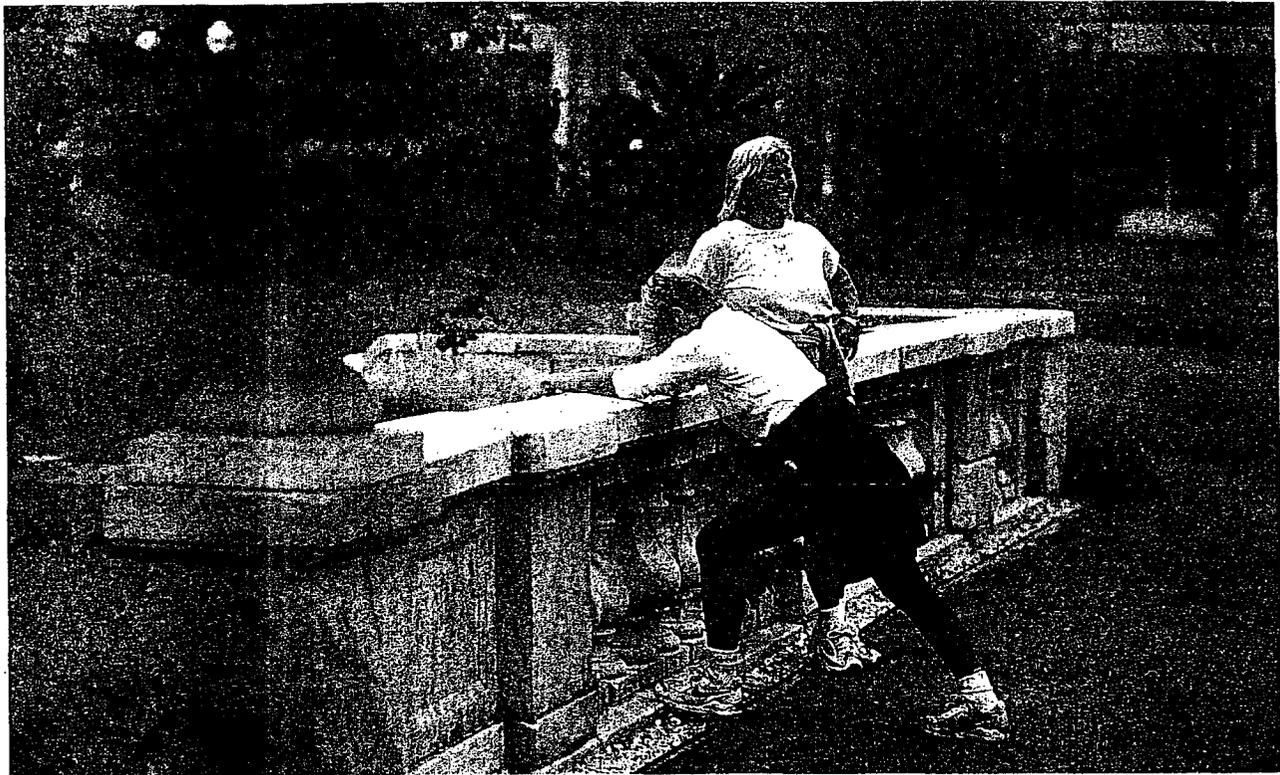
## Massachusetts' CANYON RANCH

Canyon Ranch in the Berkshires epitomizes founders' formula

*by Helga Loveseed*



The clinic has state-of-the-art equipment,  
including bone density scanners used for diagnosing osteoporosis.



A walk around the parking lot at the Canyon Ranch in the village of Lenox, which is in the heart of the Berkshire mountains, quickly tells visitors that this Spa caters to clients who are more than a little well-heeled. Mercedes Benzes, Audis, BMWs and Jaguars nuzzle one another, cheek-by-jowl, with nary a family run-about in sight.

"We cater to the top earners in American society," says Joanna Roche, the Spa's communications director. "We're talking about folk who are worth a million dollars or more."

The clients may be worth a million bucks, but they're all ages – from 20-something dot.com executives suffering from stress, to greying two-career babyboomers tussling with weight problems. What they all have in common, apart from having a few dollars to spare, is that one way or another, they're trying to get off the bandwagon for a while and learn how to follow a more healthy lifestyle.

Not surprisingly, this is precisely how the Canyon Ranch got started in the first place. Its owners, Mel and Enid Zuckerman, who opened the Canyon Ranch in the Berkshires' sister Spa, The Canyon Ranch in Tucson, Arizona, way back in 1979, got into the wellness business because they themselves were having health problems.

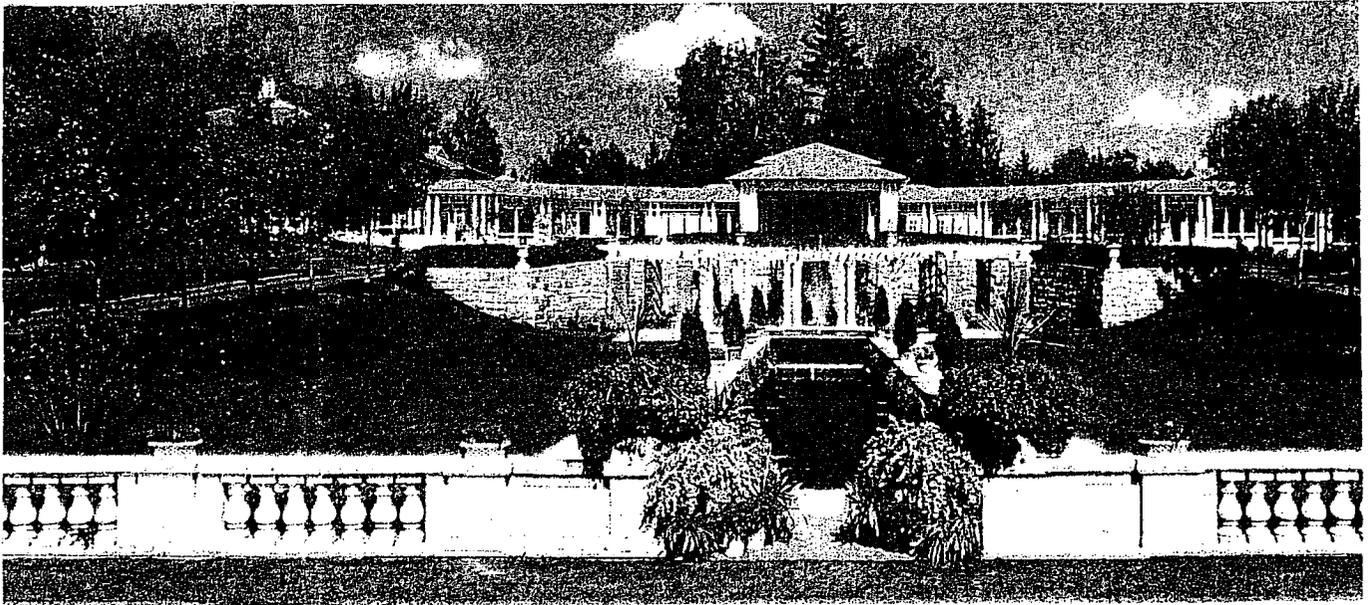
Like many of his clients, Mel was a high-achieving businessman, but he was overweight and had a slew of health problems, including asthma, high blood pressure, ulcers and diverticulitis, brought about by his high-stress, sedentary lifestyle. After his father, a heavy smoker, died from cancer, Mel was shocked into doing something

about his own health and in the process, educating other people. The Canyon Ranch was born. The Arizona Spa proved so successful that the Zuckermans opened a second Canyon Ranch in 1989. That Spa was followed by the Canyon Ranch SpaClub at the Venetian Resort and Casino in Las Vegas in 1999. Plans are also afoot for two, five-star 'Spa' cruise ships.

The Zuckermans opened the Berkshires Spa because many of their East Coast clients wanted to be able to enjoy the 'Canyon Ranch Experience' closer to home. Forty per cent of guests come from the New York area, while 20% originate from Boston. That experience – a formula which combines medical assessments, for those who want it, exercise, diet, outdoor activities and pampering – is at the heart of the Zuckerman's success.

Canyon Ranch in the Berkshires, which is surrounded by 120 acres of wooded land, offers a comprehensive sports program – hiking, biking, canoeing, snowshoeing, kayaking and the like – as well as a variety of activities such as yoga, tai chi and meditation, which are aimed at heightening spiritual awareness.

Just reading the daunting list of activities – an aerobic walk, weight room introduction, exercise physiology, wake-up/warm-up stretch, fit over 50, low impact aerobics, kickboxing, tarot readings, 'aqua shape' in the indoor pool and total yoga – all this before lunchtime – was enough to drive me straight into the arms of the nearest therapist. Suzanne was a petite woman with cropped black hair, who looked as if she couldn't lift a



## Those...concerned about health problems can get a physical examination and fitness assessment at the Health and Healing Centre...

feather, but once she got me on the massage table, she pummelled me into submission, pressing down on my aching muscles, until they unlocked, one by one, with alarming clicks and clacks.

Afterwards, I sat around, relaxing, in a tiled waiting-room which had a whirlpool bath at one end. A group of sweating women with towels draped around their necks, were swilling bottled water and comparing their experiences in the exercise classes. "The weight program was rough," said one. "I was going to do stretch as well, but now I'm too tired," remarked another, with a huge sigh. Enveloped in my ethereal, post-massage haze, I felt very smug, just loafing on a lounger.

Spa-goers can, of course, do as little, or as much, as they want. The choice of program is up to them. People who come to the Canyon Ranch are motivated by different things. Those who are concerned about health problems can get a physical examination and fitness assessment at the Health and Healing Centre, which is on the second floor of the Spa. The clinic has state-of-the-art equipment, including bone-density scanners used for diagnosing osteoporosis. The medical staff includes four physicians and several nurses, exercise physiologists and acupuncturists. Spa-goers who have food allergies or who are concerned about their diet can consult a nutritionist who will design a custom-made program which they can continue to follow after they go home. As well, the Spa menus identify the fat and fibre content of dishes along with the number of calories, so that guests can control their food intake. The chef, Ruby Goodnoff, also runs 'health food' cooking classes in the demonstration kitchen.

The dining-room, like the Spa complex and the 126-room hotel, is decorated with sculptures and original art. All the buildings are connected by walkways so you don't have to go outside unless you want to. Guests are issued a map, which is just as well. The place is huge. The décor at the Canyon Ranch is 'rustic modern', with restful colours – pale peach walls, fieldstone fireplaces and grey-green carpeting.

The heart of the Canyon Ranch is the stunning Bellefontaine

Mansion, a classical building with arched windows and an imposing pillared facade. The roof is ringed by a balustrade, capped by Grecian urns. Built in 1897, Bellefontaine is a replica of Louis XIV's Petit Trianon. Its handsome, elegant style harkens back to America's 'Gilded Age', when then, as now, well-heeled city folks came to the Berkshires to escape their busy lives and recharge their batteries.

### On site:

- Hiking and ski trails.
- Swimming pool.
- Gymnasium.
- Tennis, squash and racquetball courts.

### Nearby:

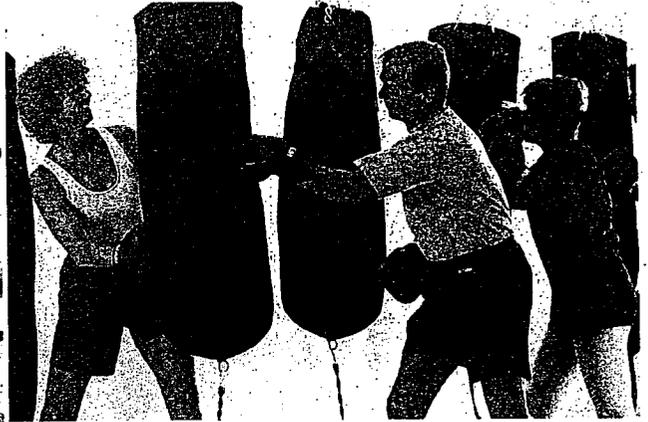
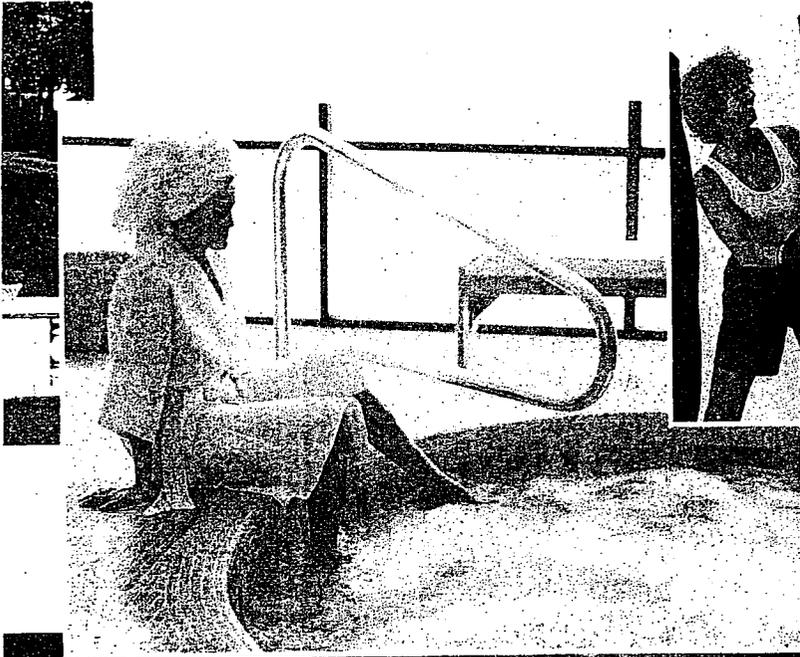
- Historic village of Lenox.
- Tanglewood, summer home of the Boston Symphony Orchestra.
- Jacob's Pillow Dance Festival, Lee.
- Norman Rockwell Museum, Stockbridge.
- Hancock Shaker Village, Pittsfield.

### Location:

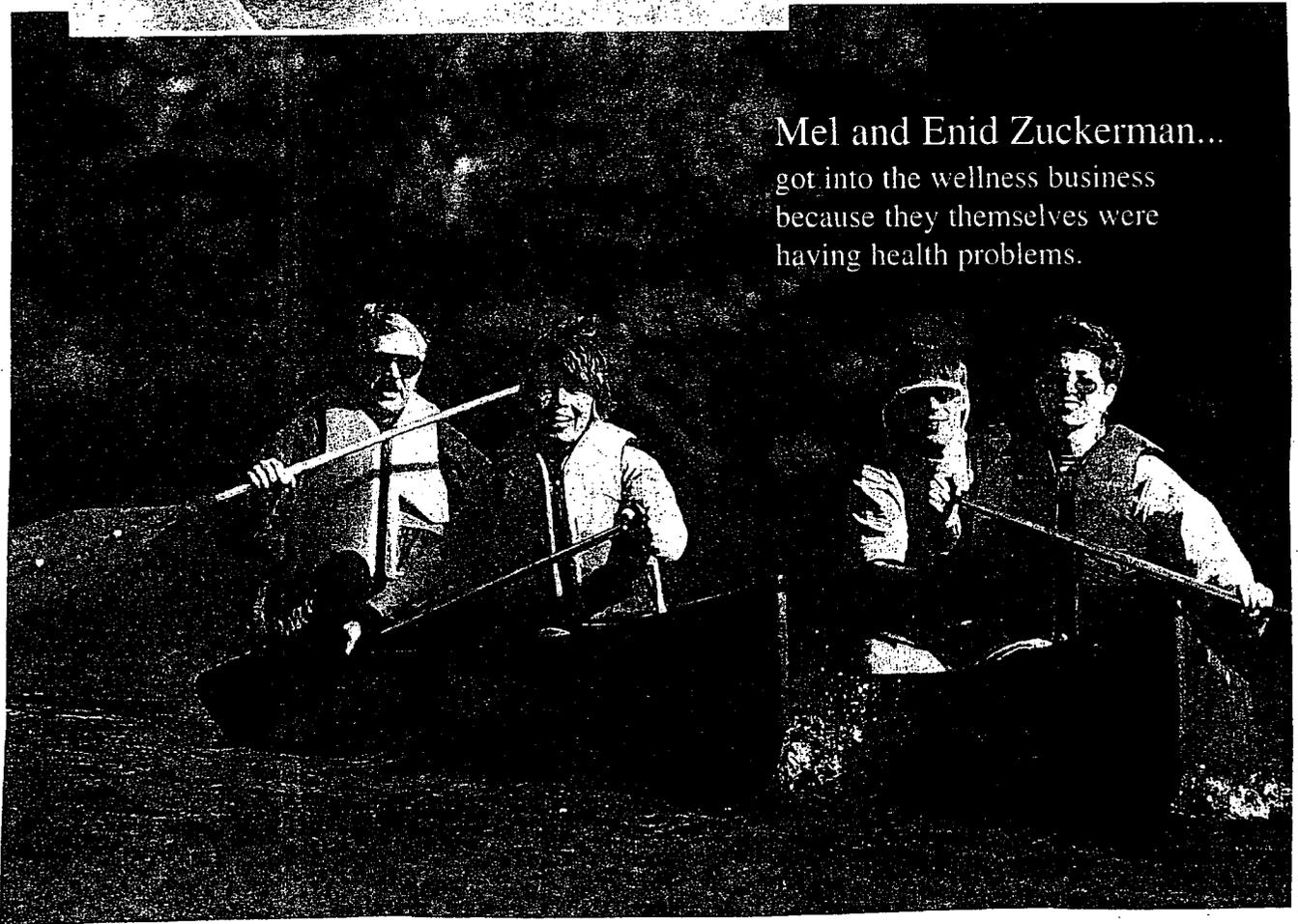
Canyon Ranch in the Berkshires is 150 miles (241 km) from New York City and 130 miles (209 km) from Boston. The Ranch provides complimentary van transportation from and to Albany train station, Albany airport and Bradley International Airport, Hartford, CT.

### Travel Planner

Canyon Ranch  
165 Kemble Street  
Lenox, MA, USA 01240  
Res: 800-326-7080 or 800-742-9000  
Tel: 413-637-4100  
Fax: 413-637-0057  
Web: [www.canyonranch.com](http://www.canyonranch.com)



Mel and Enid Zuckerman...  
got into the wellness business  
because they themselves were  
having health problems.



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# Charlotte

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CHARLOTTE MAGAZINE / SEPTEMBER 2011 / PERSONAL HOLIDAYS FOR EVERY PERSONALITY / FOR THE FITNESS FREAK- CANYON RANCH

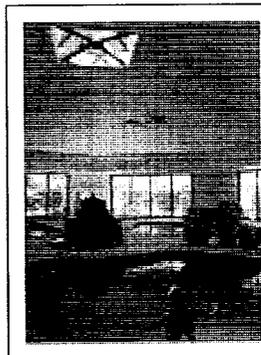
## For the Fitness Freak- Canyon Ranch

### The Wellness Buff's Dream

A getaway to the Canyon Ranch Spa is meant for the health-conscious

A. J. DOWNEY

Hiding in the hills of western Massachusetts is an exclusive health resort and spa called Canyon Ranch (from \$2,560 for three nights, which also includes all meals, most activities, and credit towards services; canyonranch.com/lenox) where guests conquer all kinds of personal goals. This Berkshires bootcamp takes its mantra "The Power of Possibility" very seriously, whether it's dropping pounds or getting pampered, finding religion or rekindling relationships, or even just perfecting a Downward Dog. There's a reason why A-listers (Meryl Streep, Alec Baldwin, Eva Longoria) flock to Canyon Ranch outposts to recharge—and it probably has everything to do with their superior fitness facilities, uber-healthy eateries, nearly 24/7 activities, and on-site wellness experts.



Getting there: United, US Airways, and JetBlue offer direct flights, starting at \$169, from Charlotte to Boston. From there, rent a car for a two-hour drive west.

Guests explore the Lenox campus—a charming inn, sprawling spa complex, and the historic Bellefontaine mansion, which are all linked by a glass-enclosed walkway—like life-long students of fitness. Take to the indoor or outdoor tennis courts, or maybe the miles of trails lined in mesmerizing New England foliage, then refuel with gourmet food of modest calories and portions at Canyon Ranch's restaurant, café, or demo kitchen. (When it comes to dining attire, ditch the blazers for hoodies and lululemon gear and tote gym bags instead of purses.) The menus, which are stripped of salt, trans-fats, alcohol, and other toxins or temptations, are seemingly designed by a crew of Healthy Fairy Godmothers making it foolproof to make good choices.

Proceed with a steady rotation of stretching, hiking, biking, jogging, and canoeing, then rinse and repeat. Throw in a spa scrub or massage to reward your hard work and leave feeling sore—but curiously limber. And maybe you'll feel a bit lighter, too, if only in the mind.

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# BEHIND THE SCENE



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## THE OFFICIAL BLOG OF BE&D

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10.14.2011

### Getaway: The Berkshires

**Getaway Friday: The Berkshires**  
The best foliage in the East Coast is in The Berkshires, Massachusetts. The weather during this time of the year is perfect for outdoor activities like hiking, apple picking, and corn mazes. If you are not the outdoors type, one of the best Spas in New England is conveniently located in Lenox, Massachusetts. Canyon Ranch Spa offers all the amenities of



Foliage in The Berkshires

a luxurious spa as well as outdoor clinics and couples activities. Plan your next trip with friends, family, or a loved one and experience the best of New England in Autumn.

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- Brooklyn Blonde
- Closet Collage
- Columbine
- Ems Edge
- From Me to You
- HANNELI
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- Monica Rose
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- Something Navy
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- Tuula



Canyon Ranch Spa in Lenox

at 11:00 AM

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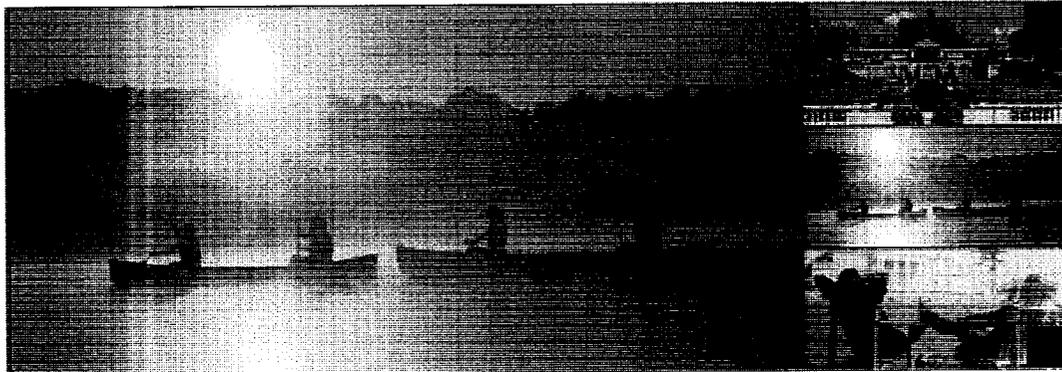
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## Canyon Ranch, located in Lenox, Massachusetts

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Lenox, Massachusetts, United States



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### Complimentary Amenities

### Canyon Ranch, located in Lenox, Massachusetts

The stunning Berkshire Mountains and classic New England setting add to the captivating charm of Canyon Ranch, Lenox, Massachusetts.

Gourmet cooking and the highest nutritional standards are the foundation of every menu item. Because a Ranch stay includes all meals, you won't find prices listed. Instead, we list more important information - the nutritional content of every selection. The range of selections will please and surprise you, from lobster to lamb chops, chowders, pizza, vegetarian specialties - even hot fudge sundaes and cheesecake.

There's lots to do at Canyon Ranch in the Berkshires Health Resort. You'll find an extraordinary range of classes and activities - more than 40 each day - for all fitness levels. Outdoor sports include aerobic walks, biking, canoeing, hiking, kayaking and skiing, to name a few. We offer tennis, squash, racquetball, two swimming pools with aqua aerobics and aqua workouts, basketball, boxercise and much more.

Canyon Ranch, Lenox, Massachusetts offers a wide variety of spiritual awareness classes and private consultations that induce relaxation, promote health and increase vitality. Health & Healing classes and services include Food & Nutrition; Medical Services; Behavioral Health Services; Exercise Physiology and Movement Therapy. We provide a broad range of Health & Healing experts as well. Spa Services include Massage & Bodywork and Skin Care & Beauty Services. You'll choose from an enticing array of treats and treatments. They're the perfect complement to your active days here and will help you feel and look your absolute best.

### Complimentary Parking

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Travel  
**About.com Spas**

## Canyon Ranch in the Berkshires

About.com Rating

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By Anitra Brown, About.com Guide

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The first day home from Canyon Ranch Lenox, I racked up a \$104 bill at the health food store on flaxseed oil, cashew butter, green tea and vitamins. There's been some backsliding – a few hot fudge sundaes - but overall I got what I went for: healthier eating habits and an exercise program that suits me.

Not that I knew that's why I was going But a 4-page health & lifestyle questionnaire that came in the mail (along with a 54-page guide to services) closed with the question, "What life changes would you like to address while at Canyon Ranch?" Hmm, now that you mention it, I've been fifteen pounds overweight for three years, and my energy flags in the afternoon.

Consistently rated one of the country's finest destination spas, Canyon Ranch in the Berkshires outside Lenox, Ma. is a sprawling complex constructed around an 1890 Italianate mansion. Like its sister spa in Tucson, its mission is to help people change their lives through good nutrition, consistent exercise, and conscious relaxation (otherwise known as meditation or prayer).

"You don't need to come to Canyon Ranch for a pedicure," asserts Sue Cowan, hotel director. "What really makes up special is our health and healing services."

Many people go there to address a specific health issue – chronic pain or heart disease, for instance. With five M.D.s as well as behavioral health therapists, nutritionists, exercise physiologists, physical therapists, etc., health problems are addressed in a holistic manner.

Potential problems are identified and corrected before you actually get sick. If you're already healthy, it's a great place to reinforce your good habits and make some improvements. I exercise regularly, but in a private session I confessed to the exercise physiologist that I hated my strength-training program. He designed a program using a physio-ball that works three muscle groups at once, so I can get it over with in fifteen minutes.

At Canyon Ranch, there is a staggering number of ways to spend your time. Some people head out in the morning for long hikes or canoeing, but I kept to the complex, trying tai chi, Argentine tango, and Thai massage. I had my aura photographed, learned meditation techniques and went to as many lectures as I could on subjects like preventing bone loss, healthy snacking, homeopathic medicine and stress reduction.

After three days of eating beautifully prepared, healthy food without drinking any alcohol, I felt terrific and had lost two pounds. That was my Canyon Ranch, but while I was running from room to room, notebook in hand, absorbing as much information as possible, others were parked out on the lawn, faces turned to the sun, doing absolutely nothing. You couldn't drag them to a lecture.

In the dining room you learn ways to incorporate some of the suggestions you hear about in the lectures. The salad bar has bowls of sunflower and ground flax seeds for tossing over your greens, and signs ask that you be mindful of portion size. All the menu listings have calories, fiber grams, and protein grams. And there are so many appetizing choices, including desserts, that you realize you don't have to be deprived to eat well.

No alcohol is served, something I found very annoying the first night. By the third night, when I realized what three days of clean living could feel like, I was grateful. Canyon Ranch's outstanding service, staff and programming is expensive to provide and it will cost you.

All you want to do is relax by a pool and get a massage, there are less expensive ways to do it. But if you want activities and programming, no one does it better, and for extensive health and healing services, it's one of a kind.

To maximize the experience, sleep in Lenox the night before check-in, and arrive at 8 a.m. in the morning. Just stash your luggage with the bellman and live out of a spa locker til check-in. The same goes at the other end of the trip. It also takes a half-day just to get oriented – to take the tour, study the weekly newsletter and meet with your program coordinator and nurse to develop a strategy and focus for your stay.

# **Exhibit E**

# **Exhibit E**

# CANYON RANCH.

*The Power of Possibility.*

## Accolades 1990 – 2013

### PLEASE NOTE

- ◆ Canyon Ranch is an 11-time winner of the *Condé Nast Traveler* Best Destination Spa Award
- ◆ *Travel + Leisure* Best Spa Award – 13 times
- ◆ In 2013, American Airlines *Celebrated Living* magazine Readers' Choice Platinum List named all three Canyon Ranch properties Top U.S. Spas
- ◆ *Luxury SpaFinder* Readers' Poll Best Brand – 22 times
- ◆ *Health Magazine* named Canyon Ranch Healthiest Spa in America
- ◆ *Spa Magazine* 15-time award winner

ACCOLADES APPEAR IN ALPHABETICAL ORDER

### A&E CABLE NETWORK

- Top Ten Spa & Retreat Experiences – 2000**
- ◆ Canyon Ranch named Best Wellness Spa

### ABOUTSPAS.COM

- Top Spa Picks – 2005**
- ◆ Canyon Ranch in Tucson named Top Destination Spa; 1<sup>st</sup> place
  - ◆ Canyon Ranch in Lenox named Top Destination Spa; 2<sup>nd</sup> place

### ALLURE MAGAZINE

- Top Ten US Spas – 2007**
- ◆ Canyon Ranch in Tucson

### AMERICAN AIRLINES CELEBRATED LIVING MAGAZINE

**Readers' Choice Platinum List, Top U.S. Spas – 2013**

- ◆ Canyon Ranch in Tucson; 3<sup>rd</sup> place
- ◆ Canyon Ranch Hotel & Spa in Miami Beach; 6<sup>th</sup> place
- ◆ Canyon Ranch in Lenox tied for 13<sup>th</sup> place

**Readers' Choice Platinum List, Platinum Hotels – 2013**

- ◆ Canyon Ranch Hotel & Spa in Miami Beach tied for 15<sup>th</sup> in the Mainland U.S. Category

**Readers' Choice Platinum List – 2012**

- ◆ Canyon Ranch in Tucson named Top Spa in the U.S. for ninth consecutive year
- ◆ Canyon Ranch Hotel & Spa in Miami Beach; 6<sup>th</sup> place

**Readers' Choice Platinum List, Top US Spas – 2011**

- ◆ Canyon Ranch in Tucson; 1<sup>st</sup> place

**Readers' Choice Platinum List, Top US Spas – 2010**

- ◆ Canyon Ranch in Tucson; 1<sup>st</sup> place
- ◆ Canyon Ranch in Lenox; 7<sup>th</sup> place

**Readers' Choice Platinum List, Top US Spas – 2009**

- ◆ Canyon Ranch in Tucson; 1<sup>st</sup> place

**Readers' Choice Platinum List, Top US Spas – 2008**

- ◆ Canyon Ranch in Tucson; 1<sup>st</sup> place

**Readers' Choice Platinum List – 2007**

- ◆ Canyon Ranch in Tucson named Favorite US Spa

**Readers' Choice Awards – 2006**

- ◆ Canyon Ranch in Tucson named Favorite US Spa

**Readers' Choice Platinum List – 2005**

- ◆ Canyon Ranch in Tucson named Favorite US Spa
- ◆ Canyon Ranch in Lenox was named an Editors' Pick for Top Spa

**Readers' Choice Platinum List – 2004**

- ◆ Canyon Ranch in Tucson voted Favorite US Spa

**AMERICAN SPA MAGAZINE**

**Professionals' Choice Awards – 2013**

- ◆ Canyon Ranch in Tucson honored as Favorite Health and Fitness Spa
- ◆ Canyon Ranch honored as Favorite Cruise Spa onboard Queen Mary 2
- ◆ Canyon Ranch in Tucson honored as a Favorite Destination Spa
- ◆ Canyon Ranch honored as Favorite Spa Cuisine
- ◆ Canyon Ranch honored as a Favorite Spa Treatment Menu (multiple locations)

**Professionals' Choice Awards – 2012**

- ◆ Canyon Ranch (multiple locations) named Favorite Health & Fitness Spa
- ◆ Canyon Ranch Brand honored as a Favorite Multiple Location Spa
- ◆ Canyon Ranch Tucson honored in the Favorite Spa Cuisine and Favorite Destination Spa categories
- ◆ Canyon Ranch SpaClub onboard Cunard's Queen Mary 2 honored as a Favorite Cruise Spa

**Professionals' Choice Awards – 2011**

- ◆ Canyon Ranch SpaClub aboard Queen Mary 2 honored with Favorite Cruise Ship Spa
- ◆ Canyon Ranch in Tucson named Favorite Health and Fitness Spa
- ◆ Canyon Ranch SpaClub at The Venetian and the Palazzo named Favorite Selection of Retail Offerings at a Spa
- ◆ Canyon Ranch named Favorite Spa Cuisine (Multiple Locations)
- ◆ Canyon Ranch in Tucson honored as Favorite Destination Spa

**Professionals' Choice Awards – 2010**

- ◆ Canyon Ranch was honored with Favorite Spa Treatment Menu (Multiple Locations)
- ◆ Canyon Ranch in Tucson named Favorite Health, Fitness Spa, and Favorite Destination Spa
- ◆ Canyon Ranch SpaClub at Sea named Favorite Cruise Spa
- ◆ Canyon Ranch named Favorite Multiple Location Spa

**Professionals' Choice Awards – 2009**

- ◆ Canyon Ranch named Favorite Spa Treatment Menu (Multiple Locations)
- ◆ Canyon Ranch named Favorite Multiple Location Spa
- ◆ Canyon Ranch SpaClub at Sea received Favorite Cruise Spa
- ◆ Canyon Ranch SpaClub at The Venetian and The Palazzo named Favorite Selection of Retail Offerings at a Spa

**Professionals' Choice Awards – 2008**

- ◆ Canyon Ranch named Favorite Destination Spa (Multiple Locations)
- ◆ Canyon Ranch named Favorite Health and Fitness Program at a Spa (Multiple Locations)
- ◆ Canyon Ranch was honored with Favorite Spa Cuisine (Multiple Locations)

**Professionals' Choice Awards – 2007**

- ◆ Canyon Ranch in Tucson and Lenox honored in the following categories; Favorite Selection of Retail Offerings at a Spa, Favorite Spa Cuisine, Favorite Health and Fitness Program at a Spa, Favorite Spa Treatment Menu, Favorite Multiple Location Spa and Favorite Destination Spa.
- ◆ Canyon Ranch SpaClub honored with Favorite Cruise Spa

**Professionals' Choice Awards – 2006**

- ◆ Canyon Ranch in Tucson and Lenox voted Best Destination Spa

**CASINO PLAYER MAGAZINE**

**Best of Gaming Issue – 2013**

- ◆ Canyon Ranch SpaClub at The Venetian and The Palazzo voted a Best Health Spa; 3<sup>rd</sup> place

**Best of Gaming Issue – 2011**

- ◆ Canyon Ranch SpaClub at The Venetian and The Palazzo voted a Best Health Spa; 2<sup>nd</sup> place

**Best of Gaming Issue – 2010**

- ◆ Canyon Ranch SpaClub at The Venetian and The Palazzo voted a Best Health Spa; 2<sup>nd</sup> place

**Best of Gaming Issue – 2009**

- ◆ Canyon Ranch SpaClub at The Venetian and The Palazzo voted a Best Health Spa; 2<sup>nd</sup> place

**Best of Gaming Issue – 2008**

- ◆ Canyon Ranch SpaClub at The Venetian and The Palazzo voted a Best Health Spa; 2<sup>nd</sup> place

**Best of Gaming Issue – 2007**

- ◆ Canyon Ranch SpaClub at The Venetian voted a Best Health Spa; 2<sup>nd</sup> place

**Best of Gaming Issue – 2006**

- ◆ Canyon Ranch SpaClub at The Venetian voted Best Health Spa

**Best of Gaming Issue – 2005**

- ◆ Canyon Ranch SpaClub at The Venetian voted a Best Health Spa; 2<sup>nd</sup> place

**Best of Gaming Issue – 2004**

- ◆ Canyon Ranch SpaClub at The Venetian voted Best Health Spa

**Best of Gaming Issue – 2003**

- ◆ Canyon Ranch SpaClub at The Venetian voted Best Spa

**Best of Gaming Issue – 2002**

- ◆ Canyon Ranch SpaClub at The Venetian voted Best Spa

**Best of Gaming Issue – 2001**

- ◆ Canyon Ranch SpaClub at The Venetian voted Best Spa

**CHANCE MAGAZINE**

**The Best of Las Vegas – 5<sup>th</sup> Annual Golden Spade Awards – 2001**

- ◆ Canyon Ranch SpaClub at The Venetian named Best Spa

**CONDÉ NAST TRAVELER**

**CANYON RANCH IS A 11-TIME WINNER OF THE CONDÉ NAST TRAVELER BEST DESTINATION SPA AWARD  
Reader's Spa Poll of the Top 270 Spas in North America, the Caribbean, Hawaii and at sea – 2013**

- ◆ Canyon Ranch in Lenox named a Top Five Destination Spa; 5<sup>th</sup> place
- ◆ Canyon Ranch Hotel & Spa in Miami Beach named a Top 100 US Resort Spa; 83<sup>rd</sup> place
- ◆ Canyon Ranch SpaClub onboard the Cunard's Queen Mary 2 named a Top 25 Cruise Ship Spa; 5<sup>th</sup> place
- ◆ Canyon Ranch SpaClub onboard the Oceania's Nautica named a Top 25 Cruise Ship Spa; 11<sup>th</sup> place

**Reader's Spa Poll of the Top 270 Spas in North America, the Caribbean, and Hawaii – 2012**

- ◆ Canyon Ranch Hotel & Spa in Miami Beach; 51<sup>st</sup> place
- ◆ Canyon Ranch in Tucson; 94<sup>th</sup> place
- ◆ Canyon Ranch SpaClub onboard Oceania's Regatta and Nautica ships placed 10<sup>th</sup> and 22<sup>nd</sup>
- ◆ Canyon Ranch SpaClub onboard Cunard's Queen Mary 2; 12<sup>th</sup> place

**"Best in the World" 2011 Readers' Choice Awards, Top 150 Resorts – 2011**

- ◆ Canyon Ranch in Lenox; 60<sup>th</sup> place
- ◆ Canyon Ranch in Tucson; 127<sup>th</sup> place

**Top 250 Spas Readers' Poll – 2011**

- ◆ Canyon Ranch in Lenox; 50<sup>th</sup> place
- ◆ Canyon Ranch in Tucson; 72<sup>nd</sup> place

**Top 240 Spas Readers' Poll – 2010**

- ◆ Canyon Ranch in Tucson; 39<sup>th</sup> place

**Readers' Choice Awards – 2009**

- ◆ Canyon Ranch in Lenox named Best Destination Spa
- ◆ Canyon Ranch in Tucson; 5<sup>th</sup> place

**Readers' Choice Gold List – 2009**

- ◆ Canyon Ranch in Lenox

**Readers' Choice Awards – 2008**

- ◆ Canyon Ranch in Tucson named a Best Destination Spa; 2<sup>nd</sup> place
- ◆ Canyon Ranch in Lenox; 3<sup>rd</sup> place

**Readers' Choice Awards – 2007**

- ◆ Canyon Ranch in Lenox named a Best Destination Spa; 4<sup>th</sup> place
- ◆ Canyon Ranch in Tucson; 7<sup>th</sup> place
- ◆ Canyon Ranch SpaClub onboard Cunard's Queen Mary 2 named Best Cruise Line Spas; 2<sup>nd</sup> place

**Readers' Choice Awards – 2006**

- ◆ Canyon Ranch in Lenox named a Best Destination Spa; 2<sup>nd</sup> place
- ◆ Canyon Ranch in Tucson ranked 3<sup>rd</sup> place for Destination Spas
- ◆ Received a perfect score of 100 in the Location/ Settings category

**Readers' Choice Awards – 2005**

- ◆ Canyon Ranch in Lenox named Best Destination Spa
- ◆ Received a perfect score of 100 for Treatments and for Programs/ Facilities
- ◆ Canyon Ranch in Tucson named a Best Destination Spa ; 3<sup>rd</sup> place

**Readers' Choice Awards – 2004**

- ◆ Canyon Ranch in Tucson named a Best Destination Spa; 2<sup>nd</sup> place
- ◆ Canyon Ranch in Lenox named a Best Destination Spa; 3<sup>rd</sup> place
- ◆ Canyon Ranch received a perfect score of 100 in the Staff/ Service category

**Readers' Choice Awards – 2003**

- ◆ Canyon Ranch in Lenox named a Top Destination Spa; 1<sup>st</sup> place
- ◆ Canyon Ranch in Tucson named a Top Destination Spa; 4<sup>th</sup> place

**Readers' Choice Awards – 2002**

- ◆ Canyon Ranch in Lenox was named a Top Destination Spa; 1<sup>st</sup> place
- ◆ Canyon Ranch in Tucson named a Top Destination Spa; 4<sup>th</sup> place

**Readers' Choice Awards – 2001**

- ◆ Canyon Ranch in Lenox named a Top Destination Spa; 2<sup>nd</sup> place
- ◆ Canyon Ranch in Tucson; 5<sup>th</sup> place

**Readers' Choice Awards – 2000**

- ◆ Canyon Ranch in Lenox named a Top Destination Spa; 2<sup>nd</sup> place
- ◆ Canyon Ranch in Tucson; 5<sup>th</sup> place
- ◆ Canyon Ranch SpaClub Las Vegas; 8<sup>th</sup> place

**Readers' Choice Awards – 1998**

- ◆ Canyon Ranch in Lenox named Best spa
- ◆ Canyon Ranch in Tucson; 2<sup>nd</sup> place
- ◆ Spa of the Decade Hall of Fame Award presented to Erid and Mel Zuckerman

**Readers' Choice Awards – 1997**

- ◆ Canyon Ranch named Best Spa Award

**Readers' Choice Awards – 1995**

- ◆ Canyon Ranch named Best Spa Award

**Readers' Choice Awards – 1994**

- ◆ Canyon Ranch named Best Spa Award

**Readers' Choice Awards – 1992**

- ◆ Canyon Ranch named Best Spa Award

**Readers' Choice Awards – 1991**

- ◆ Canyon Ranch named Best Spa Award

**First Annual Readers' Choice Awards – 1990**

- ◆ Canyon Ranch named Best Spa Award

**CONDÉ NAST TRAVELLER (UK)**

**Readers' Travel Awards – 2013**

- ◆ Canyon Ranch in Lenox named a Top Destination Spa; 10<sup>th</sup> place

**Readers' Choice Awards – 2004**

- ◆ Canyon Ranch in Tucson named a Favorite Overseas Destination Spa; 3<sup>rd</sup> place

**Readers' Choice Awards – 2003**

- ◆ Canyon Ranch in Lenox named a Top Five Overseas Destination Spa

**Readers' Travel Awards – 2002**

- ◆ Canyon Ranch in Lenox named a Favorite Overseas Destination Spa; 3<sup>rd</sup> place

**Readers' Travel Awards – 2000**

- ◆ Canyon Ranch in Lenox was named a Favorite Overseas Destination Spa; 3<sup>rd</sup> place

**Readers' Choice Awards – 1998**

- ◆ Canyon Ranch in Tucson named a Top Five Favorite Overseas Spas

**COOKING LIGHT MAGAZINE**

**Trailblazing Chef Awards – 2013**

- ◆ Canyon Ranch Hotel & Spa Miami Beach Executive Chef Giovanni Arias honored with the Healthy Chef Award

**DEPARTURES**

**Readers' Favorite Awards – 2004**

- ◆ Canyon Ranch in Lenox honored as a Favorite Destination Spa
- ◆ Canyon Ranch in Tucson; 4<sup>th</sup> place

**Readers' Favorite Awards – 2003**

- ◆ Canyon Ranch in Lenox honored as Best Luxury Resort

## **FODOR'S TRAVEL**

### **First Annual Choice Gold Awards – 2010**

- ◆ Canyon Ranch in Tucson recognized as a Best Resort or Destination Spa in the U.S.

## **FORBES TRAVEL GUIDE (FORMERLY MOBIL TRAVEL GUIDE)**

### **America's Best Hotel & Resorts Spas – 2013**

- ◆ Canyon Ranch SpaClub at The Venetian and The Palazzo given Four-Star Rating

### **America's Best Hotel & Resort Spas – 2012**

- ◆ Canyon Ranch SpaClub at The Venetian and The Palazzo given Four-Star Rating

### **America's Best Hotel & Resort Spas – 2010**

- ◆ Canyon Ranch SpaClub at The Venetian and The Palazzo given Four-Star Rating

### **America's Best Hotel & Resort Spas – 2009**

- ◆ Canyon Ranch SpaClub at The Venetian and The Palazzo given Four-Star Rating

### **America's Best Hotel & Resort Spas – 2008**

- ◆ Canyon Ranch SpaClub at The Venetian and The Palazzo given Four-Star Rating

### **America's Best Hotel & Resort Spas – 2007**

- ◆ Canyon Ranch SpaClub at The Venetian given Four-Star Rating
- ◆ Canyon Ranch SpaClub at Gaylord Palms given Four-Star Rating

### **America's Best Hotel & Resort Spas – 2006**

- ◆ Canyon Ranch SpaClub at The Venetian given Four-Star Rating
- ◆ Canyon Ranch SpaClub at Gaylord Palms given Four-Star Rating

### **America's Best Hotel & Resort Spas – 2005**

- ◆ Canyon Ranch SpaClub at The Venetian given Four-Star Rating
- ◆ Canyon Ranch SpaClub at Gaylord Palms given Four-Star Rating

### **America's Best Hotel & Resort Spas – 2004**

- ◆ Canyon Ranch SpaClub at The Venetian given Four-Star Rating
- ◆ Canyon Ranch SpaClub at Gaylord Palms given Four-Star Rating

## **GOURMET MAGAZINE**

### **Annual Hotel Awards – 2000**

- ◆ Canyon Ranch in Tucson honored as Best Spa

## **HEALTHCARE TRAVELER MAGAZINE**

### **Travelers' Choice Award – 2004**

- ◆ Canyon Ranch SpaClub at The Venetian voted Favorite Spa

## **HEALTH MAGAZINE**

### **America's Most Slimming Vacations – 2011**

- ◆ Canyon Ranch Hotel & Spa in Miami Beach named a Top 10 Most Slimming Vacation

### **America's Healthiest Spas – 2008**

- ◆ Canyon Ranch named Healthiest Spa in America

## **HOME AND GARDENS (UK EDITION)**

### **Best Spas in the World - 2001**

- ◆ Canyon Ranch in Tucson named one of the five Best Spas in the World

### **LAS VEGAS REVIEW JOURNAL**

#### **25 Years of "Best of Las Vegas" Readers' Poll – 2007**

- ◆ Canyon Ranch SpaClub at The Venetian voted Best Spa

#### **25 Years of "Best of Las Vegas" Readers' Poll – 2006**

- ◆ Canyon Ranch SpaClub at The Venetian voted Best Spa

#### **Best of Las Vegas Online Readers' Poll – 2005**

- ◆ Canyon Ranch SpaClub voted Best Day Spa

#### **Best of Las Vegas Readers' Poll – 2004**

- ◆ Canyon Ranch SpaClub voted Best Spa/ Beauty Salon

#### **Best of Las Vegas Readers' Poll – 2002**

- ◆ Canyon Ranch SpaClub voted Best Spa/ Beauty Salon

#### **Best of Las Vegas Readers' Poll – 2001**

- ◆ Canyon Ranch SpaClub voted Best Spa/ Beauty Salon

### **LUXE REPORT**

#### **Travel Consultants Awards – 1999**

- ◆ Canyon Ranch in Tucson named Most Popular Destination Spa

### **NEVADA MAGAZINE**

#### **Best of Nevada Readers' Awards – 2013**

- ◆ Canyon Ranch SpaClub at The Venetian and The Palazzo named Best Hotel Spa

### **NEW YORK MAGAZINE**

#### **Best of List – 2000**

- ◆ Canyon Ranch SpaClub at The Venetian honored with Best Spa in Las Vegas

### **RECOMMEND MAGAZINE**

#### **Readers' Choice Awards – 2013**

- ◆ Canyon Ranch Best Hotel/ Resort in the Spa Category

#### **Readers' Choice Awards – 2001**

- ◆ Canyon Ranch named Best Spa

### **ROBB REPORT MAGAZINE**

#### **First Annual Readers' Choice Awards – 2009**

- ◆ Canyon Ranch in Tucson named Favorite Spa

### **SELF MAGAZINE**

#### **Spa Awards – 2003**

- ◆ Canyon Ranch SpaClub at The Venetian named Best Hotel Spa

#### **Spa Awards – 2000**

- ◆ Canyon Ranch in Tucson and Lenox named Best Spas for Breaking Bad Habits

### **SHAPE MAGAZINE**

#### **Healthy Travel Awards – 2006**

- ◆ Canyon Ranch in Tucson and Lenox named a Premier Wellness Getaway

#### **Readers' Choice Awards – 2003**

- ◆ Canyon Ranch in Tucson and Lenox named Favorite Destination Spas

#### **Favorite Fitness Retreats – 2001**

- ◆ Canyon Ranch in Lenox named Best Destination Spa

**Best Weight-Loss Spas – 2000**

- ◆ Canyon Ranch in Tucson and Lenox; 5<sup>th</sup> place

**Seven Best Fitness Day Spas – 2000**

- ◆ Canyon Ranch SpaClub named a Best Fitness Day spa; 3<sup>rd</sup> place

**Readers' Choice Awards – 2000**

- ◆ Canyon Ranch named Favorite Spa

**SMART MONEY**

**Best of 2003 List – 2003**

- ◆ Canyon Ranch Tucson named Best Spa

**SPA MAGAZINE**

**Silver Sage Readers' Choice Awards – 2011**

- ◆ Canyon Ranch in Tucson received honorable mentions in Best Destination Spa – Domestic category and Best Medical/Wellness Spa category
- ◆ Canyon Ranch in Lenox received honorable mention in Best Medical/Wellness Spa category
- ◆ Canyon Ranch SpaClub at The Venetian and The Palazzo received honorable mentions in the Best Spa for Cuisine and Best Las Vegas Spa category

**Silver Sage Readers' Choice Awards – 2010**

- ◆ Canyon Ranch in Lenox honored in the categories of Favorite Spas for Cuisine, Favorite Spas for Traveling Solo, Favorite Medical/Wellness Spas, and Favorite Destination Spas-US
- ◆ Canyon Ranch in Tucson honored in the categories of Favorite Spas for Cuisine, Favorite Spas for Traveling Solo, Favorite Medical/Wellness Spas, and Favorite Destination Spas-US
- ◆ Canyon Ranch Hotel & Spa in Miami Beach honored as Favorite Resort + Hotel Spas-Southeast
- ◆ Canyon Ranch SpaClub at The Venetian and The Palazzo honored in Favorite Spas for Cuisine and Favorite Resort + Hotel Spas-Las Vegas categories

**Silver Sage Readers' Choice Awards – 2009**

- ◆ Canyon Ranch Hotel & Spa in Miami Beach honored in Favorite Resort/Hotel Spa – South & Southeast category
- ◆ Canyon Ranch in Tucson honored a Favorite Medical/Wellness Spa; honored in Favorite Destination Spa and Favorite Spa for Traveling Solo categories
- ◆ Canyon Ranch SpaClub at The Venetian and The Palazzo honored Favorite Spa for Cuisine and Favorite Eco/Green Spa; honored in Favorite Resort/Hotel Spa – Continental U.S. category

**Silver Sage Readers' Choice Awards – 2008**

- ◆ Canyon Ranch in Tucson honored a Favorite Destination Spa and Favorite Medical Wellness Spa
- ◆ Canyon Ranch SpaClub at The Venetian and The Palazzo and Canyon Ranch Tucson placed 1<sup>st</sup> and 2<sup>nd</sup> in Favorite Spa for Cuisine (respectively)
- ◆ Canyon Ranch SpaClub on-board Queen Mary 2 honored in Favorite Cruise Line Spa category
- ◆ Canyon Ranch SpaClub at The Venetian and The Palazzo honored in Favorite Resort/Hotel Spa – Continental U.S. category

**First Annual Silver Sage Readers' Choice Awards – 2007**

- ◆ Canyon Ranch SpaClub onboard Queen Mary 2 honored in Best Cruise Ship Spa category
- ◆ Canyon Ranch SpaClub at The Venetian honored in Best Resort + Hotel Spa – Continental US category
- ◆ Canyon Ranch in Tucson honored in four of nine categories including: Destination Spa, Medical Spa, Spa for Cuisine and Spa for Traveling Solo

**SPAFINDER, INC. (FORMERLY LUXURY SPAFINDER MAGAZINE)**

**Readers' Choice Awards – 2013**

- ◆ Canyon Ranch Hotel & Spa, Miami Beach was honored with Best Beach Spa
- ◆ Canyon Ranch honored with Best for Going Solo, Best for Healthy Spa Cuisine, Best for Weight Loss, Best Medical Spa, and Favorite Spa for Fitness
- ◆ Canyon Ranch SpaClub at The Venetian and The Palazzo honored Best for Men
- ◆ Canyon Ranch Hotel & Spa, Miami Beach honored with Best Beach Spa
- ◆ Canyon Ranch SpaClub onboard Oceania honored a Best Spa on a Cruise Ship

**Readers' Choice Awards – 2012**

- ◆ Canyon Ranch honored in Best Spa Brand category
- ◆ Canyon Ranch SpaClub onboard Oceania honored in Best on a Cruise Ship category
- ◆ Canyon Ranch SpaClub at The Venetian and The Palazzo honored in Best Casino Hotel Spa and Best for Men categories
- ◆ Canyon Ranch in Tucson honored in the following categories: Best for Going Solo, Best Medical Spa, Best for Yoga, Best for Fitness and Best Health Spa Cuisine
- ◆ Canyon Ranch in Lenox honored in the following categories: Best for Fitness and Best Health Spa Cuisine
- ◆ Canyon Ranch Hotel & Spa in Miami Beach honored in the following categories: Best for LGBT, Best Beach Spa, Best for Fitness and Best Health Spa Cuisine

**Readers' Choice Awards – 2011**

- ◆ Canyon Ranch honored in Best Spa Brand category
- ◆ Canyon Ranch Hotel & Spa in Miami Beach honored in Best for Pilates category
- ◆ Canyon Ranch SpaClub at Sea (Cunard) honored in Best Spa on a Cruise Ship category
- ◆ Canyon Ranch SpaClub at The Venetian and The Palazzo honored in Best Casino Hotel Spa category
- ◆ Canyon Ranch in Tucson honored in the following categories: Best for Cooking Classes; Best Cuisine; Best Medical Spa Program; Best for Men and Best for Yoga
- ◆ Canyon Ranch in Lenox honored in the following categories: Best for Cooking Classes; Best Cuisine; Best Medical Spa Program; Best for Pilates and Best for Yoga.

**Readers' Choice Awards – 2010**

- ◆ Crystal Award – Canyon Ranch in Tucson honored as Favorite Spa in North America
- ◆ Canyon Ranch honored in Best Spa Brand category
- ◆ Canyon Ranch Hotel & Spa in Miami Beach honored in Best Medical Program category
- ◆ Canyon Ranch SpaClub at Sea honored in Best Spa on a Cruise Ship category
- ◆ Canyon Ranch SpaClub at The Venetian and The Palazzo honored in Best Casino Hotel Spa and Best Fitness Program categories
- ◆ Canyon Ranch in Tucson honored in the following categories: Best for Going Solo; Best Fitness Program; Best for Cooking Classes; Best Cuisine; Best for Hiking; Best Medical Program; and Best for Yoga
- ◆ Canyon Ranch in Lenox honored in the following categories: Best Fitness Program; Best for Cooking Classes; Best Cuisine; and Best Medical Program

**Readers' Choice Awards – 2009**

- ◆ Crystal Award – Canyon Ranch in Tucson honored as Favorite Spa in North America
- ◆ Canyon Ranch honored in Best Spa Brand category
- ◆ Canyon Ranch Hotel & Spa in Miami Beach honored in Best Medical Program category
- ◆ Canyon Ranch SpaClub at Sea honored in Best Spa on a Cruise Ship category
- ◆ Canyon Ranch SpaClub at The Venetian and The Palazzo honored in Best Casino Hotel Spa and Best Fitness Program categories
- ◆ Canyon Ranch in Tucson honored in the following categories: Best for Going Solo; Best Fitness Program; Best for Cooking Classes; Best Cuisine; Best for Hiking; Best Medical Program; and Best for Yoga
- ◆ Canyon Ranch in Lenox honored in the following categories: Best Fitness Program; Best for Cooking Classes; Best Cuisine; and Best Medical Program

**Readers' Choice Awards – 2008**

- ◆ Canyon Ranch in Tucson honored a Favorite Spa in the United States
- ◆ Canyon Ranch honored a Best Spa Brand
- ◆ Canyon Ranch SpaClub at The Venetian and The Palazzo honored as a top 10 Best Casino Hotel Spa
- ◆ Canyon Ranch in Lenox honored in the top 10 in seven categories
- ◆ Canyon Ranch in Tucson honored in the top 10 in six categories

**Readers' Choice Awards – 2007**

- ◆ Canyon Ranch founders Mel and Enid Zuckerman awarded the Visionary Award
- ◆ Canyon Ranch honored a Best Spa Brand
- ◆ Canyon Ranch in Tucson and Lenox honored with Best Medical Spa Program
- ◆ Canyon Ranch SpaClub at The Venetian honored Best Casino Hotel Spa
- ◆ Canyon Ranch in Tucson and Lenox honored in the top 10 in seven categories

**Readers' Choice Awards – 2006**

- ◆ Canyon Ranch in Tucson and Lenox honored as Best Medical Spa Program
- ◆ Canyon Ranch honored with Best Brand
- ◆ Canyon Ranch SpaClub at the Venetian honored Best Casino Hotel Spa
- ◆ Canyon Ranch in Tucson and Lenox honored in the top 10 in 11 categories

**Readers' Choice Awards – 2005**

- ◆ Canyon Ranch in Tucson honored as Favorite Spa in North America and Favorite Large Spa
- ◆ Canyon Ranch in Tucson and Lenox honored in the Top 10 in nine categories

**Spa Consumer Website Picks – 2004**

- ◆ Canyon Ranch in Lenox honored as the Most Requested North American Spa Destination
- ◆ Canyon Ranch in Tucson honored as 2nd Most Request North American Spa Destination

**Readers' Choice Awards – 2004**

- ◆ Canyon Ranch in Tucson honored in the top 10 in eight categories
- ◆ Canyon Ranch in Lenox honored in the top 10 in eight categories
- ◆ Canyon Ranch SpaClub honored Best Casino-Hotel Spa
- ◆ Canyon Ranch honored as a Best Hotel Spa

**Readers' Choice Awards – 2003**

- ◆ Canyon Ranch in Tucson and Lenox honored in the top 10 in all categories

**Readers' Choice Awards – 2002**

- ◆ Canyon Ranch in Tucson honored in the top 10 in 17 categories
- ◆ Canyon Ranch in Lenox honored in the top 10 in 16 categories
- ◆ Canyon Ranch in Tucson honored as Best Mega-Spa

**THE IMPROPER BOSTONIAN**

**Boston's Best – 2001**

- ◆ Canyon Ranch in Lenox awarded Best Destination Spa

**TRAVEL + LEISURE MAGAZINE**

**World's Best Awards Readers' Survey – 2012**

- ◆ Canyon Ranch Hotel & Spa in Miami Beach; 7<sup>th</sup> place

**World's Best Awards Readers' Survey – 2011**

- ◆ Canyon Ranch in Lenox; 8<sup>th</sup> place
- ◆ Canyon Ranch Hotel & Spa in Miami; 9<sup>th</sup> place

**World's Best Awards Readers' Survey – 2010**

- ◆ Canyon Ranch in Lenox; 4<sup>th</sup> place
- ◆ Canyon Ranch in Tucson; 5<sup>th</sup> place
- ◆ Canyon Ranch Hotel & Spa in Miami Beach; 9<sup>th</sup> place

**World's Best Awards Readers' Survey – 2009**

- ◆ Canyon Ranch in Lenox placed; 4<sup>th</sup> place
- ◆ Canyon Ranch in Tucson; 7<sup>th</sup> place

**"It List" Editors' Choice Awards – 2009**

- ◆ Canyon Ranch Miami Beach named one of the 45 Best New Hotels

**World's Best Awards Readers' Survey – 2008**

- ◆ Canyon Ranch in Lenox; 6<sup>th</sup> place
- ◆ Canyon Ranch in Tucson; 7<sup>th</sup> place

**World's Best Awards Readers' Survey – 2007**

- ◆ Canyon Ranch in Tucson; 5<sup>th</sup> place

**World's Best Awards Readers' Survey – 2006**

- ◆ Canyon Ranch in Tucson; 5<sup>th</sup> place

**World's Best Awards Readers' Survey – 2005**

- ◆ Canyon Ranch in Tucson; 6<sup>th</sup> place

**World's Best Awards Readers' Survey – 2004**

- ◆ Canyon Ranch in Tucson; 4<sup>th</sup> place

**World's Best Awards Readers' Survey – 2003**

- ◆ Canyon Ranch in Tucson; 3<sup>rd</sup> place
- ◆ Canyon Ranch in Lenox; 4<sup>th</sup> place

**World's Best Awards Readers' Survey – 2002**

- ◆ Canyon Ranch in Tucson named a World's Best Spa; 2<sup>nd</sup> place
- ◆ Canyon Ranch in Lenox; 4<sup>th</sup> place

**Readers' Poll: World's Best Service – 2002**

- ◆ Canyon Ranch in Tucson named Top Spa for Service
- ◆ Canyon Ranch in Lenox; 6<sup>th</sup> place

**Readers' Poll: World's Best Food – 2001**

- ◆ Canyon Ranch in Tucson named Top Spa for Food in the US

**World's Best Awards Readers' Survey – 2001**

- ◆ Canyon Ranch in Tucson named World's Best Spa
- ◆ Canyon Ranch in Lenox; 3<sup>rd</sup> place

**World's Best Awards Readers' Survey – 2000**

- ◆ Canyon Ranch in Tucson named World's Best Spa
- ◆ Canyon Ranch in Lenox; 4<sup>th</sup> place

**World's Best Awards Readers' Survey – 1999**

- ◆ Canyon Ranch in Tucson named World's Best Spa
- ◆ Canyon Ranch in Lenox; 3<sup>rd</sup> place

**Specials Readers' Spa Survey – 1998**

- ◆ Canyon Ranch in Tucson named World's Best Spa
- ◆ Canyon Ranch in Lenox; 3<sup>rd</sup> place

**World's Best Awards Readers' Survey – 1998**

- ◆ Canyon Ranch in Tucson and Lenox named a top 12 Favorite American Spa

**VIRTUOSO TRAVEL NETWORK**

**"Best of the Best" Hotel Awards – 2011**

- ◆ Canyon Ranch Hotel & Spa in Miami Beach named Best Spa

**Travel Consultant Awards – 2004**

- ◆ Canyon Ranch in Tucson named Most Popular Destination Spa

**Travel Consultant Awards – 2002**

- ◆ Canyon Ranch in Tucson named Most Popular Destination Spa

**Travel Consultant Awards – 2000**

- ◆ Canyon Ranch in Tucson named Most Popular Destination Spa

**Travel Consultant Awards – 1999**

- ◆ Canyon Ranch in Tucson named Most Popular Destination Spa

**WHAT'S ON MAGAZINE**

**Visitor's Choice Awards – 2005**

- ◆ Canyon Ranch SpaClub named Favorite Hotel Spa/ Health Club

**Visitor's Choice Awards – 2002**

- ◆ Canyon Ranch SpaClub named Favorite Spa/ Health Club

**WORLD TRAVEL AWARDS**

**Global Travel Industry Awards – 2008**

- ◆ Canyon Ranch in Lenox named Massachusetts's Leading Spa Resort

**Global Travel Industry Awards – 2007**

- ◆ Canyon Ranch in Lenox named Massachusetts's Leading Spa Resort

**Global Travel Industry Awards – 2006**

- ◆ Canyon Ranch in Lenox named Massachusetts's Leading Spa Resort

**Global Travel Industry Awards – 2005**

- ◆ Canyon Ranch SpaClub at The Venetian named Southwest Leading Spa Resort
- ◆ Canyon Ranch in Lenox named New England's Leading Spa Resort

**ZAGAT**

**Top US Hotels, Resorts & Spas – 2007**

- ◆ Canyon Ranch in Tucson named as one of the Top Ten Destination Spas in the US
- ◆ Canyon Ranch in Lenox named as one of the Top Ten Destination Spas in the US

**Top US Hotels, Resorts & Spas – 2005**

- ◆ Canyon Ranch in Tucson named as one of the Top Five Destination Spas in the US
- ◆ Canyon Ranch in Lenox named as one of the Top Five Destination Spas in the US
- ◆ Canyon Ranch SpaClub at The Venetian named Noteworthy Hotel Spa

# RECOMMEND MAGAZINE

MIAMI LAKES, FL  
MONTHLY # 43-021

DECEMBER 1994



The Ritz-Carlton  
in Manhattan  
recently underwent  
multimillion-dollar  
renovations  
upgrading suites like the  
one pictured here.



## Luxury NORTH AMERICA

MARILYN GREEN 6740 Canyon

It's the era of the "Baby Boomer," the mid-post-war population explosion that's come of age in the '90s—thousands of mature, affluent clients still young enough to seek out the adventure of travel, but experienced and sophisticated enough to demand the best from their destination market.

This enormous client base did the youth hostels in the '60s. Today, they peruse the listings of "Small Hotels of the World" and look at what's offered at a luxury spa like Arizona's Boulders or the opulence of San Francisco's Huntington Hotel. They pursue the special ambiance of a "Preferred Hotel" like the Bel-Air, in Los Angeles, or the Halekulani, in Honolulu, and understand and appreciate the traditional refinement of a Peninsula, Ritz Carlton or the Four Seasons. They don't "stay" at a hotel, they "experience" the celebration of elegance at a luxury property.

The following is a sampling of but a fraction of North America's luxury and deluxe properties—all of which fulfill the promise of special extravagance and polish this surprisingly large segment of special clients is seeking.

### ARIZONA

Time and the facilities to enhance life are luxuries in our culture and both are abundant on the 60 acres of Canyon Ranch Resort, in Arizona's Santa Catalina Mountains. Guests stay in casitas, suites and private condominium cottages and devour gourmet delicacies that leave them miraculously lighter. The Berkshire version of Canyon Ranch brings your clients into a restaurant that is a replica of Petit Trianon of Louis XIV fame, a luxury devotee if there ever was one. The facility has a complex system of rates and specials, from Sunday to Wednesday for \$235 nightly; 7-night packages from \$1,820; to free rounds of golf and senior specials. (800) 792-8000

DEC 25 1994

# More bests of the best from Robb Report readers

By Diana Scott  
Travel Editor

**R**obb Report is always showcasing the world's best of everything. After all, the magazine's subtitle reads, "For the Affluent Lifestyle."

So, what in the world does its well-traveled readers consider superlative?

In its sixth annual "Best of the Best" reader survey, Robb Report asked subscribers — who the magazine describes as having "the kind of knowledge that comes from experiencing on a regular basis the world's finest products, services and destinations" — their opinions.

Among the 30-odd categories, including best champagne and cigar, were these travel-related results:

**BEST AIRLINE:** Delta Air Lines. (For the third year in a row.)

Nearly as high in the sky, United, American, USAir, and Alaska Airlines.

A significant number of readers also voted for Lufthansa, Virgin Atlantic, KLM, Cathay Pacific, British Airways, Alaska Airlines, Varig, Swissair, MGM Grand Air, Qantas, Singapore and Air Canada.

**BEST CRUISE LINE:** Princess Cruises.

Other super ships: Royal Caribbean, Carnival, Cunard, Norwegian. Robb Report writes that the most frequently cited feature of the best boats afloat was accommodations.

**BEST CASINO:** Caesars Palace, Las Vegas. (By a royal flush.)

More best bets: The Mirage in Las Vegas; The Casino in Monte Carlo; and MGM Grand Hotel in Las Vegas.

**BEST U.S. HOTEL:** The Plaza in New York City.

Also getting rave reviews: Ritz-Carlton, Hyatt and Four Seasons hotels, and the Beverly Hills Wilshire.

**BEST SPORTS CAR:** The Corvette ZR-1.

Other fast-trackers: Porsche 911, Mercedes-Benz SL600, Dodge Viper RT 10 and Acura NSX.

**BEST SPORT UTILITY VEHICLE:** Jeep Grand Cherokee.



FILE PHOTOS

Boston Harbor Hotel's elegant lobbies include a historic art collection. It ranked among Conde Nast Traveler's top 25 U.S. hotels.

**I**n its sixth annual "Best of the Best" reader survey, Robb Report asked subscribers who the magazine describes as having "the kind of knowledge that comes from experiencing on a regular basis the world's finest products, services and destinations" — their opinions.

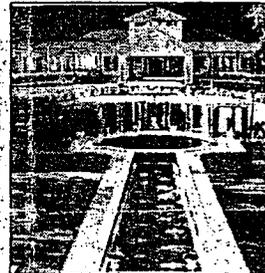


Other favored four-wheelers: Range Rover, Country LWB, Ford Explorer, Chevrolet Suburban, AM General Hummer.

**BEST U.S. RESTAURANT:** The Mansion on Turtle Creek, Dallas.

Other gourmet treats: Spago in Los Angeles; Bouley in New York City; Le Bec-Fin in Philadelphia; and Le Cirque in New York City. The magazine notes that the highest concentration of votes went to restaurants in New York City, then Los Angeles and Boston.

Among the many votes for other restaurants, a sizable number went to two Boston restaurants: Olives,



Both Conde Nast and Robb Report readers rated the Berkshires' Canyon Ranch a top spa.

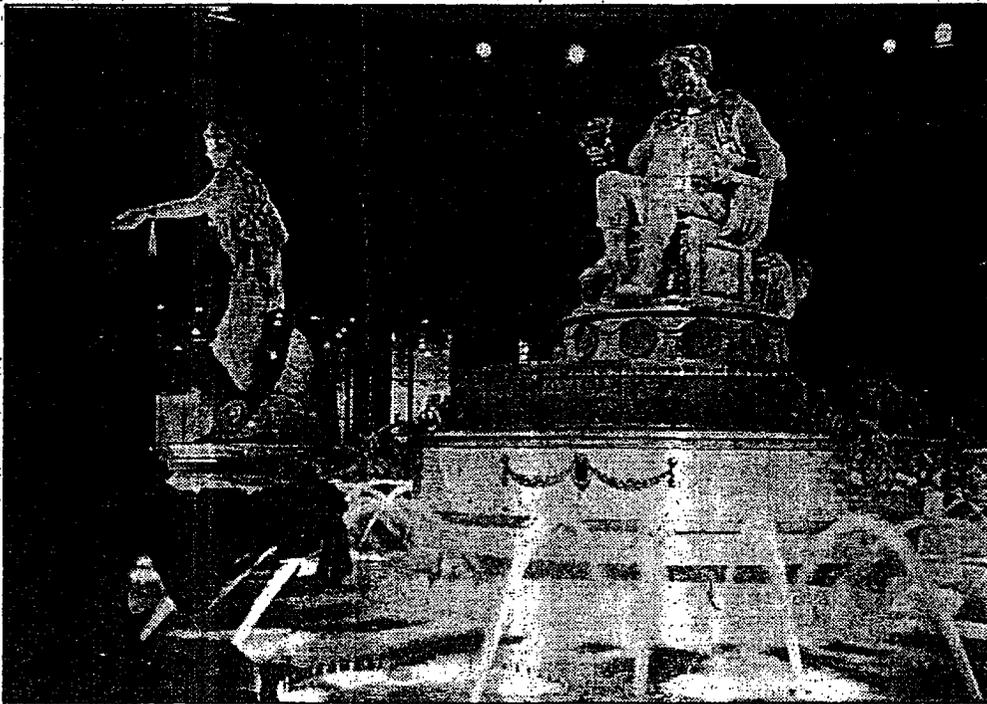
and Julien at the Meridian.

**BEST RESTAURANT OUTSIDE THE UNITED STATES:** A tie between Massimo in Sao Paulo, Brazil, and Louis XV in Hotel de Paris, Monte Carlo.

Others: Gaddi's at The Peninsula, Hong Kong; Waterside Inn, Bray-on-Thames, England. (But the country with the most nominated "best" restaurants was France.)

**BEST HOTEL WORLDWIDE:** The Oriental, Bangkok.

Other world-class hotels: Hotel de



Caesars Palace in Las Vegas was far and away the favored casino in the Robb Report survey. Even its shopping plaza, The Forum Shops, is Roman-themed.

Paris in Monte Carlo, The Ritz in Paris, and The Regent in Hong Kong.

**BEST PHOTO CAMERA:** Nikon. Other sure shots: Canon, Minolta, Olympus, Hasselblad, Leica.

**BEST VIDEO CAMERA:** Sony. Other stars: Panasonic, JVC, Canon.

**BEST SUNGLASSES:** Ray-Ban. Other significant shades: Porsche Design, Serengeti, Giorgio Armani.

**BEST SPA:** La Costa Resort & Spa, Carlsbad, Calif.

Other great retreats: Canyon Ranch, Tucson, Ariz., and Lenox, Mass.; Marriott's Camelback Inn Resort, Golf Club & Spa, Scottsdale, Ariz.; and Two Bunch Palms, Desert Hot Springs, Calif. (The magazine notes that top priority for most voters was the variety of treatments, followed by cuisine.)

An important number of readers voted for the Trianon Palace at Versailles, France; Baden-Baden in Germany and La Prairie in Montreux, Switzerland, as notable overseas spa retreats.

**BEST SPORT TO PLAY:** Cricket, hot-air ballooning, competitive running, jet-skiing and trap shooting.

**BEST VACATION DESTINATION:** No clear winner here, but most often voted on were Zurich, Lon-

don, Vail (Colo.), Hawaii's Mauna Lanii Bay and Bungalows on the Kohala Coast, Monaco, Bora Bora, Barcelona (Spain), Portofino (Italy), Rio de Janeiro (Brazil), Little Palm Island (Fla.) and Sun Valley (Idaho).

Oh, yes. The champagne: Dom Perignon, especially '69 and '83. And the cigar: Macanudo. But you *knew that*, of course.

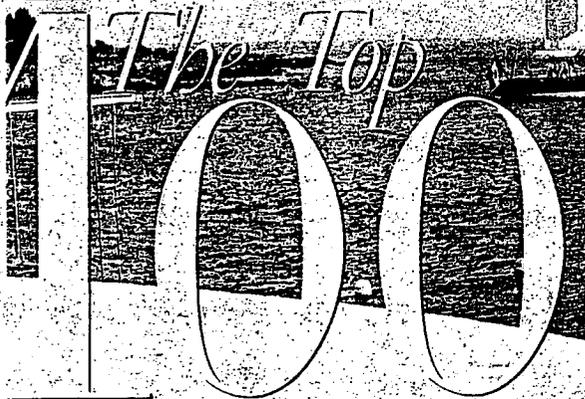
# Condé Nast Traveler

ARE YOU A  
FREQUENT-FLIER  
ADDICT?

DIST. 11/11/94

November 1994 \$3.95

READERS  
CHOICE  
**94**  
AWARDS



## WORLD'S BEST

- CITIES
- ISLANDS
- CRUISE LINES
- RESORTS
- HOTELS
- SPAS
- AIRLINES
- CAR RENTALS



### TOP 10 U.S. SPAS

- \*1. Canyon Ranch in the Berkshires, Lenox, Mass. 88.3
2. Canyon Ranch, Tucson 86.6
2. The Greenhouse, Arlington, Tex. 86.6
4. Golden Door, Escondido, Calif. 79.5
5. Aspen Club, Aspen 78.9
6. Cordillera, Edwards, Colo. 77.1
7. The Peaks, Telluride, Colo. 75.3
8. Spa Doral, Miami 74.4
9. La Costa, Carlsbad, Calif. 74.1
10. Hilton Head Health Institute, Hilton Head, S.C. 72.3

When it comes to spas, you know what you like. In the five years we've ranked them, **Canyon Ranch in the Berkshires** has led twice, including this year's first-place finish. Sister-spa **Canyon Ranch** in Tucson has also won twice. What does Canyon Ranch do right? Well, the Berkshires spa has the high scores for Staff/Programs and Location/Atmosphere. It comes in second behind **The Greenhouse**, in Arlington, Texas, for Rooms/Facilities (86.2% vs. 92.9%), and its score for Cuisine is third, behind The Greenhouse (89.3%) and Tucson's Canyon Ranch (84.7%).

There is perhaps some new competition on the horizon. Although the **Skylonda Fitness Retreat** in Woodside, California, did not receive enough votes to qualify for ranking, the 15 readers who graded it gave the spa a perfect 100% for both Rooms/Facilities and Location/Atmosphere.

\* Staff/Program, 93.6; Rooms/Facilities, 86.2; Cuisine, 84.4; Location/Atmosphere, 89.0; Overall, 88.3

1. **Hotel Imperial**, Vienna 91.8 ■
2. **Lodge at Koele**, Lanai 91.5 I
2. **The Regent**, Hong Kong 91.5 ■
4. **The Oriental**, Bangkok 91.4 ■
5. **Ritz-Carlton**, Naples, Fla. 91.1 I
6. **Ritz-Carlton**, Laguna Niguel, Calif. 91.0 I
7. **Four Seasons**, Wailea, Maui 90.7 I
8. **Ritz-Carlton, Mauna Lani**, Big Island 90.2 I
9. **Shangri-La**, Singapore 89.9 ■
10. **The Greenbrier**, White Sulphur Springs, W. Va. 89.7 I
10. **Manele Bay**, Lanai 89.7 I
10. **Ritz-Carlton**, Chicago 89.7 ■
13. **Halekulani**, Oahu 89.6 I
13. **Mandarin Oriental**, Hong Kong 89.6 ■
13. **Royal Orchid Sheraton**, Bangkok 89.6 ■
16. **Mauna Lani Bay Hotel**, Big Island 89.3 I
17. **The Peninsula**, Hong Kong 88.9 ■
18. **Shangri-La**, Bangkok 88.6 ■
19. **The Cloister**,  
Sea Island, Ga. 88.4 I
20. **Canyon Ranch in the Berkshires**,  
Lenox, Mass. 88.3 ≡
20. **Seabourn** 88.3 ▲
22. **Hôtel le Bristol**,  
Paris 88.0 ■
23. **Crescent Court**,  
Dallas 87.5 ■
24. **Hôtel de Crillon**,  
Paris 87.4 ■
24. **Mansion on Turtle Creek**,  
Dallas 87.4 ■
26. **Grand Wailea**, Maui 87.3 I
26. **Hôtel de Paris**, Monte Carlo 87.3 ■
26. **Hôtel du Cap-Eden-Roc**, Antibes 87.3 I
26. **Inn at Perry Cabin**, St. Michaels, Md. 87.3 I
26. **Ritz-Carlton**, Aspen 87.3 I
31. **Hôtel Ritz**, Paris 87.1 ■
32. **Inn at Spanish Bay**, Pebble Beach, Calif. 86.8 I
33. **Canyon Ranch**, Tucson 86.6 ≡
33. **The Greenhouse**, Arlington, Tex. 86.6 ≡
35. **Four Seasons**, Boston 86.5 ■
35. **Villa d'Este**, Cernobbio, Italy 86.5 I
37. **Cunard Sea Goddess** 86.4 ▲
38. **Ritz-Carlton**, Rancho Mirage, Calif. 86.3 I
39. **Baur au Lac**, Zurich 86.0 ■
39. **Mount Kenya Safari Club**, Nanyuki, Kenya 86.0 I
41. **Ritz-Carlton, Buckhead**, Atlanta 85.9 ■
42. **Meadowood**, St. Helena, Calif. 85.8 I
42. **The Phoenician**, Scottsdale 85.8 I
42. **Windstar** 85.8 ▲
45. **Ritz-Carlton**, Palm Beach, Fla. 85.7 I
46. **Maui** 85.6 ★
47. **Four Seasons**, Chicago 85.5 ■
48. **Hotel Cipriani**, Venice 85.2 ■
48. **Stein Eriksen Lodge**, Park City, Utah 85.2 I
50. **Royal Viking Line** 85.1 ▲
51. **Disney's Grand Floridian**,  
Lake Buena Vista, Fla. 85.0 I

51. **Inn at Little Washington**, Washington, Va. 85.0 I
51. **Ventana Inn**, Big Sur, Calif. 85.0 I
54. **Crystal** 84.8 ▲
55. **Four Seasons**, Washington, D.C. 84.7 ■
55. **Four Seasons Biltmore**,  
Santa Barbara, Calif. 84.7 I
57. **The Boulders**, Carefree, Ariz. 84.6 I
57. **Salishan Lodge**, Gleneden Beach, Ore. 84.6 I
59. **Four Seasons**, Las Colinas, Dallas 84.5 ■
60. **Hyatt Regency**, Maui 84.4 I
61. **American Club**, Kohler, Wis. 84.0 I
61. **Caneel Bay**, St. John 84.0 I
61. **Four Seasons**, Philadelphia 84.0 ■
61. **Ritz-Carlton**, Marina del Rey, Calif. 84.0 ■
65. **Windsor Court**, New Orleans 83.9 ■
66. **Hotel Ritz**, Madrid 83.7 ■
66. **Kea Lani Wailea**, Maui 83.7 I
66. **Kowloon Shangri-La**,  
Hong Kong 83.7 ■
66. **Scottsdale Princess**,  
Scottsdale 83.7 I
70. **Four Seasons Olympic**,  
Seattle 83.6 ■
70. **Hotel Bel-Air**,  
Los Angeles 83.6 ■
70. **The Oriental**,  
Singapore 83.6 ■
73. **Plaza-Athénée**,  
Paris 83.5 ■
74. **Pan Pacific**,  
Vancouver 83.3 ■
74. **The Regent**, Sydney 83.3 ■
76. **Princeville Hotel**, Kauai 83.2 I
77. **Grand Hotel**, Stockholm 83.1 ■
78. **Kauai** 82.9 ★
78. **Ritz-Carlton**, Boston 82.9 ■
78. **Ritz-Carlton**, Philadelphia 82.9 ■
81. **Willard Inter-Continental**, Washington, D.C. 82.8 ■
82. **Ritz-Carlton**, San Francisco 82.7 ■
83. **Enchantment Resort**, Sedona, Ariz. 82.6 I
83. **Loews Ventana Canyon**, Tucson 82.6 I
85. **Adare Manor**, Adare, Ireland 82.5 I
85. **Hyatt Regency**, Aruba 82.5 I
85. **San Ysidro Ranch**, Santa Barbara 82.5 I
88. **Williamsburg Inn**, Williamsburg, Va. 82.3 I
89. **Las Brisas**, Acapulco 82.2 I
90. **Four Seasons**, New York City 82.1 ■
91. **Four Seasons**, Newport Beach, Calif. 82.0 ■
92. **Hyatt Regency**, Kauai 81.9 I
93. **Auberge du Soleil**, Rutherford, Calif. 81.8 I
93. **The Lodge**, Pebble Beach, Calif. 81.8 I
93. **Resort at Longboat Key Club**,  
Longboat Key, Fla. 81.8 I
96. **Hyatt Regency**, Beaver Creek, Colo. 81.7 I
96. **Stouffer Wailea Beach**, Maui 81.7 I
98. **Bermuda** 81.6 ★
98. **Holland America** 81.6 ▲
98. **Westin Resort**, Ixtapa, Mexico 81.6 I

# THE TOP 100

Note: Candidates are rated in various categories; rank is determined by the percentage of readers rating the candidate "excellent" or "very good." The highest score possible is 100%. See page 307 for an explanation of the poll's methodology.

**Key to symbols** ■ Hotel I Resort ▲ Cruise line ≡ Spa ★ Island

# THE SOUTH ADVOCATE

LENOX, MASSACHUSETTS  
NOVEMBER 16, 1994

## news briefs

### Lenox Selectmen note Canyon Ranch is best spa

According to the readers of Conde Nast *Traveler*, Canyon Ranch in the Berkshires is the country's best spa. It has gotten this designation for the second time in five years, noted the Lenox Selectmen at their last meeting. The facility ranked high in programs, staff and location. Coming in second, according to the magazine's November issue which is now on the stands, is Canyon Ranch in Tucson, Ariz.

The Lenox Selectmen have scheduled a public hearing on the U.S. Route 7/20 widening project for Wednesday, Nov. 16, at 7 p.m. The hearing will take place in the auditorium in Lenox Town Hall. Members of the state Highway Department will attend. Time will be allowed for public comment.

The Lenox Selectmen voted to gain "a window of opportunity" by asking to state to declare a one-year moratorium on curb cuts in the Route 7/20 corridor. This would give the town time to develop a zoning plan.

The selectmen also designated the Sundays of Dec. 4, 11, and 18 as preholiday opening dates for local package stores. Stores may sell liquor on these dates from

noon to 5 p.m.

An offer by Silvio "Skip" Scarinzi to provide a polished marble slab to hold donor plaques was accepted by the selectmen. The selectmen preferred this plan of displaying donors' names to the plan of individual plaques on benches, as was suggested by the Lenox Garden Club.

A representative of the Lenox Middle School PTO told the selectmen that the steady increase in fund-raising due to its fair at Lilac Park during the last three Memorial Days will be halted by their not being allowed Lilac Park as a site next year. They have been buying a computer a year for the school system, and they fund field trips. But a town policy of four fairs a summer developed last year in response to complaints about endless fairs from town residents is based on seniority, effectively locking out the PTO. The PTO might hold its juried craft fair during the fall *Apple Squeeze* festival.

Residents with property on David Road, a dirt road, asked the town to accept the road as a town road. The selectmen promised the road would be graded before the winter.

Lenox will increase by \$2,000 its contribution to the County Communications Center in Pittsfield. The center accepts 10,000 calls a year from Lenox, more than any other town in its system. Some towns use an alternative dispatch system.

The Arizona Daily Star

Tucson, Monday, November 14, 1994

### Canyon Ranch garners 2nd place in spa awards

Canyon Ranch in Tucson came in second in Condé Nast Traveler magazine's "best spa" in the world readers' choice award behind its sister spa, Canyon Ranch in Lenox, Mass.

The Tucson facility won the magazine's readers' choice award in 1990, the year spas were added to the annual poll, and again in 1992. Canyon Ranch in the Berkshires in Massachusetts won in 1991.

The original Canyon Ranch was founded 16 years ago by Mel Zuckerman. The Berkshires facility opened in 1989. Canyon Ranch in Tucson employs more than 750 people.

Tucson Citizen



On the move

Monday, November 28, 1994

Canyon Ranch was the runner-up in the Best Spa in the World category in a survey sponsored by Condé Nast Traveler magazine. Canyon Ranch's sister spa, Canyon Ranch in the Berkshires, won in the category.

BERKSHIRE EAGLE  
PITTSFIELD, MA  
DAILY & SUNDAY 31,000  
WEDNESDAY  
NOV 9 1994

The Berkshire Eagle

# MARKETPLACE

D

Classified / D3  
Jumble / D5

Wednesday, November 9, 1994

## Berkshires' Canyon Ranch rates as No. 1 U.S. spa

By Lewis C. Cayler  
Berkshire Eagle Staff

LENOX — The readers of Conde Nast Traveler, a monthly magazine with a circulation of 892,484, have chosen Canyon Ranch in the Berkshires as the best spa in the United States.

At the same time, they chose its parent spa in Tucson, Ariz., as second best.

The magazine reported that readers gave Canyon Ranch high scores for staff and programs and for location.

"When it comes to spas, you know what you like," the magazine said, describing the award. "In the five years that we have ranked them, Canyon Ranch in the Berkshires has led twice, including this year's first place finish."

The awards for best spa and for dozens of other categories, including cities, airplanes, cruise lines and car rental companies, came as part of the magazine's seventh annual Readers' Choice Poll, which it calls "the largest and

most sophisticated assessment of travel services in the world." The results appear in the November issue, now on newsstands.

The magazine said the choice represents the opinion of more than 30,000 readers. Canyon Ranch in the Berkshires won the same award in 1991. In 1992, its Tucson counterpart won the award.

The original Canyon Ranch was founded in 1979 by Mel and Enid Zuckerman in Tucson. Based on the philosophy that individuals

can assume personal responsibility for their own health and well-being, the two health and fitness resorts offer an array of healthy lifestyle activities. Canyon Ranch guests are offered dozens of daily fitness classes plus hiking and biking programs, tennis, racquetball, jogging, swimming, and seasonal outdoor sports like canoeing and cross country skiing.

In October 1988, after spending an estimated \$40 million to restore the former Bellefontaine estate,

the Zuckermans opened Canyon Ranch in the Berkshires. The idea behind the development, they said, was to service their developing East Coast market.

Canyon Ranch accommodates approximately 200 guests and employs 350 full-time workers and about 100 part-timers.

Mary Ellen St. John, managing director, accepted the award Sunday at a ceremony in Lisbon, Portugal.

The award "adds to the luster

and attractiveness of the Berkshires as a destination which features an abundance of historical and cultural activities as well as scenic recreational areas second to none," she said.

Zuckerman said the award is a tribute to the "tens of thousands" of Canyon Ranch guests from around the world who recognize the importance of taking time out from their hectic schedules to relax and rejuvenate and incorporate exercise and healthy eating into their lifestyles.

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**Robb Report**

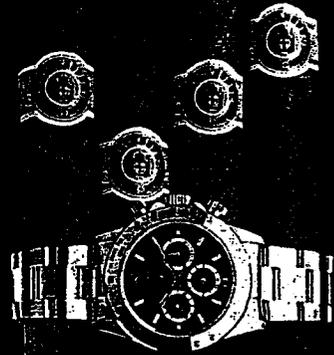
# Robb Report®

JUNE 1995

FOR THE AFFLUENT LIFESTYLE™

Seventh Annual

## Best of the Best



**MARTHA'S  
VINEYARD**

**LUXURY SEDAN  
SHOOT-OUT**

\$6.95 U.S. \$8.00 CDN



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# Robb Report

## Best of the Best

### 1995

The world's most affluent readers have spoken. Here are their top choices in over 35 different luxury lifestyle categories.

By JANICE STILLMAN

THE BEST JUST keep getting better—and so do the results of our annual Best of the Best reader survey.

This marks the seventh year we've dedicated ourselves to identifying the world's best, and the fifth year we've canvassed our readers for their preferences in dozens of lifestyle categories. Once again, our readers' responses have been both intriguing and revealing.

As you'll see on the pages that follow, some "bests" have met readers' expectations of excellence and risen to the top again this year, proving their pre-eminence. Joining them are new "bests," such as those in the sport utility and the restaurant categories, which reflect

not only trends, but the intense competition to satisfy the world's most sophisticated, knowledgeable and discriminating consumers—the type of people who read *Robb Report*.

Wherever possible, we've compared the results of the 1995 survey to the results of previous reader surveys. We've done this because, while everyone loves a winner, it's also interesting to see how far one has come—or how far one might have fallen.

All in all, we believe our 1995 Best of the Best reader survey provides an excellent snapshot of the luxury industry at this point in time, and is the definitive listing on what's new, what's still hot, and what's still the best.

### Best Spa

1. LA COSTA RESORT & SPA, CARLSBAD, CALIF.
2. Canyon Ranch, Tucson, Ariz., and Lenox, Mass.
3. Doral Golf Resort and Spa, Miami, Fla.
4. The Greenbrier, White Sulphur Springs, W. Va.
5. Norwich Inn & Spa, Norwich, Conn.

EDITOR'S COMMENTS: Pampering has been perfected at the sleek, pink La Costa Resort & Spa. The health haven with a country club ambience sweeps top honors for the fifth consecutive year. Canyon Ranch takes second place for the second year in a row.



SUNDAY RECORD

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WOODBRIE, NJ  
SUNDAY 55,000

APR 23 1995

# World-class Americans

By JILL SCHENSUL  
Leisure Editor

The American hotel industry has come of age, at least according to Zagat.

"A generation ago, the world's best hotels were in Europe," write Nina and Tim Zagat in their just-released survey of U.S. accommodations. "Now they're here."

The Zagats, who've made their living rating American restaurants and hotels, gave out awards to top hoteliers this past week. Among the winners were the Mansion on Turtle Creek in Dallas, rated best hotel in the United States; Ritz-Carlton, as the best hotel chain; the Golden Door in California, as best spa; and The Point in Saranac Lake, N.Y., as best resort. The survey also ranks the airlines and car rental companies, with Singapore Airlines and Hertz leading their respective packs.

Tim Zagat said that with all the building that has gone on in the past decade, America's hotel infrastructure may be the best in the world. He added that, although it's been a buyer's market thanks to that overbuilding, deals may be harder to come by in the years ahead.

A new cross-referencing index

in the biannual Zagat guide indicates a continuing trend in the industry: Hotels are now listed as "Computer Friendly" if they allow travelers to hook up their laptops and other high-tech equipment. Another new feature in this year's guide is maps locating the hotels, conference centers, airports, and other landmarks.

Another area of major concern to frequent travelers is health. Nina Zagat noted that "many people choose a hotel based on the workout facilities they want and need." She said spa menus and hotel gyms are a continuing trend.

Nearly 12,000 people — frequent travelers including travel agents and other industry professionals — responded to the survey. Here are the winners:

## Top hotels

Mansion on Turtle Creek, Dallas  
Bel Air, Los Angeles  
Halekulani, Honolulu  
Windsor Court, New Orleans  
Ritz-Carlton Buckhead, Atlanta  
Four Seasons, Chicago  
Four Seasons, Manhattan  
Four Seasons, Boston  
Ritz-Carlton, San Francisco  
Peninsula Beverly Hills, Los Angeles

## Top resorts

The Point, Saranac Lake, N.Y.

Inn at Little Washington, Washington, Va.

Lodge at Koolo, Lanai City, Hawaii

The Boulders, Carefree, Ariz.  
Post Ranch Inn, Big Sur, Calif.  
Ritz-Carlton, Naples, Fla.  
Mauna Lani Bay, Kohala Coast, Hawaii

## Top spas

The Golden Door, San Marcos, Calif.  
The Spa at Doral, Miami  
Canyon Ranch, Tucson, Ariz.  
Canyon Ranch, Lenox, Mass.  
La Costa Resort and Spa, Carlsbad, Calif.  
Norwich Inn and Spa, Norwich, Conn.

## Top hotel chains

Ritz-Carlton  
Relais & Chateaux  
Leading Hotels of the World.  
In the "Best Overall" category, besides the above, are Four Seasons, Small Luxury Hotels, Preferred Hotels, Fairmont Hotels, Intercontinental, Loews, and Westin.

In the airline survey, Singapore Airlines came out on top, followed by Swissair. Airlines were rated on comfort, service, on-time performance, and food.

The Zagat "U.S. Hotels, Resorts, & Spas" book is \$19.95.

# BAVARIA

## Spa Classics

JULY 1995



Here, 14 of the best spas in the world. State-of-the-art and rich in tradition, these renowned retreats have earned reputations for doing what they do—from intensive fitness to all-out pampering, and everything in between—extremely well. You may have to book far in advance or even get on a waiting list, and there is nothing lean about the prices, but if you're seeking a spa sine qua non, this is where to start.

**The Ashram, Calabasas, CA;  
818-222-6900**

Ashram means "religious retreat." And indeed, this spa's devotees—with a hefty proportion of stars among them—return with pious fervor. Why? Simply put, the weeklong sessions work. And so will you: De-stressing here has nothing to do with waiving from pedicures to aromatherapy facials and everything to do with vigorous exercise, purification of body and spirit, and interaction with your fellow humans (the 12 guests double up in no-frills sleeping quarters and queue up for bathrooms). The diet, though essentially a modified fast of some 600 vegetarian calories a day, somehow fueled me for daily 15-mile hikes along breathtaking trails around Malibu, yoga sessions (held in a hilltop dome) that had me folded into fantastic pretzel-esque contortions, and water-exercise classes that devolved into raucous games of pool volleyball.

The Ashram is famous for frowning on outside contact, though one top record-company exec—a nine-time veteran—did take his cellular phone on the trails. New age components, like chakra balancing and 6:30 A.M. meditation moments, are combined with an omnipresent sense of fun—thanks to owner Anne Marie Bennstrom and director Catharina Hedberg and the rest of the staff, whose humor is never eclipsed by the tough-love approach. You're sure to gain a healthy awe for what your body can do. —Suzanne Gleason

**Canyon Ranch, Tucson, AZ;  
800-726-9900**

Whether it's rest and relaxation, pushing your physical limits, or medical or spiritual attention you are seeking, Canyon Ranch, an all-inclusive spa that's heaven on earth, has the answer. Fitness does take precedence here, though, with hiking, biking, one- to four-mile walks, and an array of classes each day, not to mention tennis, racquetball, even tap dancing, to choose from. Nothing

I've ever done in a gym compared with the vigorous workout I was put through on an intermediate-level hiking expedition; and the breathtaking views were certainly more exhilarating than watching the calorie counter on the treadmill.

Because of Arizona's desert climate, most outdoor activities are relegated to the morning, which leaves the afternoon free for indoor exercise classes including Boxercise, body sculpting, and yoga; a nap by the pool; and luxuriant spa treatments. An herbal wrap and salt treatment buffed my skin to a never-before-seen sheen, while a reflexology foot massage left my entire body happily limp.

Hunger is not part of the Canyon Ranch experience; its dining room offers an extensive low-calorie menu (and actually includes dessert with lunch and dinner) that was close to nouvelle cuisine. Several cooking classes are offered so that you can take your healthy regimen home with you.

—Jennifer Jackson  
**Golden Door, Escondido, CA; 800-424-0777**

Spa addicts speak of Golden Door in such hushed tones that I know I am entering sacred ground on my arrival late one night. Even before my first in a series of daily massages, my first five-mile predawn hike, and my first encounter with fascinating fellow guests, I count myself among the converted.

The Japanese gardens, the simple rooms, connected by long wooden porches, and the surrounding lush vegetable gardens and quiet mountains seem designed for maximum calm. Trainers, manicurists, massage therapists, and facialists all found something positive to say, regardless of unwilling muscles, dry cuticles, and dehydrated skin.

Simply put, Golden Door might



Golden Door



The Ashram

well be the most complete spa experience on earth. It is small (only 39 guests per week, with close to 160 staff) and expertly run. Golden Door is a place where Barbara Bush and Martina Navratilova would feel equally challenged and at home. If you choose, it affords incredible privacy (Bush, in fact, chose to write her memoirs here), yet there seems to be rather lovely, unforced bonding among the women.

My fat intake was determined upon arrival, and my request for a vegetarian diet and large portions was quickly granted. My exercise schedule was gauged to be quite demanding, but it could as well have been designed to be relaxing.

In the evening there are talks and workshops. Normally I went to >

# beauty



Rancho La Puerta



The Greenhouse Spa

bed at an embarrassingly early hour, but the one speaker definitely worth staying up for is Golden Door's founder, Deborah Szekely, who makes 70-something really look like something. —Annemarie Iverson  
**The Greenbrier, White Sulphur Springs, WV; 800-624-6070**

For those who mourn the loss of southern charm, get thee to the Greenbrier. Built in 1778, it's one of the oldest—and most elegant—resorts east of the Mississippi. And I emphasize resort: Go to indulge, not deprive. Spend your afternoons chasing a golf ball or soaking in a whirlpool. But check your urban attitude at the door. Although it offers up-to-date body treatments, the spa still boasts a country-clublike atmosphere. I felt a bit like Norma Shearer in *The Women* as I was wrapped from head to toe in fluffy white towels and escorted to the Swiss showers—the local waters have rejuvenated tired skin for centuries. Brenda, my masseuse, noticed my dry skin and switched my herbal wrap to a body polish. A few hours later, as I sat in an overstuffed pedicure chair and nibbled a kiwi-fruit—probably the lightest piece of food I ate the entire weekend—I couldn't stop touching my freshly scrubbed arms. Although each menu includes light selections, such as seafood risotto and grilled chicken salad, I did have a few homemade chocolate truffles. By the second day my southern drawl had resurfaced, and my pace through the main lobby—which still boasts a strict dress code—had slowed. But I didn't mind. After three days of old-fashioned luxury, sipping a cup of afternoon tea and trotting around the cherry blossoms in a horse-drawn carriage seemed perfectly natural.

—Elizabeth Schulte

**The Greenhouse Spa, Arlington, TX; 817-640-4000**

I doubt that anyone researching the spa industry today would say there's a need for a small, women-only spa where breakfast in bed is mandatory and a candlelight dinner is served nightly by a white-gloved butler. But they'd be wrong.

The Greenhouse staff works to keep the spa current, most notably by attracting visiting instructors and speakers. While I was there, a tai chi expert gave classes by the pool and guru Larry Lane taught yoga.

Each guest's itinerary, packed with classes, treatments, and lectures, arrives with breakfast. Treatments are basic, though quite good. The woman who performed an extremely thorough pre-massage loofah scrub told me, "You haven't been this clean since your mama washed you." The tuck-in massage, performed in your bed, is a dream.

Everyone gathers in the evening for hors d'oeuvres and then a formal dinner. A chef hired away from a trendy Dallas restaurant keeps guests satisfied on the 1100-calorie-a-day diet. (Extra carbs are available if you're not trying to lose weight.)

Maybe it's the large lattice structure over the indoor pool that explains the spa's name. Or perhaps it's because the women here, under expert care, bloom like hothouse flowers. In any case, when I left, skin gleaming and nails done, I felt like a rich lady. Even nestled snugly in coach.

—Gale Hansen

**Green Valley Spa & Tennis Resort, St. George, UT; 800-237-1068**

I was amazed that *anyone* could come to this red-rock mecca and not

take advantage of the spectacular hikes. But to each her (and his) own. Among the guests (the spa takes up to 50) were tennis aficionados—there, primarily for lessons at the on-site Vic Braden Tennis College—and several women who, I'm convinced, never ventured beyond the spa's Relaxation Center, where the lauded treatments are performed.

You won't find drill sergeants here: Green Valley's mission is to rid guests' minds of negativity. In fact, the only negative thoughts I had occurred when the hikes ended. And said thoughts were eradicated by such treatments as foot-reflexology and a luxurious crushed-pearl body rub. If I don't remember specifics about these services, it's because I spent my sessions floating in a state of aromatherapeutic semiconsciousness. There's a full repertoire of treatments to explore beyond the five included in the spa package—like the Native American Awareness and Shaman's Journey programs, which will expand both your horizons and pleasure centers.

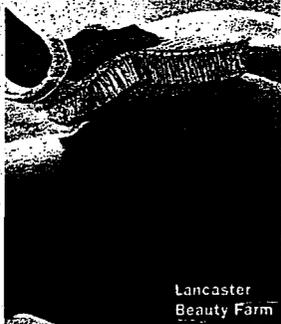
—S.G.

**Rancho La Puerta, Tecate, Baja, CA; 800-443-7565**

No one said I had to wake up for a 6:00 A.M. yoga class, but I did. Dazed and cranky, I rolled out of bed and threw on some workout clothes. After a brisk walk through fragrant gardens to one of six gyms, I opened the door to a large studio featuring a crackling fire and windows overlooking the side of a mountain. A serene-looking woman sat in the center of the room, arms stretched gracefully above her head. Completely transfixed, >

PHOTOGRAPHS, CLOCKWISE FROM FAR LEFT: COURTESY OF RANCHO LA PUERTA; COURTESY OF GREEN VALLEY SPA & TENNIS RESORT; COURTESY OF THE GREENHOUSE SPA

# beauty



Lancaster Beauty Farm



Domaine du Royal Club Évian

Clinique La Prairie



Terme di Montecatini



Lancaster Beauty Farm

I wished that I could start every day of the rest of my life this way. Thus, my very positive first impression of Rancho La Puerta.

I felt like a child again, playing all day long: hiking, circuit training, playing volleyball and tennis, swimming, taking step and dance classes, cross-training, and exploring the ranch's 300 acres. The only time I stopped moving was to refuel with some of the most amazing low-fat concoctions I've come across.

I overheard bits and pieces of a conversation after a mid-morning stretch class. Two times. "Five," "Twelve," "Seventeen times." And I thought, How extraordinary—they're discussing how many times they've been married. Then, as I moved closer, I realized that they were boasting about how many times each had returned to the ranch's spa week.

—Marguerite Kramer

**The Spa at Doral, Miami, FL; 800-713-6725**

You don't come to Doral for its slate of classes. Here, pampering is an art form. The shower in my room has a digital temperature gauge. There are great pyramids of towels at every turn (God forbid anyone's thighs should touch damp terry cloth). Both sparkling and still waters are poured at mealtime (God forbid anyone's lips should touch tap). An open bar is set out all day, offering raspberry iced tea, peach juice diluted with spring water, and crudités. A sign that lists calorie counts for every grape and asparagus stalk should keep you in check.

The sybaritic treatments offer every possible attack on fat, short of

liposuction. Body Gommage entails buffing with an almond cream, and the Passion Fruit Body Glow is a pleasant-smelling loofah rub. The Shirodhara Herbal Hair and Scalp Treatment is far out there, though relaxing: Warm oil is dripped onto the "third eye" in the forehead, and the runoff is massaged into the hair. I passed on astrology, dream analysis, and mental edge training.

Dinner is the most successful meal, especially if you order the famous Florida stone-crab claws and avoid the grilled swordfish (cut so thin it's dry as toast). Caesar salad dressing seems to be the same yogurt-and-mustard that came with the crab, but it's not bad.

Evening entertainment may be a lecture that purports to analyze personality based on the slant of your lipstick—enough to send you off to sleep. But alas, there's no chocolate on the pillow.

—Aimee Lee Ball

**Chewton Glen, New Milton, Hampshire, England; 011-44-1425-275341**

A most civilized way to visit Great Britain is to start at Chewton Glen. The idea is to hire a car or board a train (or helicopter) at Heathrow and head south past Stonehenge, almost all the way to the sea. There you will find a charming estate with expansive gardens, serious food and wine, indoor tennis courts, and an impressive spa facility. You will feel like you are visiting the rambling country home of an exceedingly wealthy, very distant relative.

At every turn, things that once seemed clichés of English country life take on new importance. For example, there are the quite useful Wellington boots lined up at the entryway, which can be borrowed for a walk to the sea; and the rooms

are stocked with decanters of port, whose contents you will find yourself craving when the late-afternoon chill sets in.

By American standards, the term spa applies to Chewton Glen in only the loosest sense. First and foremost, this is a place of repose. Even the spa center, with its grand indoor pool, treatment center, and high-tech fitness room, is completely serene and pastoral, woven into the fabric of the misty English countryside. —A.J. Clinique La Prairie, Clarens-Montreux, Switzerland; 800-723-1323

At La Prairie, your new lease on life could well incorporate a face-lift or a complete dental reconstruction. Of course, not all guests tap the services of the surgeons at the on-site Medical Fitness Center, but your experience here will definitely have a more clinical edge than at your average state-of-the-art luxury spa. In fact, La Prairie has long been noted for its exclusive CLP Purified Concentrate, which purportedly works wonders on age-related diminished mental and physical capacity, circulatory disorders, impotence, and menopausal woes.

Between medical examinations, nutrition-counseling sessions, Turkish baths, exercise classes, and yes, top-notch beauty services, you won't be worrying about filling downtime. But do sample such borderline-sci-fi treatments as the Corpomed, a passive-exercise device that synchronizes lymphatic massage with your cardiac rhythm. The ambience, however, is quite a far cry from *Star Trek*, with chalet-style architecture set in quintessentially Swiss gardens and the deceptively low-cal meals served up with an equally delicious view of Lake Geneva.

—S.G.

**Domaine du Royal Club Évian, Évian, France; 212-529-8484**

Domaine is about as classic as a spa can be. Originally the Hotel Royal, built in 1909, the spa has been > 136

PHOTOGRAPHS, FROM FAR LEFT: COURTESY OF LANCASTER BEAUTY FARM; COURTESY OF DOMAINE DU ROYAL CLUB ÉVIAN (TOP); COURTESY OF CLINIQUE LA PRAIRIE; COURTESY OF TERME DI MONTECATINI; COURTESY OF LANCASTER BEAUTY FARM

### SPA CLASSICS (continued from page 40)

enlarged and modernized to create a truly awesome complex that nevertheless preserves its past.

Domaine includes two hotels, a riding stable, thermal baths (yes, in the famed Evian waters), a golf course, a daycare center, seven restaurants, and a boat landing on Lake Geneva. But the heart of the spa is the Better Living Institute, famous for its specialized programs. Here you can spend six days solving your sleep or back pain problems, remodeling your body, studying herbal medicine or nutrition, or simply relaxing with your baby. Seasonal outdoor activities include horseback riding, river rafting, glacier skiing, paragliding, skeet shooting, and dogsledding.

And to complete the James Bond fantasy, there's also a casino.

—G.H.  
**Lancaster Beauty Farm, Brenner's Park Hotel, Baden-Baden, Germany; 011-49-72-21-90-00**

Baden-Baden's healing waters have been drawing people since the time of Julius Caesar. And you know you're in good hands the minute you set foot on the grounds of the belle époque Brenner's Park Hotel, where even the landscape looks like it's been created to make your spirits soar. Indeed, Lancaster Beauty Farm has pampering and relaxation down to an exact science. It's hard to recommend one treatment in particular, though the whole-body brush massage, relaxation training, and makeup instruction are all excellent. Exercise classes in the Roman-style pool will also be long remembered.

When packing, realize that relaxation here does *not* entail padding around in spa-issue terry separates. Formal dress is required for dinner, and with such extracurricular options as skeet shooting and deer hunting, you'll be glad you brought something other than your tired-old gym tights to wear as you soak up a little continental panache.

—S.G.  
**Terme di Saturnia, Saturnia, Italy; 011-39-564-601061**

Terme di Saturnia is an ancient retreat that has evolved into a state-of-the-art spa. Where Etruscans used to soak in thermal waters, guests can now undergo a double-photon computerized bone-mineralization exam (a test for osteoporosis) at the spa's Institute of Thermal Medicine. Intense skin treatments, all incorporating extracts of thermal plankton from the springs, are done at the Saturnia Cosmetic Institute.

Although high-tech, Terme di Saturnia has not lost its sense of history or natural beauty. Guests stay in a stone 19th-century-style hotel or in the more rustic Saturnia Country Club, where a variety of outdoor sports, including horseback-riding tours of the Tuscan countryside, is available.

—G.H.  
**Terme di Montecatini, Montecatini, Italy; 011-39-572-7784**

Physical activity is not a priority at Terme di Montecatini. Here, taking the waters is an elegant and leisurely ritual.

Montecatini is actually a group of spa pavilions, each offering different cures, ranging from water-drinking regimens and mud baths to visits with doctors. Guests stay at hotels near the spa and can visit the town of Montecatini, which Italians say has remained largely unchanged since the Middle Ages.

For those seeking Montecatini pampering at home, Princess Marcella Borghese has "bottled" the spa. Her Terme di Montecatini products are based on the mineral content of Montecatini mud and waters.

—G.H.

# TUCSON

A BI-ANNUAL PUBLICATION OF THE METROPOLITAN TUCSON CONVENTION & VISITORS BUREAU

SPRING-SUMMER 1995

TUCSON, SPRING-SUMMER 1995

Page 3

## Year after year

## Resorts deliver award-winning service

### Tucson National Golf & Conference Resort



A total of 167 sleeping rooms and 15,000 square feet of meeting space are surrounded by a golf course used in PGA tournaments.

Courtesy: Tucson National Golf & Conference Resort

The test of a destination's ability to satisfy meeting planners isn't in the industry awards its resorts receive in a given year, but how often those awards are earned.

Consistent citations by industry, trade and consumer groups prove that Tucson can deliver a premier meeting or convention experience year after year.

Here's a list of the awards that Tucson resorts earned in 1994 and for how many years they've maintained the excellent standard that those awards recognize:

**Canyon Ranch:** *Condé Nast Traveler Readers' Choice Awards* for best spa in the United States, two years; **Loews Ventana Canyon Resort:** Mobil Four-Star, nine years; AAA Four-Diamond, nine years; *Successful Meetings Pinnacle*, nine years, and *Ace*, four years; *Meetings & Conventions Gold Key*, nine years; *Insurance Conference Planner Premiere Circle*, four years; *Golf Silver*, four years; *Meeting News Planner's Choice*, two years; *Association Meetings Inner Circle*, two years; *Corporate Meetings & Incentives Golden Links*, one year, and *Business Travel News* first ranking in upscale category one year.

**Sheraton El Conquistador Resort & Country Club:** AAA Four-Diamond, 10 years; *Successful Meetings Pinnacle*, nine years; *Meetings & Conventions Gold Key*, eight years; and *Gold Tee*, four years; *Corporate & Incentives Travel Award of Excellence*, four years; *Golfweek America's Greatest Golf Courses*, two years; and *Corporate Meeting & Incentives Paragon*, two years.

**Tucson National Golf & Conference Resort:** Mobil Four-Star, eight years; *Meetings & Conventions Gold Tee*, four years, and *Golfweek* top 25 courses in Arizona.

**Ventana Canyon Golf & Racquet Club:** *Golf Shop Operations 100 Best Golf Shops*, six years; *Meetings & Conventions Gold Tee*, four years; *Golf Magazine Silver Medal Golf Resort*, three years, and *Golfweek One of America's Best Golf Courses*, three years; *Corporate Meetings & Incentives Golden Links*, one year.

**The Westin La Paloma, Tucson:** Mobil Four-Star, eight years; AAA Four-Diamond, eight years; *Corporate & Incentives Travel Award of Excellence*, eight years; *Meetings & Conventions Gold Key and Gold Tee*, eight years; *Successful Meetings Pinnacle*, eight years; *Golf Digest Top 75 Resort Courses*, seven years; *Golfweek America's Best*, four years; *Insurance Conference Planner Premium Circle*, three years; *Association Meetings Inner Circle*, two years; *Meeting News Planner's Choice*, one year; *Corporate Meetings & Incentives Paragon*, three years, and *Golden Links*, one year.

**Westward Look Resort:** AAA Four-Diamond Award, 15 years, and *Tennis Magazine Top 50 Tennis Resorts* in the United States, 16 years.

### Sheraton El Conquistador Resort & Country Club



Set against Pusch Ridge are 432 sleeping rooms and 30,560 square feet of meeting space.

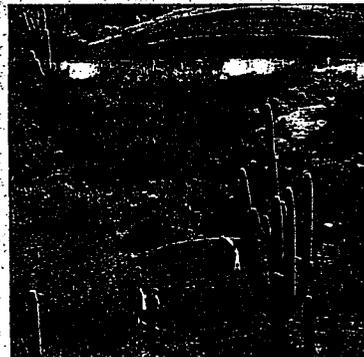
### Canyon Ranch



Meeting space of 6,700 square feet is supported by 180 sleeping rooms.

Courtesy: Canyon Ranch

### Ventana Canyon Golf & Racquet Club



Forty-nine sleeping rooms overlook the golf course. There also are 1,982 square feet of meeting space.

Courtesy: Ventana Canyon Golf & Racquet Club

### Westward Look Resort



Ten thousand square feet of meeting space are supported by 244 sleeping rooms.

Courtesy: Westward Look Resort

### Loews Ventana Canyon Resort



There are 398 sleeping rooms to support 37,000 square feet of meeting space.

Courtesy: Loews Ventana Canyon Resort

### The Westin La Paloma, Tucson



Meeting space of 42,000 square feet is surrounded by 487 sleeping rooms.

Courtesy: Westin La Paloma, Tucson

DIST 1/6/95

**SPECIAL: THE 1995 TRAVEL PLANNER**

# Condé Nast Traveler

TRUTH IN TRAVEL



## THE GOLD LIST

Shangri-la has no precise address, yet worldly travelers will surely offer directions if you'll only ask them. So we did. The result is our 1995 travel planner, the *Condé Nast Traveler* Gold List. In it you will find directions to no fewer than 500 of the very best hotels, resorts, spas, and cruise lines on the planet. To earn a place on this elite road map, each of the 500 survived a rigorous review process. Our reporters spent two months interviewing some 5,000 *Condé Nast Traveler* readers by phone, discussing with them the fine points of the finest places they have visited within the past three years. These interviews yielded detailed and discriminating character sketches that were then married to ratings drawn from the magazine's annual Readers'

Choice poll (which in itself represents the eyewitness opinions of more than 30,000 readers).

**How to read the listings:** The reviews contain direct quotes and paraphrased comments from readers. They describe the personality of the subject but do not supply a comprehensive accounting of its facilities. The scores represent approval ratings—specifically, the percentage of readers ranking the subject as “excellent” or “very good.” (Entries marked with an \* did not receive the minimum number of reader responses necessary to qualify for inclusion in the Readers' Choice poll in our November 1994 issue.) In terms of scale: 90s=Unsurpassed; 80s=Nearly flawless; 70s=Superior.

## UNITED STATES

**American hotels and resorts have arrived.** With such diverse properties as the Lodge at Koele in Hawaii, the Ritz-Carltons in Chicago and Naples, Florida, and The Greenbrier in West Virginia, the domestic product has fully matured. The best of them, whether modest or formidable in scale, embrace all the character, history, and refinement of any great hotel abroad. If they turn toward Europe or Asia at all, it is for a touch of styling or a hint of the exotic rather than for tutelage. Our guide to the riches of our native soil is arranged alphabetically by state and city. Some major destinations can be found on the following pages: California (page 130), District of Columbia (page 135), Florida (page 135), Hawaii (page 138), Massachusetts (page 142), New York (page 144), and Texas (page 146).

### ARIZONA

#### **Canyon Ranch, Tucson**

Challenging activities, most notably the "enlivening morning hike," are led by certified instructors who "demonstrate proper form and offer suggestions instead of criticism." Less active guests can fill their schedule with herbal wraps, facials, and massages. Many find that the spa gives them "a low-risk opportunity to try new things."

160 rooms; 602-749-9000; doubles from \$660.

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### MASSACHUSETTS

#### **Canyon Ranch in the Berkshires, Lenox**

The Top Spa in the 1994 Readers' Choice survey, this refurbished 1890s estate offers "a wide array of indulgent spa treatments, including a complete menu of massage techniques and challenging fitness classes." Guests are particularly enthusiastic about "the holistic philosophy." Individual consultations range from healing imaging to the use of biofeedback and hypnosis to cure phobias.

120 rooms; 413-637-4100; doubles from \$400.

©93.6 ©86.2 ©84.4 ©89.0 88.3

DIST 11/27/95

# Condé Nast TRAVELER

TRUTH IN TRAVEL

NOVEMBER 1995 \$3.95

## The Top 100



READERS' CHOICE AWARDS

### WORLD'S BEST

CITIES ♦ ISLANDS ♦ HOTELS  
RESORTS ♦ CRUISE LINES  
SPAS ♦ AIRLINES ♦ CAR RENTALS



CR001307

# Readers' Choice 1995 AWARDS

*The object is perfection, and CONDE NAST TRAVELER'S readers are finding more of it, at more destinations around the world, than ever before. Seventeen resorts, hotels, and cruise lines win approval ratings of above 90 percent in this, the eighth year of the Readers' Choice Awards. On the following pages, subscribers recognize and reward a standard of excellence that crosses national boundaries, praising travel experiences from New Orleans to Bangkok to Paris. More than 30,000 readers contributed their judgments, resulting in the 275 destinations and properties shown on the following twelve lists. This year, for the first time, the travel experience that ranks above all others is in the Caribbean: The Four Seasons Resort in Nevis, with its winning 93.8 rating, outscores the rest of the world to lead the annual Top 100.*

1. **Four Seasons Nevis** 93.8 I
2. **Inn at Spanish Bay**, Pebble Beach, Calif. 93.6 I
3. **Ritz-Carlton, Aspen** 92.7 I
4. **The Regent**, Hong Kong 91.9 H
5. **Lodge at Koele**, Lanai 91.8 I
5. **Ritz-Carlton, Naples**, Fla. 91.8 I
7. **Shangri-La**, Bangkok 91.7 H
8. **The Peninsula**, Hong Kong 91.6 H
9. **The Oriental**, Bangkok 91.4 H
10. **Four Seasons Maui** 91.0 I
10. **Radisson Seven Seas** 91.0 C
12. **Hôtel Ritz**, Paris 90.9 H
13. **Stein Eriksen Lodge**, Park City, Utah 90.4 I
14. **Hôtel de Crillon**, Paris 90.2 H
14. **Windsor Court**, New Orleans 90.2 H
16. **Mandarin Oriental**, Hong Kong 90.1 H
16. **Seabourn** 90.1 C
18. **Mānele Bay**, Lanai 89.9 I
19. **Mauna Lani Bay**, Big Island 89.8 I
20. **Hôtel de Paris**, Monte Carlo 89.6 I
21. **Mansion on Turtle Creek**, Dallas 89.5 H
22. **The Greenbrier**, White Sulphur Springs, W. Va. 89.3 I
22. **Mount Kenya Safari Club**, Nanyuki, Kenya 89.3 I
22. **Windstar** 89.3 C
25. **Crystal** 89.1 C
26. **Ritz-Carlton, Chicago** 89.0 H
27. **Ritz-Carlton, Amelia Island**, Fla. 88.9 I
28. **Villa d'Este**, Cernobbio, Italy 88.8 I
29. **Halekulani**, Oahu 88.3 I
30. **Four Seasons Chicago** 87.8 H
30. **Hôtel Plaza Athénée**, Paris 87.8 H
32. **Hotel Bristol**, Vienna 87.7 H
32. **Ritz-Carlton, Mauna Lani**, Big Island 87.7 I
34. **The Phoenician**, Scottsdale 87.6 I
35. **Inn at Perry Cabin**, St. Michaels, Md. 87.5 I
36. **Cunard Royal Viking** 87.1 C
36. **Ritz-Carlton, Rancho Mirabe**, Calif. 87.1 I
38. **Kowloon Shangri-La**, Hong Kong 87.0 H
39. **The Cloister**, Sea Island, Ga. 86.9 I
39. **The Savoy**, London 86.9 H
41. **Hotel Cipriani**, Venice 86.8 H
42. **Canyon Ranch in the Berkshires**, Lenox, Mass. 86.7 H
42. **Inn at Little Washington**, Washington, Va. 86.7 I
42. **Ritz-Carlton, Laguna Niguel**, Dana Point, Calif. 86.7 I
45. **Four Seasons Washington, D.C.** 86.6 H
45. **Goldener Hirsch**, Salzburg 86.6 H
47. **Canyon Ranch**, Tucson 86.5 H
47. **Ventana Inn**, Big Sur, Calif. 86.5 I
49. **Four Seasons Vancouver** 86.4 H

50. **Claridge's**, London 86.1 H
50. **Disney's Grand Floridian**, Lake Buena Vista, Fla. 86.1 I
50. **Maui** 86.1 I
53. **Ritz-Carlton, Palm Beach**, Fla. 86.0 I
53. **Shangri-La**, Singapore 86.0 H
55. **Grand Wailea**, Maui 85.9 I
55. **The Regent**, Sydney 85.9 H
57. **The Boulders**, Carefree, Ariz. 85.7 I
58. **Lodge at Pebble Beach**, Calif. 85.6 I
59. **Dolder Grand**, Zurich 85.5 H
60. **Hôtel du Cap-Eden-Roc**, Antibes 85.4 I
60. **Meadowood Resort**, St. Helena, Calif. 85.4 I
62. **Pierre Four Seasons**, New York 85.3 H
63. **Four Seasons Biltmore**, Santa Barbara 85.2 I
64. **Four Seasons Boston** 85.1 H
64. **Ritz-Carlton, Philadelphia** 85.1 H
64. **Royal Orchid Sheraton**, Bangkok 85.1 H
67. **Bayerischer Hof Palais Montgelas**, Munich 85.0 H

# THE TOP 100

67. **Ritz-Carlton, Buckhead**, Atlanta 85.0 H
67. **Royal Crescent**, Bath 85.0 H
70. **Westin La Paloma**, Tucson 84.9 I
71. **American Club**, Kohler, Wis. 84.8 I
71. **La Samanna**, St. Martin 84.8 I
71. **Ritz-Carlton, Boston** 84.8 H
74. **Auberge du Soleil**, Rutherford, Calif. 84.7 I
75. **La Mamounia**, Marrakech 84.6 I
76. **Harbor Court**, Baltimore 84.4 H
76. **Willard Inter-Continental**, Washington, D.C. 84.4 H
78. **Brenner's Park**, Baden-Baden 84.3 I
78. **L'Auberge de Sedona**, Ariz. 84.3 I
80. **Grand Hotel National**, Lucerne 84.2 I
80. **Ritz-Carlton, San Francisco** 84.2 H
82. **Deer Valley Lodging**, Park City, Utah 84.1 I
83. **Las Brisas**, Acapulco 84.0 I
83. **Ritz-Carlton, Kapalua**, Maui 84.0 I
83. **Ritz-Carlton Kempinski, Montreal** 84.0 H
86. **Four Seasons Philadelphia** 83.9 H
86. **Peninsula Beverly Hills** 83.9 H
88. **Four Seasons Toronto** 83.8 H
88. **Hyatt Regency Kauai** 83.8 I
90. **Quail Lodge**, Carmel, Calif. 83.7 I
91. **Peninsula New York** 83.6 H
92. **Four Seasons Olympic**, Seattle 83.5 H
92. **Omni Hotel at Charleston Place**, Charleston, S.C. 83.5 H
92. **Salishan Lodge**, Gleneden Beach, Ore. 83.5 I
95. **Hotel Bel-Air**, Los Angeles, 83.3 H
96. **San Ysidro Ranch**, Santa Barbara 83.1 I
96. **Sydney** 83.1 I
98. **San Francisco** 83.0 H
99. **Caneel Bay**, St. John 82.9 I
99. **Hotel Imperial**, Vienna 82.9 H

Note: Candidates are rated in various categories; rank is determined by the percentage of readers rating the candidate "excellent" or "very good." The highest possible score is 100.0 (100%). See page 296 for further explanation of the poll's methodology.

Key to symbols: I resort H hotel C cruise line H spa I island H city

# Hotels & Spas

top 10

## U.S. SPAS

**T**HE CANYON RANCH sister spas always crowd the top of our list, but this year they close ranks to take first and second place, outstripping the field with overall scores above 86.0 and top scores in all categories: **Canyon Ranch** in Tucson takes first for Staff/Program (93.0) and Cuisine (82.8); **Canyon Ranch in the Berkshires** for Location/Atmosphere (89.4) and Rooms/Facilities (85.0).

Other remarkable scores are posted, notably by California's **Two Bunch Palms** for Staff/Program (83.7), and two Rocky Mountain spas, the **Aspen Club** for Location/Atmosphere (84.1) and **Peaks at Telluride** for Rooms/Facilities (83.3). In terms of Cuisine, however, "spa" is still short for "spartan" as restaurants slowly struggle up from their fat-farm, rabbit-food roots. The average rating for Cuisine is 66.9, markedly lower than most other spa-category averages: 77.4 for Staff/Program, 76.3 for Location/Atmosphere, and 69.4 for Rooms/Facilities.

### 1. Canyon Ranch in the

**Berkshires**, Lenox, Mass. 86.7

### 2. Canyon Ranch,

Tucson 86.5

### 3. Peaks at Telluride,

Colo. 78.9

### 4. Two Bunch Palms,

Desert Hot Springs, Calif. 74.7

### 5. Doral Spa, Miami 74.2

### 6. La Costa, Carlsbad,

Calif. 70.1

### 7. Aspen Club 67.4

### 8. Palms at Palm Springs,

Calif. 67.2

### 9. Norwich Inn & Spa,

Conn. 60.9

### 10. Oaks at Ojai, Calif. 58.3

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The Berkshire Eagle

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# MARKETPLACE

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Wednesday, November 8, 1995

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## Canyon Ranch voted best spa in poll

LENOX — Canyon Ranch in the Berkshires has been recognized for excellence by the readers of Conde Nast Traveler in the magazine's 1995 Readers' Choice Awards poll. Canyon Ranch in the Berkshires was voted "Best Spa" for the third time, while Canyon Ranch's sister spa in Tucson, Ariz., placed second in the annual poll.

Canyon Ranch is a five-time winner of the magazine's "Best Spa" rating. Canyon Ranch in the Berkshires, which opened in October 1989, placed first in 1991 and 1994, and Canyon Ranch in Tucson won in 1990 and again in 1992.

Canyon Ranch employs more than 450 Berkshire County residents in full- and part-time positions.

## Survey lists Tucson's Canyon Ranch as second-best spa

Canyon Ranch Health & Fitness Resort has been named runner-up in the "best spa" category in Conde Nast Traveler's readers choice awards poll, published in the magazine's November issue.

The Tucson resort came in second to its sister spa, Canyon Ranch in the Berkshires, located in Lenox, Mass.

Canyon Ranch is a five-time winner of the magazine's best spa award. The Tucson facility placed first in 1990 and 1992. The Massachusetts location won in 1991 and 1994.

The original Canyon Ranch opened in Tucson 15 years ago. The Massachusetts facility opened in 1989.

# RACQUET

SPRING 1996 \$3.95

## the best resorts in america

From Palm Desert to Palm Beach, from Sedona to Sea Island, *Racquet*

presents  our favorite resorts in America. Of course, such a

roster is bound to exclude many worthy  establishments. We

decided that our criteria must begin with adequate tennis

facilities—although many  of our choices boast far more than

that. Every resort then had to provide something special, be it

elegant accommodations or captivating cuisine, breathtaking views

or fabulous beaches. And it goes without saying  that each

travel destination listed has the world class ambiance demanded by

the discriminating  traveler. by Linda McK. Stewart

### Canyon Ranch

#### Tucson

Telephone: 800-327-9090

Lose weight, get fit, feel great and have fun is the credo of this popular hideaway for some 225 of the rich and famous as well as some of the not-so-rich and famous. Enjoy walks in the Santa Catalina foothills, aerobic workouts, tennis, total massage or a swim in the indoor pool, or in one of the three heated outdoor pools. A one-week stay includes everything from talks on food choices and preparation to an ever-cheerful ambiance. Three clay, three Har Tru and two artificial grass courts, all with lights.



arizona

# HOTELS

THE MAGAZINE OF THE WORLDWIDE HOTEL INDUSTRY

November 1996, Volume 30, No. 11



## TRAVEL AGENTS' BEST Hotels & Resorts

Like insiders in any industry, travel agents thrive on information. The best deal on a weekend getaway with the children? The most sumptuous hotel in Hong Kong? Savvy agents must possess this kind of up-to-the-minute knowledge because their clients demand it.

It is no surprise, then, that *Official Hotel Guide* (OHG) has annually been asking its readers to reveal their personal favorites in hotel and resort properties throughout the world. For the third year,

these travel agents have named their top picks in a range of categories, from finest European luxury hotel to most environmentally friendly hotel chain.

Despite great variations in size, amenities and languages spoken, all of the properties selected share a common thread: they have all achieved a level of quality, service and value that rank them among the world's best. Overall, what impressed travel agents most was the attention each of the winning properties lavished on the

basics: great ambiance, well-kept accommodations and alert and helpful staff.

OHG polled more than 20,000 subscribers of its 1996 issue for their top choices in categories such as luxury, best skiing and golf resorts, most dramatic architecture, best views, most romantic and most responsive to agents' needs.

OHG is a publication of the Reed Travel Group/Hotel Marketing Group, the world's largest supplier of information and services for the travel industry.



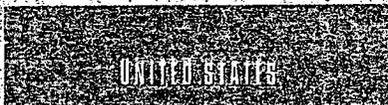
**BEST HEALTH SPA NORTH AMERICA**  
**Gold:** Canyon Ranch, Tucson, Arizona. **Silver:** La Costa, Carlsbad, California. **Bronze:** The Golden Door, San Marcos, California.

# Condé Nast Traveler GOLD LIST

DIST  
1/11/96  
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✓

## The Gold LIST

We like to think of the Gold List as an annual peek into our readers' own little black books of travel—your favorite places to unpack. The 500 hotels and cruise lines listed in this section are the highest-rated properties in the world, according to the Condé Nast Traveler Readers' Choice poll. But a score, however high (and none dips below 70 percent), isn't the whole story. So we called a few readers—about 5,000 of you—to get details. What sets these places apart? we asked, and we didn't have to ask twice. You told us what you loved and what you didn't and a lot in between, which explains how the nutshell-size descriptions on the following pages include impartial survey results as well as the shrewd remarks from some of America's savviest world travelers.



**Forty-five percent of the Gold List is here.** The United States has more fine hotels, resorts, and spas than any other nation in the world, and some that are unsurpassed in their genre. We have, for instance, the world's highest-rated golf resort (the Inn at Spanish Bay in Pebble Beach) and its highest-rated ski resort (the Ritz-Carlton in Aspen). We have the beach island with the most great resorts (Maui, with 10) and the city with the most great hotels (New York, with 12). This alphabetical guide introduces you, by state and city, to all 224 properties, from a 1,503-room Marriott in Orlando, Florida, to a little 10-room spa in Osceola, Wisconsin.

#### **Canyon Ranch, Tucson**

This "sprawling seventy-acre ranchlike complex" in the Santa Catalina foothills is "homey, with earthy southwestern tones." The staff "encourage instead of pressure" you but may leave you wanting "a bit more supervision and follow-through." Casitas are "good size" and "sparse but spotless." Most regulars return for "a safe, successful vacation," a few for the "New Age conversation."  
180 rooms, \$1,510-\$2,600 per person, double occupancy, 4-night package, 520-749-9000, fax-7755.  
● 81.4 ● 82.8 ● 88.8 ● 93.0 88.8

#### **Canyon Ranch in the Berkshires, Lenox**

Organized around a "beautiful (1897) New England mansion," the property resembles "a well-kept college campus," especially "when the forests are wearing the fall palette." Through "supportive, not intrusive feedback," the spa has a "serious back-to-basics philosophy: whole-body well-being." Food is "low-cal but quite edible. They know their herbs." Some found the walls "too thin for the price."  
120 rooms, \$458-\$572 with a 7-night minimum, 413-637-4100, fax-0057.  
● 85.0 ● 79.6 ● 89.4 ● 92.9 86.7

# allure

OCTOBER 1996

(continued from page 262)

## DIRECTORY

### BEST STEAM ROOM

#### NEW YORK

##### DAVID BARTON GYM

The sensual steam room here can't be beat: lights that go from green to blue to ochre and clouds and clouds of aromatherapy mist. **Price:** Membership, \$2,200 per year.

**Address:** 30 East 85th St.  
**Phone:** 212-517-7577

### BEST DAY SPAS

#### NEW YORK

##### ORIGINS FEEL GOOD SPA

An oasis of indulgence in the middle of the sprawling gym at Chelsea Piers, this place is also progressive. Try the *massage à trois*—two masseurs, four hands, multiple pleasure.

**Price:** Full day, \$275.  
**Address:** Pier 60, West 23rd St.  
**Phone:** 212-336-6780

#### MIAMI

##### AGUA

##### AT THE DELANO

OK, the decor is pretty unreal: Floors, walls, tubs, couches, and towels so blindingly white it feels like stepping into a blizzard—except for the penthouse views of the beach and the Atlantic. The dreamscape ambience makes visitors feel like they're day-tripping to a more peaceful planet. **Price:** Day packages, \$135–\$260. **Address:** 1685 Collins Ave. **Phone:** 305-673-0353.

#### DETROIT

##### TANJARA INSTITUT DE BEAUTE

A vast, 40-room spa where people in Motor City go not just for a tune-up but catered lunches, on-the-spot clothes

alterations, and other kinds of pampered excess.

Anita Baker and Tim Allen are among the celebs who have made pit stops.

**Price:** Day packages, \$90–\$285. **Address:** 32520 Northwestern Highway, Farmington Hills. **Phone:** 810-855-0474.

#### HOUSTON

##### THE SPA AT THE HOUSTONIAN

Nestled amid 18 wooded acres, this spa has locker rooms, with espresso machines, luxuriously fluffy towels, and a platoon of personal trainers who treat both regular members and visiting celebs (Jeff Goldblum, Mary Tyler Moore, Michael Jordan) like royalty. **Price:** Day packages, \$175–\$315.

**Address:** 111 North Post Oak Lane. **Phone:** 713-680-2626.

#### SAN FRANCISCO

##### SPA NORDSTROM

Almost every appointment here begins with a ceremonial footbath. The spa has also perfected the simultaneous facial, manicure, and pedicure, with many hands making quick work for the client who doesn't have all day.

**Price:** Day package, \$287. **Address:** 865 Market St. **Phone:** 415-977-5102.

#### LOS ANGELES

##### AIDA THIBIANT

##### EUROPEAN DAY SPA

When the need for skin care strikes, the rich and famous head to this beauty palace, where the temptations include milk baths, 16 kinds of facials, and addictive hydrotherapy body treatments. Valet parking lets high-profile clients (Michelle Pfeiffer, Rachel Hunter and Rod Stewart) make low-profile exits. **Price:** Day package, \$450. **Address:** 449 North Cañon Dr., Beverly Hills. **Phone:** 310-278-7565.

#### MURAD 365

Wellness meets indulgence at this New Age spa founded by dermatologist Howard Murad. Facials, massages, body scrubs, and scalp treatments are done with state-of-the-art machines (check out something called

Debridement, if you dare). **Price:** Day packages, \$120–\$300. **Address:** 2141 Rosecrans Ave., El Segundo. **Phone:** 310-726-0470.

### SPAS

#### ARIZONA

##### CANYON RANCH

##### HEALTH AND FITNESS RESORT

The rooms are only a notch above a Holiday Inn's, but not to worry; the real decor here is the desert, where clients can exercise their hearts out amid the humongous cacti, the rocks, and the roadrunners. **Price:** One week, \$2,560 and up. **Address:** 8600 East Rockcliff Rd., Tucson. **Phone:** 800-742-9000.

#### CALIFORNIA

##### GOLDEN DOOR

A temple of toning for the princess set. There are four staff members for each guest—plenty of pampering for clients like Barbra Streisand and Laura Dern. **Price:** One week, \$4,375 and up. **Address:** P.O. Box 463077, Escondido. **Phone:** 800-424-0777.

#### MEXICO

##### RANCHO LA PUERTA

Nothing elaborate here, but there is superb healthy food, a consistently interesting mix of people, and charming accommodations that are a welcome break from generic Spa Land. **Price:** One week, \$1,655 and up. **Address:** Tecate, Baja California. **Phone:** 800-443-7665.

# MARKETPLACE

D

Classified / D3  
Jumble / D5

Wednesday, November 9, 1994

## Berkshires' Canyon Ranch rates as No. 1 U.S. spa

By Lewis C. Ouyler  
Berkshire Eagle Staff

LENOX — The readers of *Condé Nast Traveler*, a monthly magazine with a circulation of 892,484, have chosen Canyon Ranch in the Berkshires as the best spa in the United States.

At the same time, they chose its parent spa in Tucson, Ariz., as second best.

The magazine reported that readers gave Canyon Ranch high scores for staff and programs and for location.

"When it comes to spas, you know what you like," the magazine said, describing the award. "In the five years that we have ranked them, Canyon Ranch in the Berkshires has led twice, including this year's first place finish."

The awards for best spa and for dozens of other categories, including cities, airplanes, cruise lines and car rental companies, came as part of the magazine's seventh annual Readers' Choice Poll, which it calls "the largest and

most sophisticated assessment of travel services in the world." The results appear in the November issue, now on newsstands.

The magazine said the choice represents the opinion of more than 30,000 readers. Canyon Ranch in the Berkshires won the same award in 1991. In 1992, its Tucson counterpart won the award.

The original Canyon Ranch was founded in 1978 by Mel and Enid Zuckerman in Tucson. Based on the philosophy that individuals

can assume personal responsibility for their own health and well-being, the two health and fitness resorts offer an array of healthy lifestyle activities. Canyon Ranch guests are offered dozens of daily fitness classes plus hiking and biking programs, tennis, racquetball, jogging, swimming, and seasonal outdoor sports like canoeing and cross country skiing.

In October 1988, after spending an estimated \$40 million to restore the former Bellefontaine estate,

the Zuckermans opened Canyon Ranch in the Berkshires. The idea behind the development, they said, was to service their developing East Coast market.

Canyon Ranch accommodates approximately 200 guests and employs 350 full-time workers and about 100 part-timers.

Mary Ellen St. John, managing director, accepted the award Sunday at a ceremony in Lisbon, Portugal.

The award "adds to the luster

and attractiveness of the Berkshires as a destination which features an abundance of historic and cultural activities as well as scenic recreational areas second none," she said.

Zuckerman said the award is tribute to the "tens of thousands" of Canyon Ranch guests from around the world who recognize the importance of taking time to relax and rejuvenate and incorporate exercise and healthy eating into their lifestyles.

TOTAL P. 01

# RACQUET

SPRING 1996 \$3.95

## the best resorts in america

From Palm Desert to Palm Beach, from Sedona to Sea Island, *Racquet*

presents  our favorite resorts in America. Of course, such a roster is bound to exclude many worthy  establishments. We

decided that our criteria must begin with adequate tennis facilities—although many  of our choices boast far more than

that. Every resort then had to provide something special, be it elegant accommodations or captivating cuisine, breathtaking views

or fabulous beaches. And it goes without saying  that each travel destination listed has the world class ambiance demanded by

the discriminating  traveler. *by Linda McK. Stewart*



arizona

### Canyon Ranch

#### Tucson

Telephone: 800-327-9090

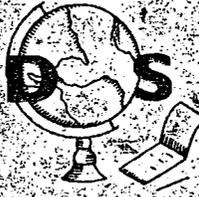
Lose weight, get fit, feel great and have fun is the credo of this popular hideaway for some 225 of the rich and famous as well as some of the not-so-rich and famous. Enjoy walks in the Santa Catalina foothills, aerobic workouts, tennis, total massage or a swim in the indoor pool, or in one of the three heated outdoor pools. A one-week stay includes everything from talks on food choices and preparation to an ever-cheerful ambiance. Three clay, three Har-Tru and two artificial grass courts, all with lights.

Condé Nast  
TRAVELER  
JANUARY 1997  
DIST 1/14/97  
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The  
1997  
Gold List

Grand, Gossipy, And Golden. This new edition of the Gold List is all of that, naming the world's top 500 hotels, resorts, spas, and cruise lines. The bar is set high: It's tough to make the grade. Selection begins with nominations from the 35,000 readers who vote in our Readers' Choice poll. That's the Grand. Then the Gossip: Our reporters spend three months interviewing readers on their recent experiences away from home (to these thousands of discriminating travelers, many thanks). And for spice we sprinkle a few value judgments around (not in quotes) from another corps of picky travelers, our own correspondents. It all adds up to the most gratifying travel you can find anywhere. That's the Gold.

# UNITED STATES



*Think of it as the most critically examined landscape in the world. Our readers know their own terrain better than anyone else does, and they're big fans—almost half the Gold List is in these 50 states. For those inclined to miss greatness when it is directly under their nose, here are a few highlights: 151 resorts, 12 spas, and island get-aways from the East Coast (Sea Island, Georgia) to the West and beyond (foremost in Hawaii, nine spots in longtime reader rave Maui). Below, alphabetically by state and city, the best this country has to offer.*

## ARIZONA

### **Canyon Ranch, Tucson**

At these 70 "acres of tranquillity," you'll be "pampered" with massages and "scolded for the way you've been treating your skin." Staff will "plan every minute of your stay, including each and every calorie," or will encourage you to "put together a program to fit your goals." Dining is "healthy and surprisingly tasty," and herbal tea at sunset teaches you an "awareness of now."

180 rooms; \$1,580-\$1,800 per person, four-night package; 520-749-9000; fax-7755; 6

88.8 77.7 81.4 85.1 83.2

## MASSACHUSETTS

### **Canyon Ranch in the Berkshires, Lenox**

Those who believe "thinness is next to godliness" come to this model of Versailles's Petit Trianon "on a serene 120 acres." Canyon Ranch is "the only spa in the East worth its substantial price [which includes meals]." Food is "delicious," but "you need a microscope to find any fat." Soft pastel and jewel-tone rooms have "rich fabrics."

120 rooms; \$810 per person for three nights;

413-637-4100; fax-0057; 6

92.0 83.2 83.2 90.3 87.2

# Condé Nast TRAVELER

LEADS OF  
the by  
RICHARD GERE

TRUTH IN TRAVEL

SEPTEMBER 1997 \$3.95

## TOP 100

51 hotels, 38 resorts, 6 cruise lines, 3 spas, 1 city, 1 island

1. Amandari, Bali 93.7 I
2. Ritz-Carlton, Aspen 92.7 I
3. Four Seasons, Chicago 92.4 H
4. Mandarin Oriental, Hong Kong 92.0 H
5. Ritz-Carlton, Chicago 91.6 H
6. Inn at Spanish Bay, Pebble Beach 91.4 I
7. Mansion on Turtle Creek, Dallas 91.3 H
8. Lodge at Keole, Lanai 91.1 I
9. Oriental Bangkok, Bangkok 90.8 H
10. Peninsula, Hong Kong 90.3 H
11. Seabourn 90.2 C
12. Silversea 90.2 C
13. Amanpuri, Phuket 90.0 I
14. Regent, Hong Kong 90.0 H
15. Four Seasons Resort Wailea, Maui 89.4 I
16. The Phoenician, Scottsdale 89.1 I
17. Crystal 89.0 C
17. Four Seasons Boston, Boston 89.0 H
17. Manele Bay Hotel, Lanai 89.0 I
17. Windsor Court Hotel, New Orleans 89.0 H
21. Hyatt Regency Kauai Resort, Kauai 88.7 I
21. Windstar 88.7 C
23. Four Seasons Olympic, Seattle 88.4 H
23. Grand Wailea Resort, Maui 88.4 I
25. Ritz-Carlton, San Francisco 88.2 H
26. Kowloon Shangri-La, Hong Kong 87.8 H
26. Shangri-La Hotel, Bangkok 87.8 H
28. Bayerischer Hof, Munich 87.7 H
28. Hôtel du Cap-Eden-Roc, Cap d'Antibes 87.7 I
28. Shangri-La Hotel, Singapore 87.7 H
31. Four Seasons, New York 87.6 H
31. Oriental Singapore, Singapore 87.6 H
33. Ritz-Carlton, Naples, Florida 87.4 I
33. Villa d'Este, Cernobbio, Italy 87.4 I
35. Four Seasons, Los Angeles 87.1 H
36. Mauna Lani Bay Hotel and Bungalows, Big Island 86.9 I
37. Four Seasons Resort, Bali 86.8 I
37. Ritz-Carlton, Kapalua, Maui 86.8 I
39. Hôtel Le Bristol, Paris 86.5 H
39. The Lansborough, London 86.5 H
39. Radisson Seven Seas 86.5 C
39. Ritz-Carlton, Laguna Niguel, California 86.5 I
43. Charleston Place, Charleston 86.0 H
44. The Boulders, Carefree, Arizona 85.9 I
44. Orchid at Mauna Lani, Big Island 85.9 I
46. Grand Lido, Jamaica 85.8 I
46. Royal Orchid Sheraton, Bangkok 85.8 H
46. Villa Cipriani, Asolo, Italy 85.8 H
49. The Greenbrier, White Sulphur Springs, W.Va. 85.7 I
50. Giragan Palace Hotel Kempinski, Istanbul 85.5 H
50. Grand Hotel Villa Serbelloni, Bellagio, Italy 85.5 H
52. Four Seasons, Philadelphia 85.3 H
52. Hayman Island Resort, Hayman Island, Great Barrier Reef 85.3 I
52. Ritz-Carlton, Cancun 85.3 I
55. The Cloister, Sea Island, Georgia 84.8 I
55. Cunard Sea Goddess 84.8 C
55. Hotel Vier Jahreszeiten, Hamburg 84.8 H
55. Stein Eriksen Lodge, Park City, Utah 84.8 I
59. Hôtel Ritz, Paris 84.6 H
59. Ritz-Carlton, Boston 84.6 H
59. Ritz-Carlton, Rancho Mirage, California 84.6 I
62. Lodge at Pebble Beach, Pebble Beach 84.5 I
62. Ritz-Carlton, Hong Kong 84.5 H
62. Ritz-Carlton Huntington Hotel, Pasadena 84.5 H
65. Renaissance Stanford Court, San Francisco 84.4 H
65. Ritz-Carlton, Philadelphia 84.4 H
67. Le Sirenuse, Positano, Italy 84.3 I
67. Scottsdale Princess, Scottsdale 84.3 I
69. Gritti Palace Hotel, Venice 84.2 H
69. Maui 84.2 I
69. Ritz-Carlton, Amelia Island, Florida 84.2 I
69. Ritz-Carlton, Buckhead, Atlanta 84.2 H
73. Hyatt Regency Hill Country Resort, San Antonio 84.1 I
74. Four Seasons, Vancouver 84.0 H
74. Halekulani, Oahu 84.0 I
74. Hotel Imperial, Vienna 84.0 H
77. Canyon Ranch, Tucson 83.8 H
77. Carlyle Hotel, New York 83.8 H
77. Mandarin Oriental, San Francisco 83.8 H
80. Ritz-Carlton, Sydney 83.7 H
80. San Francisco 83.7 H
80. Willard Inter-Continental, Washington, D.C. 83.7 H
83. Island Shangri-La, Hong Kong 83.6 H
84. Four Seasons Resort, Nevis 83.5 I
85. Hôtel de Crillon, Paris 83.3 H
85. Hôtel Hermitage, Monte Carlo 83.3 I
85. St. Regis Hotel, New York 83.3 H
88. Conrad International, Hong Kong 83.2 H
88. Mauna Kea Beach Hotel, Big Island 83.2 I
88. Meadowood, St. Helena, California 83.2 I
88. Peninsula, Beverly Hills 83.2 H
92. Sonnenalp, Vail 83.1 I
93. Canyon Ranch in the Berkshires, Lenox, Massachusetts 83.0 H
94. Campton Place Hotel, San Francisco 82.9 H
94. Hyatt Regency, Singapore 82.9 H
94. Dorchester Hotel, London 82.8 H
96. Hotel Baur au Lac, Zurich 82.8 H
96. Regent, Singapore 82.8 H
99. Hôtel de Paris, Monte Carlo 82.6 I
99. Singapore Airlines 82.6 C

THE  
OF THE  
BEST  
97

Note: Candidates are rated in various categories; rank is determined by the percentage of readers rating the candidate "excellent" or "very good." The highest possible score is 100.0 (100%). For details, see "Methodology," page 200.

### Key to symbols

resort H hotel C cruise line C casino I island M city A airline

# SPAS

Maui's Grand Wailea takes top honors—again



1. Canyon Ranch, Tucson 83.8
2. Canyon Ranch in the Berkshires, Lenox, Massachusetts 83.0
3. Golden Door, Escondido, California 80.4
4. The Greenhouse, Arlington, Texas 79.7

5. Rancho La Puerta, Tecate, Mexico 78.8
6. GivENCHY Hotel & Spa, Palm Springs, California 76.6
7. Miraval Life in Balance, Tucson 76.5
8. Hilton Head Health Institute, Hilton Head, S.C. 75.4
9. Woodlands Spa, Farmington, Pennsylvania 70.4
10. Aveda Spa, Osceola, Wisconsin 70.0



1. Grand Wailea Resort, Hotel & Spa, Maui 85.0
2. Peaks at Telluride Resort & Spa, Telluride 80.8
3. Lodge & Spa at Cordillera, Edwards, Colorado 78.0

4. Ihilani Resort & Spa, Oahu 77.1
5. Marriott's Desert Springs Resort & Spa, Palm Desert, California 71.8
6. Marriott's Camelback Inn, Scottsdale 69.4
7. Sandals Royal Bahamian Resort & Spa, Bahamas 68.9
8. La Costa Resort & Spa, Carlsbad, California 66.6
9. Topnotch at Stowe, Stowe 64.7
10. Sanibel Harbour Resort & Spa, Fort Myers, Florida 63.6

LIKE THE GUESTS WHO GO TO THEM, AMERICA'S increasingly popular spas have been hard at work fine-tuning themselves. So wide-ranging have the facilities and regimes become that this year we divide the category into two: Spa Resorts, which offer a spa program and a full range of resort facilities and, if you will, "classic" Spas, which focus almost exclusively on the spa program. Think of it this way: At a Spa Resort, you can order your orange juice with vodka; at a Spa, a guest caught drinking a screwdriver smuggled it in.

For the second consecutive year, the spa achieving the highest rating overall is Maui's **Grand Wailea**, a Spa Resort if ever there was one. In fact, its most exceptional score may be its 84.6 for **OTHER ACTIVITIES**—a rating of the nonspa options, and the only such rating above 80. Its nearest runner-up is the **Peaks at Telluride** (78.2). The Peaks is also the Grand Wailea's most for-

midable competitor for **LOCATION/SETTING**: Its score of 98.6 is the highest of any spa in any category—stunningly high—but so is the Grand Wailea's 97.8 for the same, followed by the **Lodge at Cordillera**, at Edwards, Colorado (91.5). The Lodge at Cordillera achieves two other category-high scores: For **ROOMS**, its 85.4 is followed closely by the **Grand Wailea's** 84.1 and Oahu's **Ihilani Resort & Spa's** 82.9. For **FOOD/RESTAURANTS**, another 85.4 places it well ahead of the same two runners-up.

Surprising, however, are the high scores for **DIET/CUISINE** among nonresort Spas: The 83.1 achieved by **The Greenhouse** of Arlington, Texas, suggests a kitchen that's found a new kind of fusion cuisine: haute wholesome. Close behind—all above 80.0 for **CUISINE**—are **Canyon Ranch** (81.8), the **Golden Door** (80.5), and **Canyon Ranch in the Berkshires** (80.1). Taken together, these are the top-scoring nonresort Spas—a formidable quartet.

\*The Grand Wailea also made No. 23 in our Top 100 listing when evaluated as a resort.

## METHODOLOGY

A RANDOMLY SELECTED SAMPLE OF *CONDÉ Nast Traveler* subscribers received the "Poll of Consumer Attitudes" with their March 1997 issue. Of 36,929 responses, the first 30,081 that conformed to the geographic distribution of our readership were tabulated by Mark Clements Research, Inc. Readers were asked to judge individual airlines, hotels, and so on, as "excellent," "very good," "good," "fair," or "poor" in a variety of categories. A minimum number of responses were required for a candidate to qualify to win in its field. Final percentages quoted in these 1997 Readers' Choice Awards were compiled using the "excellent" and "very good" votes that a candidate received in the following categories:

- Cities**
- ◆ Environment/Ambience
  - ◆ People/Friendliness
  - ◆ Cultural enrichment
  - ◆ Restaurants
  - ◆ Fun/Energy
- Islands**
- ◆ Environment/Scenery

- ◆ People/Friendliness
  - ◆ Activities/Fun
  - ◆ Lodging/Dining
  - ◆ Beaches
- Airlines**
- ◆ Routes/Scheduling
  - ◆ Punctuality
  - ◆ Comfort/Service

- ◆ Food
- ◆ Baggage handling
- ◆ Frequent-flier program
- ◆ Fares

- Large-ship cruise lines**
- ◆ Destinations/Itineraries
  - ◆ Staff/Service
  - ◆ Cabins/Ambience
  - ◆ Restaurants/Food
  - ◆ Recreation/Activities
  - ◆ Nightlife/Entertainment

- Small-ship cruise lines**
- ◆ Destinations/Itineraries
  - ◆ Staff/Service
  - ◆ Cabins/Decor
  - ◆ Food
  - ◆ Excursions/Activities

- Car-rental companies**
- ◆ Service/Courtesy
  - ◆ Reliability of fleet
  - ◆ Speed of check-in/check-out
  - ◆ Rates

- Hotels**
- ◆ Rooms
  - ◆ Service
  - ◆ Food/Restaurants
  - ◆ Location/Environment

- Spas**
- ◆ Location/Setting
  - ◆ Rooms
  - ◆ Diet/Cuisine
  - ◆ Staff/Service
  - ◆ Program/Facilities

- Spa resorts**
- ◆ Location/Setting
  - ◆ Rooms
  - ◆ Food/Restaurants
  - ◆ Staff/Service
  - ◆ Spa program/Facilities
  - ◆ Other activities/Facilities

- Resorts**
- ◆ Rooms
  - ◆ Service
  - ◆ Food/Restaurants
  - ◆ Location/Environment
  - ◆ Activities/Facilities

## HALL OF FAME AWARD SPAS

The Golden Door and the Grand Wailea often win the top spot in our polls, but none has performed better over the last decade than Canyon Ranch. Both the original property in Arizona and its sister spa in Massachusetts were founded by Mel and Enid Zuckerman. "Illness, disease, personal well-being, and even the aging process are more a matter of choice than chance," say the Zuckermans. They have revolutionized the American spa.

# Gourmet

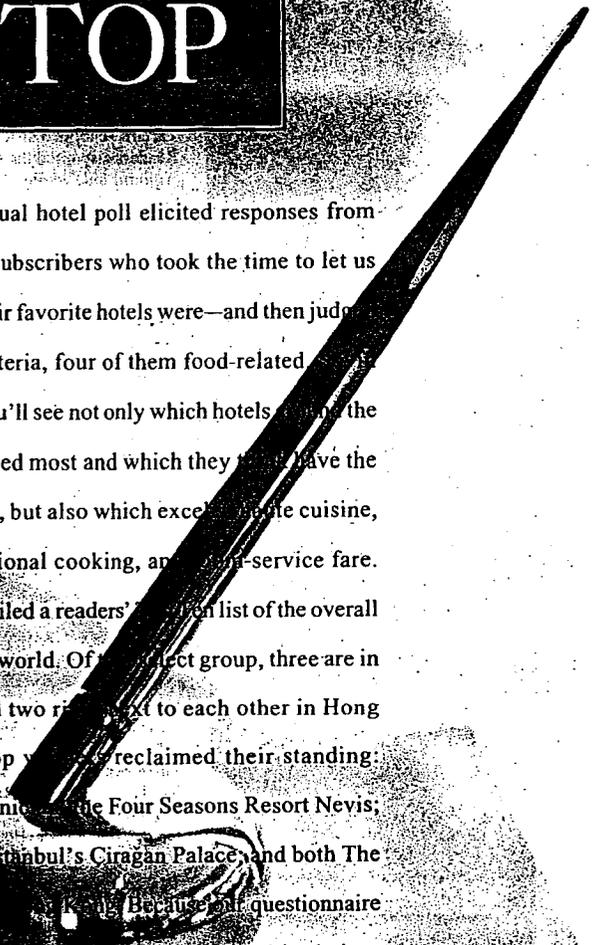
THE MAGAZINE OF GOOD LIVING

GOURMET PRESENTS

## ROOMS AT THE TOP

**O**ur second annual hotel poll elicited responses from thousands of subscribers who took the time to let us know what their favorite hotels were—and then judge them according to fifteen criteria, four of them food-related. In the poll results that follow, you'll see not only which hotels in the world our readers have enjoyed most and which they think have the best guest rooms and service, but also which excel in fine cuisine, casual dining, authentic regional cooking, and all-in-service fare.

New this year, we've compiled a readers' favorite list of the overall highest scoring hotels in the world. Of that select group, three are in California, two in Italy, and two right next to each other in Hong Kong. Six of last year's top winners reclaimed their standing: Congratulations to The Phoenix, the Four Seasons Resort Nevis, The Ritz, Istanbul's Ciragan Palace, and both The Regent and The Peninsula. Because our questionnaire didn't include the number of readers' memories, it's obvious these hotels



## TOPS FOR PURSUITS & PLEASURES

### GOLF

1. The Greenbrier (White Sulphur Springs, WV) (800) 624-6070
2. The Inn at Spanish Bay (Pebble Beach, CA) (800) 654-9300
3. Kapalua Bay Hotel (Kapalua, Maui, HI) (800) 367-8000
4. The Lodge at Pebble Beach (Pebble Beach, CA) (800) 654-9300
5. Mauna Kea Beach Hotel (Kohala Coast, Big Island, HI) (800) 882-6060



### TENNIS

1. The Colony Beach & Tennis Resort (Longboat Key, FL) (800) 426-5669
2. Mauna Kea Beach Hotel (Kohala Coast, Big Island, HI) (800) 882-6060
3. The Greenbrier (White Sulphur Springs, WV) (800) 624-6070
4. La Jolla Beach & Tennis Club (La Jolla, CA) (800) 624-2582
5. Marriott's Desert Springs Resort & Spa (Palm Desert, CA) (800) 331-3112

### SKIING/WINTER SPORTS

1. Sun Valley Lodge (Sun Valley, ID) (800) 786-8259
2. Hyatt Regency Beaver Creek (Avon, CO) (800) 233-1234
3. The Little Nell (Aspen, CO) (888) 843-6355
4. Stein Eriksen Lodge (Park City, UT) (800) 453-1302
5. Tropp Family Lodge (Stowe, VT) (800) 826-7000 and The St. Regis Aspen (Aspen, CO) (888) 454-9005

### BEACH

1. Mauna Kea Beach Hotel (Kohala Coast, Big Island, HI) (800) 882-6060
2. Hotel del Coronado (Coronado, CA) (800) 468-3533
3. The Cloister (Sea Island, GA) (800) 732-4752

### 4. The Ritz-Carlton, Naples

- (Naples, FL) (800) 241-3333
5. Four Seasons Resort Maui at Wailea (Wailea, Maui, HI) (800) 334-6284 and Caneel Bay (St. John, U.S. Virgin Islands) (800) 928-8889

### SCUBA/SNORKELING

1. Caneel Bay (St. John, U.S. Virgin Islands) (800) 928-8889
2. Hyatt Regency Grand Cayman (Seven Mile Beach, Grand Cayman, British West Indies) (800) 233-1234
3. Mauna Kea Beach Hotel (Kohala Coast, Big Island, HI) (800) 882-6060
4. Kona Village Resort (Big Island, HI) (800) 367-5290 and The Manele Bay Hotel (Lanai, HI) (800) 321-4666 and The Bitter End Yacht Club (Virgin Gorda, British Virgin Islands) (800) 872-2392
5. Grand Wailea Resort (Wailea, Maui, HI) (800) 888-6100

### SPA

1. Sonoma Mission Inn & Spa (Sonoma, CA) (800) 862-4945
2. Canyon Ranch (Tucson, AZ) (800) 726-9900
3. The Greenbrier (White Sulphur Springs, WV) (800) 624-6070
4. La Costa Resort and Spa (Carlsbad, CA) (800) 854-5000
5. Grand Wailea Resort (Wailea, Maui, HI) (800) 888-6100

### HIDEAWAY/ESCAPE

1. Ventana Inn & Spa (Big Sur, CA) (800) 628-6500
2. Kona Village Resort (Big Island, HI) (800) 367-5290
3. Post Ranch Inn (Big Sur, CA) (800) 527-2200
4. Inn at Little Washington (Washington, VA) (540) 675-3800 and Auberge du Soleil (Rutherford, CA) (800) 348-5406
5. The Lodge at Koele (Lanai, HI) (800) 321-4666

Ventana Inn & Spa, Big Sur, CA



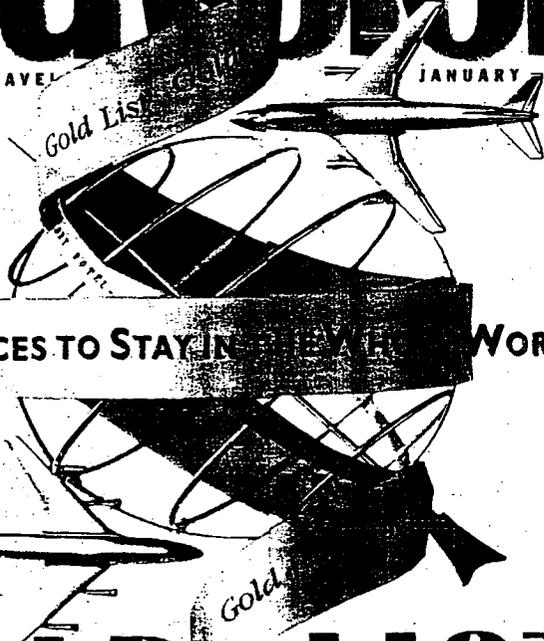
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# Condé Nast Traveler

TRUTH IN TRAVEL

JANUARY 1998



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BEST PLACES TO STAY IN THE WORLD

1998

# GOLD LIST

Top hotels, resorts, spas, and cruise lines in Europe,  
Asia, the Americas, Australia, Africa, and the Pacific

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### Canyon Ranch, Tucson

93.4 75.9 81.8 83.5 84.5 83.8

"Incredible flora and fauna" and the "amazing colors of the desert sunset" win this Arizona's highest score for Location. It's "the perfect place to rejuvenate body and soul." The spa "sets the standard for spas everywhere," with a staff-to-guest ratio of three to one. Rooms are "fine, not plush," but in these environs, who stays indoors? 180 rooms. \$2,550-\$4,744 per person for four nights: 520-749-9000, fax-7755; b.

### Canyon Ranch in the Berkshires, Lenox

92.4 72.1 80.1 84.8 85.5 83.0

A "charming New England town full of antique stores" is the site of this 120-acre estate-cum-spa modeled after a French chateau. "It's certainly not spartan living at all"; Rooms are "typical luxury hotel." You'll "feel like a million" after "exercising in a gorgeous setting." "Excellent massages and facials" are your reward, as is fare that's "downright wonderful." 120 rooms. \$840-\$1,030 per person for three nights: 413-637-4100, fax-0057; b.

# Condé Nast Traveler

U.K. EDITION

FEBRUARY 1998 £2.70

health

## Spa trek

After much purification, perspiration and pummelling at some of the best spas on the planet, Sarah Stacey boldly glows

**F**OR YEARS, spas have been a valued health treatment. But while in the 18th and 19th centuries Bath and Cheltenham were used regularly, today the puritanical need constant reassurance that spending time and money on oneself is worthwhile.

GP and spa consultant Dr Susan Horsewood-Lee says: 'I am happy to recommend that my patients lose other addictions and get addicted to spas instead. We all assume wellness doesn't deserve attention, then realise we've pushed ourselves beyond the limit. That's the time to pause, relax, detox. We can begin to get rid of a number of "lifestyle toxins" in just a week.'

Different spas, different specialities – if you're into bracing mountain air, try Leukerbad, a small town 90 minutes from Geneva by car. Every day, three million gallons of water gush from the thermal springs at 38°C. There are public and private spas here. My favourite is the four-star **Maison Blanche**, with its indoor and outdoor pools. Before breakfast from an extensive buffet, you can get zapped by warm-water jets in the outdoor thermal pool as snowflakes flutter around you. Leukerbad is good for anyone with arthritis or respiratory problems. Also on offer: a range of treatments using alpine herbs.

The **Hélianthal Institut de Thalasso-therapie** is an elegant hotel, with spectacular ocean views, near St-Jean-de-Luz in the south-west of France. At the compulsory medical check-up, guests are prescribed a programme of *soins* (cures) based on the purified heated water that is pumped in from the bay. Expect to be massaged by underwater jets, soaked in algae baths and plunged into the ionisation pool. There are exercise classes, a gym and, nearby, six golf courses. Food is low-calorie nouvelle cuisine; non-slimmers can pick from the gourmet menu. Try the delights of St-Jean-de-Luz – for instance, the delicious macarons at Maison Adam.

*Hélianthal Institut de Thalasso-therapie, place M Ravel 469, 64504 St-Jean-de-Luz, France (00 33 559 51 51 51). Doubles from £53 a night, singles from £43 (excluding treatments). One-day programmes £17-£48*

If you have a family or a lively partner after some action, make straight for **Hills Health & Guest Ranch**, set in rolling Canadian ranchland. It combines all the fun of a dude ranch (in summer, riding, hiking, mountain-biking and canoeing; in winter, cross-country skiing, snowboarding and skating) with health treatments. The emphasis is on fun and entertainment: in summer, hay-wagon rides out to Willie's Wigwam to be serenaded by singing cowboys; in winter, sleigh rides to see the reindeer in the snow. Who's your mix?

low-calorie options. Among the spa treatments on offer are a de-toxifying full body Glacial Clay Pack (which uses extremely cold clay).

*Hills Health & Guest Ranch, Box 26, 108 Mile Ranch, British Columbia V0K 2Z0 (00 1 250 7915225; fax: 00 1 250 7916384). Doubles from £51 a night, singles from £31 (excluding treatments)*

**Canyon Ranch Health Resort** in the Arizona desert is the last word in luxury, with 250 guests and 800 staff, nine gyms and four swimming pools (three outdoor and one indoor). New Age treatments are combined with a mainstream programme. For the self-indulgent there's a body exfoliant of crushed pearls. The resort has won the US *Condé Nast Traveler* Readers' Choice Award for Best Spa three times. *Canyon Ranch, 8600 East Rockcliff Road, Tucson, Arizona 85715 (00 1 520 7499000). A four-night package costs £994 sharing a double room, £1,218 for a single room. Includes a selection of therapies, meals and airport transfers*

Heading eastwards, two hours' drive south of Bangkok, there's **Chiva-Som International Health Resort**, a complex of teak pavilions in private grounds in the royal resort of Hua Hin. There's beach t'ai chi, yoga and aerobics. Dr Horsewood-Lee recommends the detox programme and the traditional Thai massage. The food fuses European and Thai, with produce from the resort's organic farm.

*Chiva-Som International Health Resort, 73 Petchkasem Road, Hua Hin, 771100 Thailand (00 66 32 536536; fax: 00 66 32 511154). Doubles from £242 a night, singles from £182. Includes selected treatments.*

*Dr Susan Horsewood-Lee, 34 Oakley Street, London SW3 5NT (0171 352 6749; fax: 0171 352 0545); e-mail: s.gus@oakley.com*

Robb Report's 10th Annual

## Best of the Best

**H**ere is a blueprint for being the best: Offer a product or service that has uncompromising standards and hire the best people to work with you. Allow your team to be creative and freethinking while keeping it sharply focused on achieving your vision. Manage your people with care, your finances with heavy doses of reality, and your assets with an eye to the future. Eschew volume in production for quality control. Market your product or service to those who can appreciate the finest things in life. Be diligent in maintaining your company's integrity. Obsess over details. Cloak your company in a tradition of maintaining the highest standards from day one.

And pray, because the blueprint isn't fail-safe. It requires a great idea, great people, great management, and the ability to overcome great odds. That's what being the best of the best is all about—and that's what all of the companies and people in the 50 categories that follow share. They are outstanding companies with outstanding products and services that meet the highest standards imaginable. They are among the undisputed experts in their fields and the most hardworking.

The selections for our 10th annual "Best of the Best" reflect that diligence. This year the winners and the rankings for the top five products, companies, and services in each category have been chosen by *Robb Report's* expert staff of editors and contributors, who research and report on these areas. Our contributing writers and editors only received ballots for their fields of expertise. Returned ballots were carefully considered, with some votes discarded if they did not meet our standards. Many of our experts were asked to qualify the ranking of each of their votes. Then they were considered again by our staff to ensure quality control.

That's why we can say, unequivocally, that this represents the best "Best of the Best" *Robb Report* has ever produced. We had a clear vision, let the most knowledgeable people do the job, demanded the highest standards, and obsessed over the details. It was a lot of hard work. But then again, when is producing the best of the best anything less?

*The definitive list  
of the companies,  
products, and services  
that epitomize class  
and redefine the  
term luxury.*

### Best Spa

1. Golden Door,  
La Jolla, Calif.
2. Canyon Ranch Health  
and Fitness Resort,  
Tucson, Ariz.
3. Canyon Ranch in the Berkshires,  
Lenox, Mass.
4. Givenchy Hotel & Spa,  
Palm Springs, Calif.
5. Spa at Doral,  
Miami, Fla.
6. Rancho La Puerta,  
Baja California, Mexico

*The Golden Door opens to a combination of proven techniques in a virtually unmatched ambience.*

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20 Great American Inns for Fall

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September 1999

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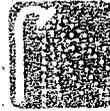


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# 1999 World's Best

**For the fourth year in a row, you've answered the call:** in an effort to determine not just the best but the *World's Best*, we sent out tens of thousands of surveys—and the responses were all over the map, literally. Yankelovich Partners Inc., the research and polling group, tallied the results (methodology, page 277); to make your life easier, we've added contact information for all the winners (page 262). So without further ado, here they are: the best—the World's Best.



THE TOP SPAS IN THE UNITED STATES AND ABROAD

2	Golden Door, San Marcos, California	77.8
1	Canyon Ranch in the Berkshires, Lenox, Massachusetts	76.3
4	Miraval Life in Balance, Catalina, Arizona	72.6
5	Two Bunch Palms, Desert Hot Springs, California	70.7
6	The Greenhouse, Arlington, Texas	69.5
7	The Ashram, Calabasas, California	68.4
8	Cal-a-Vie, Vista, California	67.6
9	Lodge at Skylands, Woodside, California	64.8
10	Heartland Spa, Gillman, Illinois	64.0
1	Four Seasons Resort Hualalai, Hawaii	82.3
2	The Phoenician, Scottsdale, Arizona	82.3
3	The Greenbrier, White Sulphur Springs, West Virginia	82.0
4	Grand Wailea Resort, Hotel & Spa, Maui	81.4
5	Hyatt Regency Kaula Resort & Spa	79.8
6	Sea Island Spa at the Cloister, Georgia	79.2
7	The Homestead, Hot Springs, Virginia	76.9
8	American Club, Kohler, Wisconsin	76.5
9	Marriott's Desert Springs Resort & Spa, California	75.4
10	La Costa Resort & Spa, Carlsbad, California	75.2



## Canyon Ranch

### the truth is in the treatments

These are the 10 spas around the world whose programs scored the highest—along with descriptions of their specialties.

- Four Seasons Resort Bali at Jimbaran Bay** 86.7  
 The beachfront spa specializes in marine-based therapies; the RainShower elixir program begins with a sea-salt scrub, followed by a rainfall rinse, a massage, and a lavender-and-fresh-flower bath (for singles and couples).
- Amandari, Bali** 86.3  
 The ultimate room service: the two-hour in-suite Mandi Rempah Massage includes an aromatherapy massage followed by a *lulur* herbal scrub; clients are then slathered in yogurt prior to a spice- and orchid-filled bath under the stars.
- The Oriental, Bangkok** 85.9  
 The Body Glow is the stuff of spa legend—21 herbs from the hills of northern Thailand are blended according to a secret recipe, then rubbed onto the body.
- Canyon Ranch Health Resort, Tucson** 84.1  
 Held in the recently built Aquatic Center's 91-degree pool, the relaxing Watsu sessions are a combination of shiatsu, yoga, and dance movements.
- Mandarin Oriental, Hong Kong** 83.9  
 Specialists work to erase the effects of jet lag with the two-hour Body and Soul Rejuvenator treatment. A deep-tissue massage is followed by a revitalizing Jurlique facial and a gentle exfoliation.
- Grand Wailea Resort, Hotel & Spa, Maui** 83.7  
 The Terme Wailea Hydrotherapy Circuit is included with almost every spa service. Choose between five specialty baths—Moor Mud, Mineral Salt—in addition to the circuit's steam, sauna, loofah scrub, waterfall rinse, and Swiss Jet shower.
- Four Seasons Resort Hualalai, Hawaii** 83.6  
 Derived from traditional Hawaiian massage, the Lomi Hoola uses heated stones to "open the body's energy centers" and melt away tension.
- Four Seasons Resort Bali at Sayan** 83.6  
 The Lulur Sayan, based on an ancient Javanese bridal ritual, progresses from an exfoliating herbal scrub to a milk- and ylang-ylang bath, finishing with a hydrating rubdown using flower-infused lotion.
- The Phoenician, Scottsdale, Arizona** 83.4  
 The therapists here help clients choose a Kachina Aromatherapy blend to enhance strength and induce calm; the gentle massage includes light cranial work to restore resilience.
- Hôtel Ritz, Paris** 82.5  
 Beauty at Paris's Hôtel Ritz means caviar, of course. The three-hour moisturizing program includes liberal doses of sevruga and beluga (for the face, not the stomach), after an exfoliating mask and massage.

Since more hotels and resorts have added spa facilities, we've separated out the true destination spas.

## ROBB REPORT

ACTON, MA  
MONTHLY 90,000  
JUNE 1999

### 11th Annual Best of the Best Leisure Travel

6740A

#### Luxury Resorts

1. Bora Bora Lagoon Resort,  
Bora Bora
2. Mauna Kea, Hawaii
3. Amanpuri, Thailand
4. Las Ventanas al Paraíso,  
Los Cabos, Mexico

#### Spas

1. The Oriental Spa, Bangkok,  
Thailand
2. Banyan Tree Phuket,  
Thailand
3. Chiva-Som International  
Health Resort, Thailand
4. The Golden Door,  
Escondido, Calif.
5. Canyon Ranch, Tucson, Ariz.

#### Cruise Lines

1. Silversea Cruises
2. Crystal Cruises
3. Seabourn Cruise Lines
4. Cunard Sea Goddesses line

#### Sail-in Communities

1. San Diego
2. Newport, R.I.
3. Seattle
4. San Francisco
5. Auckland, New Zealand

#### Marinas

1. Atlantis, Bahamas
2. Port Vauban, France
3. Porto Cervo, Italy
4. Raffles, Singapore
5. Admiral's Cove, Malaysia

# SHAPE

MIND & BODY FITNESS FOR WOMEN

October 1999

DIST.  
9/29/99

## SPACEMAN

From space-age fitness to stellar pampering, these nine retreats are ushering in a new dawn of mind-body wellness.

by sara hare and carole jacobs

**YOU CAN GET A DECENT MASSAGE** at pretty much any spa. But finding a spa with state-of-the-art fitness — now there's the real rub. You could close your eyes, wish upon a spa (*spa light, spa bright, first spa I see tonight*) and hope you land on a star, as opposed to, say, a cable-television satellite. Or you could do what smart women everywhere intent on maximizing their workout dollars have done for the past 19 years. You could listen to us.

In *Shape's* continued quest to get you to the best in spa-dom, we've seen it all — from fly-by-nighters that crash, burn and leave huge craters in your pocketbook to steadfast planets that burn bright and true, revolving around predictable (but never boring) orbits.

This story is about our nine favorite fitness planets — from destination spas like the Canyon Ranches (aka the twin suns of the spa universe) and Rancho La Puerta, the proverbial North Star, to resort spas like Ojai Valley Inn & Spa and The Spa at the Cloisters. We've also included the two diagnostic spas for you star-seekers looking to make major lifestyle changes. (And to prove our telescopes are ever pointed skyward for signs of new life, we've even covered Nemaquin Woodlands Resort & Spa, the most promising of the morning stars. See story on page 54 of *In Shape*.) From seaside retreats to desert oases, structured programs to do-your-own-things, each spa's a shining star offering all the points of light you'll need (see "How to Choose a Star Spa") to make your fitness wishes come true.

## 1. OJAI VALLEY INN & SPA, OJAI, CALIF.

*The Magic Is in the Valley*  
This historic Spanish-style resort has been setting standards of elegance since the 1920s. Guest rooms have fireplaces, sofas, writing desks, marble bathrooms with Jacuzzi tubs and secluded balconies that open onto views of the soaring Sierra Madre, while the lavish grounds house a championship golf course, a tennis center, an 800-acre equestrian ranch with stables, and trails that wind through live oak trees hanging with Spanish moss and into the adjacent Los Padres National Forest. With the completion of a 31,000-square-foot Mind/Body Center and fitness center in 1997, Ojai's proven it's not content to rest on its laurels — or let you rest on *yours*. Stroll the herb-scented labyrinth into the center of yourself, do tai chi on the lawn, enjoy Aqua Toning in the new outdoor pool or a workout on Tectrix virtual-reality bikes in the jampacked, high-tech fitness center.

Not that *everything's* new at Ojai. Native Americans long have considered the Ojai Valley sacred, and many of the spa's programs revolve around these age-old rituals. Head for the *Kuyam*, an updated Chumash Indian sweat lodge, where you'll be coated with cleansing mud and herbs, then lay back and inhale lemon grass-infused steam. Or grab *him* for Petals, an oil massage ending with love affirmations under a shower of rose petals.

**Details:** From \$518 per night, double occupancy. Includes lodging, fitness activities and two treatments per day per person.

Meals are extra. Call (888) SPA-OJAI or (805) 646-5511 in Canada; or visit [www.ojairesort.com](http://www.ojairesort.com).

## 2. THE CANYON RANCHES: TUCSON, ARIZ., AND THE BERKSHIRES, MASS.

*Twin Suns of Fitness*  
Whether you choose Tucson, a sage-scrubbed retreat of adobe casitas in the cactus-spiked Arizona desert, or the Berkshires, a Versailles-like sprawl of manicured lawns, gardens and fountains built around an 1897 mansion, choice is the byword at Canyon Ranch, the gold standard of spas in the United States. With up to 40 fitness classes a day in football-field-sized fitness complexes housing everything from gyms and racquetball courts to yoga domes, the options here are endless — and you set the pace. Pedal your butt off in a Spinning class, take guided hikes or select from such esoteric offerings as qi gong, an ancient breathing practice. Then bliss out with spa treatments like Euphoria, a 100-minute total-body relaxing treatment.

Instructors at Canyon Ranch bench press the highest credentials, while many of the chefs hail from the esteemed Culinary Institute of America. The spa offers more courses than your local community college, if the entertaining "Stir-Fry Madness" cooking class doesn't serve up a smile, the "Healing Heartache Through Humor" workshop will. For major changes, enroll in *Shape's* own Body Positive workshops, or the Tucson campus' Life Enhancement Program, which includes a medical and fitness evaluation/testing, mind-body seminars, nutritional make-

Native Americans consider the Ojai Valley sacred, and many of the spa's programs revolve around these age-old rituals.



overs — everything except a yummy new boyfriend.

**Details:** Canyon Ranch in the Berkshires: from \$1,820 per person, double occupancy for four nights; Canyon Ranch Tucson: from \$1,860 for four-night minimum stay. Includes meals, lodging, all activities and a selection of health and spa services. Call (800) 742-9000 or visit [www.canyonranch.com](http://www.canyonranch.com).

### 3. RANCHO LA PUERTA, TECATE, MEXICO.

North Star of the Spa Galaxy

In 1940, Edmond and Deborah Szekely founded North America's first fitness camp, a BYOT (bring your own tent) retreat nestled in the high desert and ringed by purple mountains. Guests came to commune with nature sans electricity and running water while learning what were then considered avant-garde fitness practices: yoga and guided meditation, plus low-fat vegetarian cuisine (which guests helped plant and pick when not milking the cows).

Today, you can leave your tent at home: The rancho's expanded into a 3,000-acre Mexican villa offering luxury digs (fireplaces, balconies, tile floors) plus every imaginable fitness amenity: sparkling pools, tennis courts, several indoor gyms plus three open-air gyms with wood floors and mountain views. The fitness focuses on the Great Outdoors: interpretive, hiking and climbing through sagebrush flats to Mount Kuchumaa, long considered sacred to Native Americans. With a holy hill at its doorstep, Rancho's mind-body program is nothing if not inspired. Enjoy the

Medicine Wheel and Spiral Dancing workshops, which build heart muscles while expanding your chakras, or The Inner Journey, a guided meditation. While the Rancho still grows its own, it's come a long way from camp chow. Rancho's longtime chef, Bill Wavrin, remains a legend in his own lunch time, plucking stuff from the back 40 (and yes, you can still help pick) for use in gourmet fare like sweet potato soufflés and chilled melon soups. He'll even share the recipes, also available in the spa's own cookbook. Despite the buzz of activities, the Rancho remains a laid-back place where *que serd serd* is the modus operandi. Hike all day or spend it horizontal in a hammock — *no problema*. But better book early. Only the bell tower in San Juan Capistrano has a higher return rate.

**Details:** From \$1,645 per person, double occupancy for one-week minimum stay Saturday to Saturday. Includes meals, lodging and all fitness classes and programs. Spa treatments extra. Call (800) 443-7565 or visit [www.rancholapuerta.com](http://www.rancholapuerta.com).

### 4. COOPER WELLNESS PROGRAM AT COOPER AEROBICS CENTER, DALLAS

Guiding Light

Don't be fooled by the serene woodland setting complete with duck pond. Cooper is a get-serious program for long-term healthy living, complete with a 40,000 square foot state-of-the-art fitness facility. Based on a complete fitness/medical assessment or (optional) thorough medical evaluation, a team of physicians, nutritionists and exer-

## HOW TO CHOOSE A STAR SPA

Your spa offers the following points of light:

- \* A holistic health philosophy based on the best and latest fitness information.
- \* A preview interview/application (so you and the staff can customize your fitness program before you arrive).
- \* Experienced fitness professionals certified for the activities they teach (step, kickboxing, Pilates, etc.).
- \* Customized services and a high staff-to-guest ratio.
- \* The best and latest fitness equipment and programs.
- \* Low-fat spa cuisine (at least 1,800 calories daily), nutrition workshops/counseling, cooking demos, etc.
- \* Licensed, certified mind/body professionals.
- \* Lots of outdoor fitness options.
- \* Spa treatments (to motivate and inspire you).
- \* Post-spa follow-up and take-home materials.
- \* A high return rate (50-75 percent).

— C.J.

cise technologists prescribes a fitness-plan that's a perfect fit. The staff's guiding light is Kenneth H. Cooper, M.D., M.P.H., the "Father of Aerobics" himself. Count on cooking classes and lectures on things healthy — including Motivation & Goal Setting, Managing Stress and Understanding Antioxidants — plus exercise sessions applying state-of-the-art equipment and techniques. After sweating the books and gym, opt for a massage, contouring seaweed wrap, facial or pedicure at the center's Mediterranean-style Day Spa. Then there's that lighted tennis court! You'll earn your rest at the on-site Guest Lodge, a colonnaded mansion featuring private balconies.

**Details:** From \$2,095 for 4-Day Wellness Retreat, including meals. Lodging and medical exam extra. Call (800) 444-5192 or (972) 386-4777; or visit [www.cooperaerobics.com](http://www.cooperaerobics.com).

— Amy Allison

### 5. MIRAVAL, TUCSON, ARIZ.

Sun-Kissed Oasis  
White adobe-style casitas sparkle in the sun; waterfalls

and reflecting ponds flow past towering saguaro cactuses in meditation gardens. "Life in Balance" is the theme here and everything, from the fitness to the pampering, espouses the Zen concept of mindfulness.

This can mean balancing atop a 25-foot pole strapped to a harness before taking the Quantum Leap, aimed at building trust and overcoming fear, or improving energy circulation via the Zero Balancing treatment. Or get "balanced" by a horse who's smarter than Mr. Ed. As you groom him during Equine Experience, he responds with behavior that sheds light on your true nature.

Other balancing acts include guided meditative hikes and trail rides into the rugged foothills of the Santa Catalina Mountains; customized fitness programs in a gleaming fitness facility with a six-lane lap pool, and personal consultations with fitness instructors, nutritionists or golf pros.

Afterward, quiet your soul with a hot-stone massage, sand painting or Native American story-

(continued on page 142)

## Spa Worlds

(continued from page 112)

telling, then savor low-fat spa cuisine (papaya and ricotta cheese pancakes; grape leaves stuffed with grilled salmon and sea scallops) served in two elegant restaurants overlooking the star-spangled desert.

**Details:** From \$275 per night, double occupancy. Includes meals, lodging, activities and one treatment. Call (800) 825-4000 or visit [www.miravalresort.com](http://www.miravalresort.com).

### 6. BIRDWING SPA, LITCHFIELD, MINN.

*The New Mother Nature Takes Over* Birdwing is a nature lover's feast: 300 acres ablaze with fall color and brown beavers by the waters of Star Lake on a migration route of white pelicans. Settle in and you'll be snug as an iridescent dragonfly in the vintage red barn. All 14 rooms are country fresh, many with lake views. Screeching owls provide your wake-up call while the owners, Richard and Elisabeth Carlson, a registered nurse, along with the fitness and pampering staff (the majority of whom have been here for years), provide customized service.

Fitness programs revolve around the outdoors and change with the seasons. Spring through fall, you can canoe/kayak or swim in the lake, enjoy guided picnic hikes through falling leaves or cycle the region's beautiful back roads, then drop by the spa for a talk on herbs or enjoy treatments like the Algae Body Wrap, reminiscent of the lake weed out your back door. In winter, when Jack Frost blankets the region with tons of snow, you can enjoy ice skating, Nordic skiing and snowshoeing across frozen lakes and 12 miles of groomed trails.

As for the fare, it doesn't get any fresher (you're in the Corn Belt, remember?). A registered dietitian works to design a personalized menu based on color-balanced spa cuisine. Every meal includes four — green spinach, orange chicken, red potatoes, and a yellow-lemon parfait for dessert, for example. The body treatments are equally earthy: a Purifying Herbal Wrap of rosemary, ginger root and eucalyptus or aromatherapy with

(continued on page 145)

## Spa Worlds

(continued from page 142)

juniper or geranium. Or celebrate the new millennium with a Champagne Facial. *Cheers!*

**Details:** From \$1,200 per person, double occupancy for a five-day Ultimate Birdwing Spa Escape. Includes meals, lodging, a daily treatment, unlimited classes. Call (320) 693-6064 or visit [www.birdwingspa.com](http://www.birdwingspa.com).

### 7. THE NEXT LEVEL SPA, THE PEAKS AT TELLURIDE, COLO.

*Lifts You Up Where You Belong*

As the name implies, The Next Level Spa aims to elevate you to new fitness heights — beginning with the altitude. Perched at 9,000 feet beneath gunmetal mountains, the o.m. (operating mantra) here could be “climb every mountain” as nearly everything (including you) goes up-up-up. Not for nothing is your cushy “spa room” equipped with foot massagers, scent diffusers and soothing bath salts.

Hike out the back door to the Judd Wiebe Trail, a spiraling, cliff-hanging quad burner that *begins* at 10,000 feet; take your bike on the town chairlift for a high-altitude spin that makes the earthbound versions look tame; brave white-water rafting, horseback riding or rock climbing; perfect your swing (golf, tennis) or your cast (fly fishing); tackle the snowbound slopes by ski, snowshoe or snowboard; or perfect your figure eight on the lake.

Inside the fitness center, Next Level's Climbing Clinics will rope you into the thrills of rock climbing and prepare you for a gasp-invoking scramble to the top of 14,000-foot Mount Wilson. Or learn to maximize your moves through Cardio Coaching. A fitness expert places sensors on your body and interprets the readings as you exercise.

Even the spa's mind-body programs aim to levitate you to another astral plane. Enjoy sunrise yoga in a window-walled studio; take a Native American-inspired vision quest; zone in with Zen golf or Alpine Stretch and Meditation Hikes with qi gong.

You'll feel like a natural woman after spa treatments like La'Stone, a massage using heated river rocks. Or enjoy steamy scented soaks in a Native

American Kiva, Alpine Aromatherapy Massage, and Exfoliation with pine-scented clay.

While there are plenty of starry-eyed options (astrology workshops, etc.), the spa's core program revolves around no-nonsense programs and seminars (Eating Healthy in a Restaurant, etc.) aimed at keeping you at that next level long after you leave. Who sez what goes up must come down?

**Details:** From \$2,048 per person, double occupancy for a minimum four-night stay. Includes all meals, three spa treatments per person, unlimited fitness classes, and Next Level Work-

shops. Call (800) SPA-KIVA or visit [www.grandbay.com](http://www.grandbay.com).

## 8. SEA ISLAND SPA THE CLOISTER, SEA ISLAND, GA.

*Grand Dame of Fitness*

Sea scrubs and leisurely beach strolls are what you'd expect at this grand old seaside resort in southern Georgia, set amid rolling green lawns and manicured gardens. But that's just the frosting on the tea cakes. Imagine hiking, cycling and galloping along windswept beaches, canoeing through a sea of waving grass, kayaking aquamarine

*(continued on page 148)*

## Spa Worlds

*(continued from page 145)*

waves, and pedaling to nostalgic beach towns with old-time boardwalks, historic lighthouses and quaint cottages (mansions to the rest of us) that look like they're on loan from *The Great Gatsby*. Or settle into a cabana on the resort's sugary sands for a day of unhurried beach bumming/aerobicizing and water sports, from swimming and snorkeling to scuba diving.

As for structured fitness, Sea Isle offers some of the best facilities and programs south of the Mason-Dixon line. Each guest is assigned a spa concierge to match fitness interests with goals and receives a binder of personally designed information — from a quick-count calorie sheet to stretching diagrams for at-home workouts — to take with her. And the fitness options are endless. Learn scuba or tennis, take Pilates, enjoy tai chi on the sands or “get OUT,” a workout using elements on the beach.

When it comes to pampering, those Southerners really know how to spoil a girl. Enjoy a personalized aroma-

therapy session; seaside journaling, a one-on-one writing-therapy course designed to release the sea currents within you; or go swimming in the open sea with dolphins.

Sea Island may be the only spa on earth offering world-renowned skeet shooting, so as long as you're here, why not fire away? A total (and civilized — you shoot at clay disks, not birds) blast, it's an incredibly creative way to relieve stress.

**Details:** From \$1,825 per person, double occupancy for five-night minimum Signature Spa Experience. Includes meals, lodging, use of all facilities and classes, wellness lectures and a raft of spa treatments. Call (800) SEA-ISLAND or visit [www.seaisland.com](http://www.seaisland.com).

## 9. DUKE DIET & FITNESS CENTER AT DUKE UNIVERSITY MEDICAL CENTER, DURHAM, N.C.

*Designed for Home Runs*

Housed in a modern building set beneath towering trees (guest lodging is in homey houses with porches), Duke feels more like a college campus than a medical resort. Catering to those seeking a serious fitness make-

over, it promotes a no-nonsense approach to getting — and staying — in shape. Like the nearby “Bull Durham” ball field of Hollywood movie fame, Duke covers all the bases: exercise, nutrition, psychology and medical testing. Up-to-date diagnostic tools customize a goal-oriented, reality-grounded regimen for everyone. The program's strong medical component plus its fully credentialed staff boost its credibility to darn near the stratosphere. Round out your schedule of exercise, lectures and personal and group counseling with let-your-hair-down evening and weekend activities, from line dancing to cheering sports events. So those healthy habits picked up at the center don't high-tail it once you're home, an optional Aftercare Program offers a motivational newsletter and phone sessions.

**Details:** From \$3,895 for one-week program, includes meals and all testing and activities. Call (800) 235-3853 or (919) 660-6712; or visit [www.dfc@mc.duke.edu](http://www.dfc@mc.duke.edu). — A.A.

Sara Hare is a San Francisco Bay area-based free-lance writer.

Condé Nast

# HAVANA

**CHEAP TRIPS**  
Can Internet auctions  
do your bidding?

TRUTH IN TRAVEL

NOVEMBER 1999

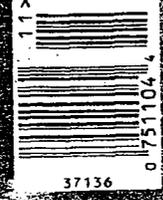
# TOP 1000



## 1999 READERS' CHOICE AWARDS

The Best Cities · Islands · Monuments · Hotels  
Resorts · Cruise Lines · Airlines · Airports

U.S.A. \$3.95  
Foreign/Canada \$4.50



CR001339

## 51 hotels, 35 resorts, 5 cruise lines, 5 spas, 3 monuments, 1 city, 1 island

1. Four Seasons Jimbaran Bay, Bali 94.1 I
2. Ritz-Carlton, Millenia, Singapore 93.3 ■
3. Amankila, Bali 93.0 ■
3. Crystal Cruises 93.0 ▲
3. Hayman Island Resort, Great Barrier Reef 93.0 I
6. The Peninsula, Hong Kong 92.8 ■
7. Hôtel Ritz, Paris 92.6 ■
8. Hôtel de Crillon, Paris 92.4 ■
8. Mount Nelson Hotel, Cape Town 92.4 ■
10. Gidleigh Park, Chagford, England 91.8 ■
10. Grand Hyatt, Bali 91.8 I
12. Four Seasons Sayan, Bali 91.3 ■
13. The Point, Upper Saranac Lake, N.Y. 91.2 ■
14. Cliveden, Taplow, England 90.8 ■
15. Amandari, Bali 90.7 ■
16. Villa Gallici, Aix-en-Provence 90.6 ■
17. Chewton Glen, New Milton, England 90.4 ■
18. Manele Bay, Lanai 90.2 I
19. The Oriental, Bangkok 90.1 ■
19. Silversea 90.1 ▲
21. Amanusa, Bali 90.0 ■
22. Le Montreux Palace, Montreux, Switzerland 89.6 ■
23. Seabourn 89.5 ▲
24. Ritz-Carlton, St. Thomas 89.1 I
25. Boyer Les Crayères, Reims, France 89.0 ■
25. Thornbury Castle, near Bristol, England 89.0 ■
27. Hôtel du Cap-Eden-Roc, Cap d'Antibes 88.7 I
28. Ritz-Carlton, Palm Beach, Fla. 88.6 I
29. Miraval, Life in Balance, Catalina, Ariz. 88.4 ≡
30. Aerie Resort, Vancouver Island, B.C. 88.2 ■
30. Las Mañanitas, Cuernavaca, Mexico 88.2 ■
32. Lodge at Koele, Lanai 88.1 I
33. Canyon Ranch in the Berkshires, Lenox, Mass. 88.0 ≡
33. Ritz-Carlton (A Four Seasons Hotel), Chicago 88.0 ■
35. Sheraton Mirage Gold Coast, Main Beach, Australia 87.7 I
36. Lodge at Skylonda, Woodside, Calif. 87.6 ≡
36. Ritz-Carlton, Amelia Island, Fla. 87.6 I
38. Jalousie Plantation, St. Lucia 87.5 I
39. Çırağan Palace Hotel Kempinski, Istanbul 87.4 ■
39. Ritz-Carlton, Naples, Fla. 87.4 I
41. Amanpuri, Phuket, Thailand 87.3 ■
41. Mala Mala Game Reserve, Kruger Nat'l. Park, South Africa 87.3 I
41. Ritz-Carlton, Laguna Niguel, Calif. 87.3 I
44. Gleneagles Hotel, Auchterarder, Scotland 87.2 I
44. Huka Lodge, Taupo, New Zealand 87.2 ■
46. Buckland Manor, Buckland, England 87.0 ■
46. Little Dix Bay, Virgin Gorda 87.0 I
48. Grand Lido Sans Souci, Jamaica 86.9 I
49. Four Seasons Resort, Nevis 86.8 I
49. The Regent, Hong Kong 86.8 ■
51. The Greenbrier, White Sulphur Springs, W.Va. 86.7 I

52. Four Seasons, New York 86.5 ■
52. Four Seasons Hotel, The Ritz, Lisbon 86.5 ■
52. Hotel Imperial, Vienna 86.5 ■
55. Four Seasons Maui at Wailea, Maui 86.4 I
55. La Réserve de Beaulieu, Beaulieu-sur-Mer, France 86.4 ■
57. Goldener Hirsch, Salzburg 86.3 ■
57. Mauna Lani Bay, Big Island 86.3 I
57. Villa d'Este, Cernobbio, Italy 86.3 I
60. Four Seasons Hualalai, Big Island 86.1 I
60. Palace Hotel, Sun City, South Africa 86.1 I
62. Blantyre, Lenox, Mass. 86.0 ■
62. Lapas Rios, Puerto Jimenez, Costa Rica 86.0 ■
62. Maui 86.0 \*
62. Plaza Athénée, Paris 86.0 ■
66. Las Ventanas al Paraíso, Los Cabos, Mexico 85.9 I
66. Radisson Seven Seas 85.9 ▲
68. Blackberry Farm, Walland, Tenn. 85.7 ■
68. Hotel Ritz, Madrid 85.7 ■
70. Dromoland Castle, County Clare, Ireland 85.6 I
70. Windstar Cruises 85.6 ▲



72. Hotel Sacher Salzburg Osterreichischer Hof, Salzburg 85.5 ■
72. The Phoenician, Scottsdale 85.5 I
74. Ritz-Carlton, Sydney 85.4 ■
75. Four Seasons, Milan 85.3 ■
75. Halekulani, Oahu 85.3 I
75. Sandals, St. Lucia 85.3 I
78. Ritz-Carlton, Huntington, Pasadena 85.2 ■
78. Sydney 85.2 ■
80. The Cloister, Sea Island, Ga. 85.1 I

81. Bali Hilton International 85.0 I
81. Hotel Arts, Barcelona 85.0 ■
81. Oberoi Lombok, Indonesia 85.0 ■
84. Terra-cotta Army, Xi'an, China 84.9 ■
85. Le Château du Domaine St-Martin, Vence, France 84.8 ■
86. Post Ranch Inn, Big Sur 84.7 ■
87. Inn at Spanish Bay, Pebble Beach, Calif. 84.6 I
88. Domaine des Hauts de Loire, Onzain-en-Touraine, France 84.5 ■
88. La Samanna, St. Martin 84.5 I
88. Little Palm Island, Little Torch Key, Fla. 84.5 ■
91. Four Seasons, Chicago 84.4 ■
91. Keswick Hall, Keswick, Va. 84.4 ■
91. Ritz-Carlton, Kapalua, Maui 84.4 I
94. Ephesus, Turkey 84.3 ■
94. Grand Wailea Resort, Hotel & Spa, Maui 84.3 ≡
94. Machu Picchu, Peru 84.3 ■
94. Tu Tu'Tun Lodge, Gold Beach, Ore. 84.3 ■
98. Rancho La Puerta, Tecate, Mexico 84.2 ≡
99. Inn at Perry Cabin, St. Michaels, Md. 84.1 I
99. Princeville Hotel, Kauai 84.1 I
99. Ritz-Carlton, Hong Kong 84.1 ■

Note: Candidates are rated in appropriate categories; rank is determined by the percentage of readers rating the candidate "excellent" or "very good" on a variety of criteria. The highest possible score is 100 (100 percent). For details, see "Methodology," page 240.

### Key to symbols

I resort    ■ hotel    ▲ cruise line    \* island    ■ monument    ≡ spa    ■ city

TRAVEL WEEKLY

NEW YORK, NY  
MONDAY 50.511  
MAR 27 2000



**BURRELLE'S**

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National Geographic Traveler chooses best spa destinations and resorts

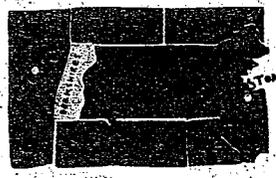
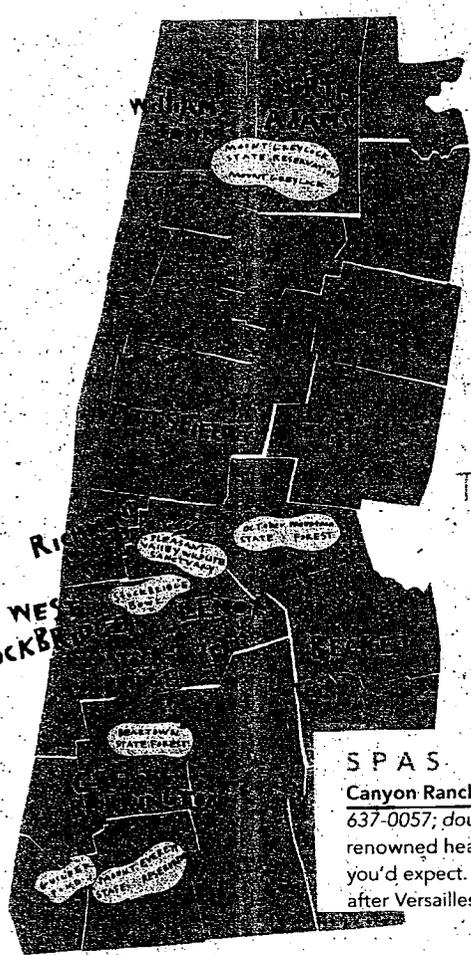
<p><b>Cal-a-Vie, Vista, Calif.</b> (760) 845-2056 <a href="http://www.cal-a-vie.com">www.cal-a-vie.com</a></p>	<p><b>Miraval, Catalina, Ariz.</b> (800) 232-3869 <a href="http://www.miravalresort.com">www.miravalresort.com</a></p>	<p><b>The Grand Wailea Resort Hotel and Spa, Maui, Hawaii</b> (800) 772-1933 <a href="http://www.grandwailea.com">www.grandwailea.com</a></p>	 <p><i>A woman experiencing The Kuyam, a combination of mud cleansing, inhalation therapy and guided meditation. Ojai Valley Inn and Spa offers the only treatment of this kind in the U.S.</i></p>
<p><b>Canyon Ranch in the Berkshires, Lenox, Mass.</b> (800) 742-9000 <a href="http://www.canyonranch.com">www.canyonranch.com</a></p>	<p><b>The Oaks at Ojai, Ojai, Calif.</b> (800) 253-6257 <a href="http://www.oaksspa.com">www.oaksspa.com</a></p>	<p><b>Marriott's Camelback Inn, Scottsdale, Ariz.</b> (800) 242-2635 <a href="http://www.camelbackinn.com">www.camelbackinn.com</a></p>	
<p><b>The Golden Door, Escondido, Calif.</b> (800) 424-0777 <a href="http://www.thegoldendoor.com">www.thegoldendoor.com</a></p>	<p><b>The Spa at Broadmoor, Colorado Springs, Colo.</b> (800) 634-7711 <a href="http://www.broadmoor.com">www.broadmoor.com</a></p>	<p><b>Ojai Valley Inn and Spa, Ojai, Calif.</b> (800) 422-6524 <a href="http://www.ojaivalley.com">www.ojaivalley.com</a></p>	
<p><b>The Greenhouse, Arlington, Texas</b> (817) 540-4000 <a href="http://www.thegreenhousespa.com">www.thegreenhousespa.com</a></p>	<p><b>Claremont Resort and Spa, Berkeley, Calif.</b> (800) 351-7266 <a href="http://www.claremontresort.com">www.claremontresort.com</a></p>	<p><b>The Peaks Resort &amp; Golden Door Spa, Telluride, Colo.</b> (800) 880-2220 <a href="http://www.thepeaksresort.com">www.thepeaksresort.com</a></p>	
<p><b>Green Valley Spa, St. George, Utah</b> (800) 237-1069 <a href="http://www.greenvalleyspa.com">www.greenvalleyspa.com</a></p>	<p><b>The Spa at Doral, Miami</b> (800) 413-6725 <a href="http://www.doralspa.com">www.doralspa.com</a></p>	<p><b>PGA National Resort and Spa, Palm Beach Gardens, Fla.</b> (800) 635-8150 <a href="http://www.pga-resorts.com">www.pga-resorts.com</a></p>	
<p>Source: National Geographic Traveler</p>			

TRAVEL WEEKLY

READERS' POLL: THE WORLD'S BEST VALUES

# T R A V E L & L E I S U R E

M a



## THE BEST OF THE BERKSHIRES

T&L'S ESSENTIAL GUIDE TO THE REGION; FROM APPLE ORCHARDS TO ZEN HIDEAWAYS

### SPAS AND RETREATS

**Canyon Ranch in the Berkshires** 165 Kemble St., Lenox; 800/742-9000 or 413/637-4100; fax 413/637-0057; doubles from \$1,204 per person for a three-night minimum stay. This outpost of Tucson's renowned health-and-fitness resort opened in 1989 and provides all the treatments and services you'd expect. At the heart of the 120-acre estate is Bellefontaine, a grand 1897 "cottage" modeled after Versailles's Petit Trianon.



Friday, March 24, 2000 • Section D

POLL

## 'Traveler' readers rate their 40 favorite spas

The Four Seasons Resort Hualalai at Historic Ka'upulehu, on Hawaii's Big Island, and Golden Door in Escondido, Calif., rank as the top

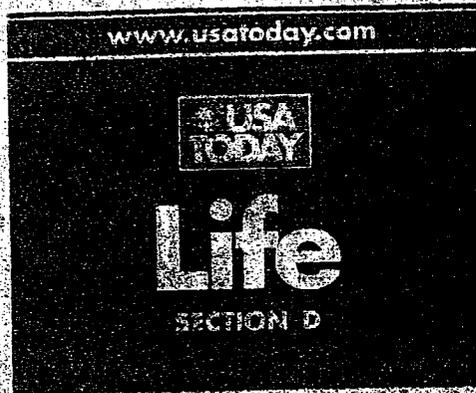
**TRAVEL DIGEST**  
By Anne Goodfriend

resort spa and destination spa, respectively, in *Condé Nast Traveler's* first-ever spa poll. The April issue's "Guide to the Top 40 Spas in North America and the Caribbean," on newsstands Tuesday, represents 6,000 readers' ratings on location/setting, rooms, diet/cuisine, service, treatments and program/facilities. (A resort spa has additional activities such as golf or tennis that are as much a draw as the spa; a destination spa focuses on particular health/fitness programs.) The rest of the top 5 by category:

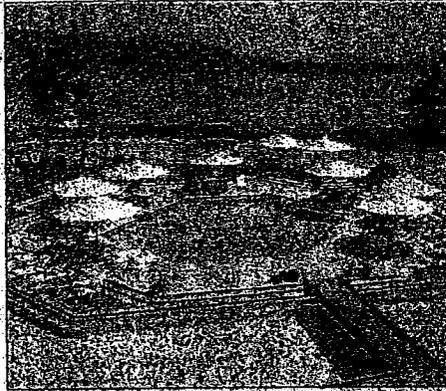
► **Destination:** Canyon Ranch, Lenox, Mass.; Miraval, Catalina, Ariz.; Rancho La Puerta, Tecate, Mexico; Canyon Ranch, Tucson.

► **Resort:** Grand Wailea Resort Hotel & Spa, Maui, Hawaii; Las Ventanas al Paraiso, Los Cabos, Mexico; The Greenbrier, White Sulphur Springs, W.Va.; Centre for Well Being at The Phoenician, Scottsdale, Ariz. (10 great spas for couples, 3D)

USA TODAY  
WASHINGTON, DC  
FRI/SAT/SUN 2,380,035  
APR 21 2000



Friday, April 21, 2000



Australian Tourist Commission

**Private and confidential:** Australia's Hayman Island is said to be ideal for a romantic getaway.

#### HOTELS

#### Love nests for that perfect getaway

Planning an intimate getaway? The Four Seasons Bali at Sayan in Indonesia is the world's best hotel for romance, according to the May issue of *Gourmet*. The magazine's annual hotel issue, on newsstands Tuesday, also lists top spots for 19 categories, including skiing (The Little Nell, Aspen, Colo.), families (Disney's Grand Floridian, Lake Buena Vista, Fla.), golf (Gleneagles, Auchterarder, Perthshire, Scotland), "cheap chic" (The Standard, West Hollywood, Calif.), spa (Canyon Ranch, Tucson), scuba/snorkeling (Hotel Bora Bora, French Polynesia) and private island (Hayman, Whitsunday Islands, Australia).

THE  
ARIZONA  
REPUBLIC

SATURDAY

April 29, 2000

SECTION D

## TOURISM NOTEBOOK

Peter Corbett

### Canyon Ranch spa honored

Canyon Ranch in Tucson was named the best spa in *Gourmet* magazine's May issue, which features the fifth annual Rooms at the Top hotel awards.

The magazine surveyed thousands of its readers about their favorite hotels.

Mauna Kea Beach Hotel on the Big Island in Hawaii was rated the best beach hotel. Readers picked New York's St. Regis as the best city hotel.

Miraval in Tucson was rated second in the best-spa category.

The Phoenician was fourth and the Boulders in Carefree was fifth in the rankings of best hotels for golf. The Phoenician was also rated fifth best hotel for tennis.

### Airfares push cost

# Condé Nast Traveler

SAVE BIG  
ON AIRFARE BIDS

TRUTH IN TRAVEL

APRIL 2000

READERS CHOOSE

# 40

BEST RESORTS  
AND SPAS

to de-stress, tune up,  
or just let go

## TOP 15 RESORT SPAS

1. Four Seasons Resort, Maui, Hawaii 77.5
2. Grand White & Resort Hotel & Spa, Maui 77.0
3. Las Ventanas al Paraíso, The Edition, Mexico City 76.1
4. The Greenbrier, White Sulphur Springs, W. Va. 75.9
5. Conrad, Wolf Springs, The Phoenix, Scottsdale, Ariz. 75.5
6. Sheraton, Miraflores, Mexico, Cancun, Quintana Roo, Mexico 75.0
7. Ritz-Carlton, The Bahamas, Miami Beach, Fla. 74.7
8. Ocean Pointe, San Diego, The Venetian, Las Vegas 74.8
9. Sincere, Royal Samanin, Resort, St. Kitts, Barbados 73.8
10. Grand Bay Hotel, Grand Cayman, Cayman Islands 73.5
11. Grand Valley Spa & Tennis, Hilton, St. George, U.S. Virgin Islands 73.1
12. Loews, The Lodge, Palm Jumeirah, Dubai, U.A.E. 72.9
13. Four Seasons Resort, Napa, Calif. 72.8
14. The Ritz-Carlton, St. Kitts, St. Kitts, West Indies 72.7
15. The Ritz-Carlton, St. Kitts, St. Kitts, West Indies 72.7

## TOP 5 DESTINATION SPAS

1. Four Seasons, Maui, Hawaii 77.5
2. Grand White & Resort Hotel & Spa, Maui 77.0
3. Las Ventanas al Paraíso, The Edition, Mexico City 76.1
4. The Greenbrier, White Sulphur Springs, W. Va. 75.9
5. Conrad, Wolf Springs, The Phoenix, Scottsdale, Ariz. 75.5

# 40 READERS PICK THE TOP SPAS

SPAS ARE BOOMING, BUT WHAT MAKES ONE GREAT? OUR FIRST-EVER SPA POLL DETAILS THE BEST IN NORTH AMERICA AND THE CARIBBEAN. WHILE ALISON HUMES GOES TO GREAT LENGTHS TO RELAX

BY GUY CARROLL AND CAVIN BOND

# ON MY OWN TERMS. NO INANE FITNESS

**T**ODAY, WHAT MY GRANDMOTHER used to call the fat farm has evolved into a popular, even glamorous, destination. A realm of health and beauty, marketed as both an antidote to stress and a springboard to achievement, the spa has captured our national imagination—finally, an experience designed not only to lift cares from our shoulders but to make those shoulders stronger. These mysteries were revealed to me—just one in the stream of pilgrims on an increasingly well-trodden path—in Arlington, Texas, at The Greenhouse, a classic in the destination-spa genre.

The number of people visiting spas grew by sixteen percent in the year that ended in June 1999, according to the International Spa Association (ISPA): That means spas now average 33,000 visits per year. To satisfy this vast clientele, spas now exist practically everywhere and come in a number of flavors and packages—there are day spas, where you can spend an hour or four; destination spas, where you can spend a week or two or three; resort spas, where you can lone or exfoliate between presentation meetings or rounds of golf. Business is healthy, particularly for day and resort spas: In southern Florida, for instance, spas have an average operating profit of twenty-five percent. The managing director of a new luxury hotel in Coconut Grove reportedly expects the spa there to bring in at least one million dollars a year in revenue and “enhancement of our occupancy rate.”

I approached my first serious spa experience (a whole week; ladies-only) with both excitement and dread—excitement that perhaps I really would be able to relax and get a sense of control over my life, and dread that I would be bored out of my mind and climbing the walls. There were big vases full of fresh flowers everywhere, and the place was lovely in a reassuringly frayed and shabby way—sort of oil-boom opulence gone to seed. (My visit took place before the spa's recent multimillion-dollar facelift—a happy coincidence from my point of view, since there was no razzle-dazzle to distract me.)

At a destination spa, you are parented; the responsibility for your improvement is lifted from you and exercised by the spa, which tells you what to do, when, and how much; what to eat, when, and how much. In taking care of you, the spa returns you to the experience of childhood. Plans for my first day included choosing what I would eat for the week, getting checked out by the nurse (did I want the 1,200-, 1,500-, or 1,800-calorie-a-day diet?), and having my fat measured with calipers by a fitness instructor. The childlike docility of the medical patient segued into the childlike state of the privileged—*voilà!* me as baby princess. I was thrilled with my room in the way that I used to be thrilled to walk around in my mother's high heels: It was big and pink and white, and beige, and there were roses and fresh fruit and tall windows with heavy silk drapes and a lush bed with lots of pillows.

But the first night at dinner, I felt as though I had somehow ended up at the table for the bride's parents' friends. These were women from all over the country with whom I had nothing in common. First of all, by

request we were all dressed up (anxiety); second, some serious gemstones were on display (anxiety—all right, envy); and third, one of my companions was aggressively singing the praises of Dan Quayle (anxiety/disbelief). We all ended up just marveling at the caloric sleight of hand being practiced on our plates.

All right, I decided, the only way I'm going to enjoy this is on my own terms. No inane fitness classes, yes to all pampering treatments, swim and exercise on my own, stay in my room as much as possible and work (my theory was that if I could get things done, I would feel much more relaxed). To a certain extent, this customizing was good: I could make phone calls as I needed to, I could read, I could work, I didn't have to think about the depth of Dan Quayle's family values, I didn't have to force myself to be chatty.

I had started out feeling that getting naked and getting patted, rubbed, and stroked was going to be a pretty good daily activity, but after my third facial in as many days, I felt as though I would attack anyone who tried to get near my face again. Days 3 and 4 were really my low—I hadn't had the chutzpah (unlike some) to ask that a chocolate cake be made for me to eat in my room late at night, I hadn't finished my work, I was bored out of my mind, I hated all the books I had brought, I didn't want to go shopping in some expensive store, I missed my kids, and I didn't feel particularly relaxed. I didn't want to talk about food.

That's when the turnaround started. Perhaps in a version of the Stockholm syndrome, I had no choice but to surrender to the experience. By now the gals around the table at mealtime (ditto the fabulous female staff) were a known quantity, and who they were outside this compound became increasingly irrelevant. They were okay, I was starting to realize. All we ever really talked about was food, and I came to understand, while getting a manicure, that the woman who admired the former vice president (pretty, sexy, forty-five-ish) had just been dumped by her husband of twenty-seven years—on the occasion of the birth of their first grandchild—for a woman half her age. And who cared if most of the girls I was cracking jokes with were in their seventies and eighties? We had all been equalized in our stretchy poly-

## TOP 10 FOR TREATMENTS



### Canyon Ranch in the Berkshires/Miraval Life in Balance

At Canyon Ranch, new treatments include Endless Energy, a 60-minute pedicure; Miraval has a new rebalancing facial with a spinal mud pack.

- 83.7 Golden Door
- 80.2 Canyon Ranch Health Resort, Tucson
- 77.3 Two-Bunch Palms Resort & Spa

Resort Spas

### Grand Wailea Resort Hotel & Spa

The just-introduced Lokelani (“Hawaiian rose”) facial gets raves: Flower petals, both crushed and whole, are applied in mask form to gently cleanse and exfoliate.

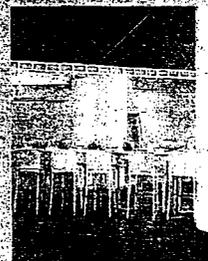
- 79.3 Wyndham Peaks Resort and Golden Door Spa
- 78.9 Sandals Royal Bahamian Resort & Spa
- 78.7 Centre for Well-Being at The Phoenician
- 78.3 Green Valley Spa & Tennis Resort

## THE LATEST

## SPA NEWS

**T**

Illustration by Bill Rowlin



TOP 10 FOR  
**SPA  
PROGRAM/  
FACILITIES**



Destination Spas

**Rancho La Puerta**  
High marks for specialty weeks, including one for yoga.

**89.8 Canyon Ranch in the**

**Berkshires**

**88.4 Golden Door**

**82.1 Canyon Ranch Health**

**Resort, Tucson**

**82.1 Miraval Life in Balance**

Resort Spas

**Grand Wailea Resort Hotel & Spa**

An upgraded fitness area and Pilates join faves like mineral baths and massage.

**79.3 Wyndham Peaks Resort and Golden Door Spa**

**78.5 Four Seasons Resort Hualalai**

**77.6 Las Ventanas al Paraiso**

**76.8 The Greenbrier**

ester black leotards and shorts or our terry robes. Now treatments and mealtimes were the occasion for dish (and I don't mean the one on the table); we would just shoot the bull as if we'd all been getting our hair done at the same salon for the last ten years or had joined the same quilting bee. Through the chat—about everything from sex to money to shoes—those old female values of connection and continuity came to the fore. The spa delivered an occasion for intimacy and community—or at least a passable facsimile of same. More relaxing than any of the exercises, or even the massages or the acupuncture or the Watsu, was this experience of community. I could have easily spent more time with this band of women. We had integrated. I was sold.

Today, spas are democratic and equal-opportunity: Pleasure and self-improvement and connection to other human beings are within everyone's grasp. The socioeconomic demographics of spas has broadened (the status of The Greenhouse's clientele notwithstanding). Presumably, this is happening in inverse proportion to participants' increasingly toned waistlines: One-quarter of those going to spas make less than thirty-five grand a year. And over the last five years or so, the percentage of male visitors has increased significantly, as has the number of boomers and Gen-Xers.

The spa has already become the place to go with your mother or sister or husband or son to share downtime, to bond over pampering indulgences, to re-create intimate experiences from childhood—sleepovers, cocoa in front of the fire, playing with makeup. Boundaries are broken down, and you realize that your body is the same as all the other puffy, flushed, sweaty, and swathed bodies around you.

And childhood itself is where the spa industry sees its future. ISPA calls the attendance of children a "hot new trend," and, mark my words, it won't be long before we're bringing our pets with us as well for a stimulating eucalyptus rub after a joint workout, shower, and shampoo.

—Alison Humes

**TOP 40 SPAS**

The story behind the numbers starts here. The reports below were distilled from hundreds of phone interviews with respondents to our spa poll who have visited the property within the last two years. The listings fall into two separate categories: resort spas and destination spas. Resort spas are defined as those where the spa facility isn't the only game in town—golfing, tennis, and other activities are potentially as much of a draw as the spa itself. Destination spas, by contrast, are dedicated to encouraging (and yes, sometimes bullying) guests to follow particular health and fitness regimens. Rates for resort spa properties, which we've listed first, are for double occupancy during the month of April; for destination spas, we've listed all-inclusive rates per person and cited minimum-stay requirements where mandatory.

**RESORT SPAS**

**1. Four Seasons Resort Hualalai, Big Island**

87.5 77.2 98.7 93.7 86.1 93.7 81.0 83.8

At first you see "beautiful wooden buildings built into the side of a mountain and in the distance a shimmering blue pool." The architecture of the place "adds to the environment instead of distracting from it"; the two-story bungalows blend in at this "prime location on the Pacific Ocean." "The spa is more about pampering than it is about losing weight," though that's certainly possible if you use the gym facilities that are housed in a mahogany and teak pavilion which opens to the breezes. The resort spa offers "authentic Hawaiian experiences," including a prayerful massage that's conducted outside, behind bamboo screens and "among gardens, whirlpools, and cold plunge pools." Besides its "phenomenal surroundings," the Hualalai has "attentive service—which is not surprising for a Four Seasons." It ranked highest among both resort and destination spas for SERVICE ("Every staff person sees you coming and calls you by name"). Popular forms of exercise are tennis, golf (the resort has an 18-hole Jack Nicklaus signature course), mountain biking, spinning classes, water aerobics, and lolling in one of three oceanfront swimming pools, including "a dreamy invisible-edge pool with its own whirlpool." The rooms are "beautifully furnished, and large windows let in a lot of light and the great views." "Bathrooms with marble sinks are spacious and luxurious," and most of the downstairs rooms have an additional shower outdoors.

\$450-\$650; 243 rooms; 888-340-5662.

**2. Grand Wailea Resort Hotel & Spa, Maui**

83.3 79.6 97.7 83.3 70.8 82.9 81.5 82.6

The paint has just dried on a \$10 million renovation that enlarged kitchens, refurbished rooms, expanded the fitness area, and added a juice bar. The "modern yet old-world spa area" is on the lower floor of this eight-story building, which has ceiling murals, large Botero sculptures, and Doric columns ("I had the feeling I was in ancient Greece"). Whether you want to lose weight or build muscle, the staff will tailor your daily activities to meet your goals, hence the Grand Wailea's winning score among resort spas for SPA PRO-

**THE CONVENIENT**

**CLARITY CLOSE TO HOME**



KEY Spa Program/Facilities Treatments  
 Location/Setting Rooms  
 Diet/Cuisine Service Other Activities Overall



# AS THOUGH I WOULD ATTACK ANYONE

GRAM/FACILITIES. (It's also in this category that the Grand Wailea gets credit for bringing cultural authenticity to the workout room: The spa recently hired a local Kupu Hula, or hula-master, to teach the sacred dance to guests.) Water treatments dominate, including five different mineral baths. Outdoors, the water activities include scuba diving, snorkeling, kayaking, and windsurfing. Children especially enjoy the "amusement park-like pool, built on multiple levels, with several slides" and the water elevator. Most of the five restaurants have spa menus, though even the regular fare offers "many healthy choices" and "the fish is especially excellent."

\$390-\$575; 780 rooms; 800-888-6100.

### 3. Las Ventanas al Paraiso, Los Cabos, Mexico

☎77.6 ☎73.5 ☎95.9 ☎93.9 ☎87.8 ☎89.8 ☎65.3 80.1

Your most strenuous pursuit might just be swinging in a hammock under a thatched canopy, or strolling over

to the beach, infinity pool, or cactus gardens; or requesting something from the large staff who are "ready to meet any need," whether it's for a shiatsu massage or a spritz of Evian. Although only two years old, the resort is such a hit with guests who make it to the tip of Baja California and want some pampering that Las Ventanas has already added more treatment rooms—now there are eight in all. (Still, the spa director suggests reserving services weeks in advance.) Spa specialties are from all over the globe, including Ayurvedic massage and the new Japanese Lulur Royal Treatment. "Spacious quarters" decorated in "colonial Mexico-style" rated tops among

all spas for ROOMS: Most have a fireplace and private patio with a "beautiful view of the ocean." Call a day in advance and you can have both meals and massages in your room or on the beach. Recent guests found the resort's cuisine "much improved although very expensive." Extra-spa activities include tennis and 18 holes of golf on the Jack Nicklaus signature course. \$525-\$750; 61 suites; 888-767-3966.

### 4. The Greenbrier, White Sulphur Springs, W.Va.

☎76.8 ☎72.6 ☎92.3 ☎79.8 ☎80.4 ☎86.3 ☎86.9 79.1

Now in its 222nd year, this resort is set in the hills, surrounded by "acres and acres of beautiful property and forests." ("Some of the trees on the grounds are labeled.") The most-requested treatment in the "immaculately clean spa" is the eponymous Greenbrier, a soak in the nearby White Sulphur Springs followed by a sauna or steam bath, a brisk shower, and an hour-long rubdown. (In 2001, the spa will expand to include more treatment rooms and some "quiet areas" for postmassage; for now, the range of treatments is "somewhat limited.") Exercise-class choices are "not overwhelming"—mostly just aerobics. And there's an indoor pool suitable for swimming laps. Outside the spa, guests go horseback riding and take carriage rides. And the draw for many guests doesn't

extend much past the links: "The golfing is world-class." "Extremely professional and polite staff" maintain rooms that are "colorful and cheerful." Dieters, beware: "The meals start with delicious homemade doughnuts in the morning and end with cookies at night." The quirkiest spa feature: an expansive underground bunker originally meant to house members of the U.S. Congress in case of nuclear attack.

\$486-\$656; 643 rooms; 800-852-5440.

### 5. Centre for Well-Being at The Phoenician, Scottsdale, Ariz.

☎72.9 ☎78.7 ☎92.9 ☎80.6 ☎74.8 ☎81.3 ☎72.9 78.5

"The major draw is the golf" at this "upscale southwestern-style" resort "nicely built into the surrounding hills and buttes." The course runs through the property, and many of the villas look out onto it. Rooms in the back and the 1,500-square-foot fitness area have views of nearby Camelback Mountain. The

spa facility includes treatment rooms, sauna, steam room, and Swiss showers; it's open from 6 A.M. to 8 P.M. only, so "don't return too late in the evening from day-trips." For both tennis players and golfers, the resort offers unique sports-specific programs such as Golf Power, in which pros use meditation, body alignment, and video analysis to coach players. The cuisine includes a spa menu, but "the ice-cream shop and afternoon teas are too tempting." One guest suggests making an appointment in advance with the nutritionist to keep you on track.

\$475-\$625; 654 rooms; 800-888-8234.

### 6. Wyndham Peaks Resort and Golden Door Spa, Telluride, Colo.

☎79.3 ☎79.3 ☎96.6 ☎77.6 ☎55.2 ☎70.7 77.4

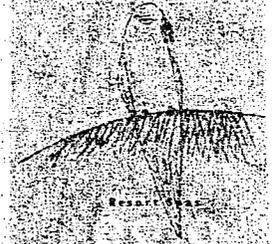
"You can see for miles and miles and miles" from this mountain perch above the canyon town of Telluride. Every season brings a reason to visit, including winter snow ("It's truly a ski-in/ski-out resort") and autumn leaves ("looks like the whole valley is on fire"). There's also horseback riding, hiking, and tai chi. The Peaks opened its Golden Door Spa more than a year ago, and treatments are "what you would expect from that classic name." Serious spagoers book the Next Level Spa for goal-oriented, specialized health- and fitness-related programs that include 24-hour access to spa facilities like the sauna, pool, and gym. (Next Level rooms even include a foot-massaging device and an aromatherapy unit.) The day begins at 7 A.M. with a "North American Indian-inspired ceremony called 'Waking to Oneness'" and ends with a gift that relates to the activities you've planned for the next day. \$245-\$450; 174 rooms; 800-789-2220.

### 7. Agua at the Delano, Miami Beach

☎70.5 ☎75.0 ☎93.2 ☎72.7 ☎95.5 ☎75.0 ☎70.5 77.1

At this renovated South Beach resort, guests are "transported into another reality" in which "drinking

## TOP 10 FOR LOCATION/SETTING



### Solace Spa at Banff Springs Hotel

This 1888 baronial Scottish castle commands attention on a bluff in the Canadian Rockies.

### 98.7 Four Seasons Resort Hualalai

### 98.3 Hyatt Regency Kauai Resort & Spa

### 98.3 Post Ranch Inn, Big Sur

### 98.1 Hyatt Regency Beaver Creek Resort & Spa, Colo.

### 98.1 Ritz-Carlton Laguna Niguel, Calif.

Destination Spas

### Rancho La Puerta

Mount Kuchumaa stares down on this desert near San Diego.

### 91.2 Canyon Ranch in the Berkshires

### 91.1 Miraval Life in Balance

### 90.7 Golden Door

### 90.3 Canyon Ranch Health Resort, Tucson

## THE CUTTING EDGE

Trends cool, but what's new below the current pulse

## HOT

## NOT

**TOP 10 FOR DIET/ CUISINE**

**95.5**  
**Apua at the Delano**  
 West Coast, Maui, Likiep, Sea  
 Club (grilled chicken on seven  
 grain bread, the food looks as  
 good as the people eating it.)

**89.0** **Lodge at Koale**  
**88.5** **Four Seasons Hotel**  
 New York  
**87.8** **Las Ventanas al Paraiso**  
**87.6** **Rosé Ranch Inn, Big Island**

**83.4**  
**Golden Door**  
 Al James Beard Award-nomina-  
 ted cookbook lets guests take  
 the retreat's nutritional know-  
 how back home.

**84.4** **Canyon Ranch in the**  
**Berkshires**  
**80.4** **Miraval Life in Balance**  
**78.6** **Lodge at Skylands**  
**78.1** **Rancho La Puerta**

**TOP 10 FOR SERVICE**

**Resort Spas**

**Four Seasons Resort Hualalai**  
 Big Island warmth meets top-  
 flight staff training.

**90.6** **Lodge at Koale**  
**90.6** **The Peninsula, Beverly Hills**  
**89.8** **Las Ventanas al Paraiso**  
**88.5** **Four Seasons Hotel, New York**

**Destination Spas**

**Golden Door**  
 The staff-to-guest ratio is 4:1.

**91.3** **The Greenhouse**  
**87.1** **Canyon Ranch in the Berkshires**  
**83.9** **Miraval Life in Balance**  
**82.8** **Rancho La Puerta**

ful fragrances from every corner." Large rooms are "lovely, with a lot of wood." If your room faces the front, "expect incredible sunsets." The chef specializes in "delicious game." It's only a 15-minute walk into town, where you can have "a nice breakfast with the locals."  
 \$375-\$550; 102 rooms; 800-321-4666.

**13. Four Seasons Resort, Nevis**  
 \$58.7 \$66.7 \$92.0 \$90.7 \$76.0 \$82.7 \$76.0 72.8  
 Most guests travel from St. Kitts to get to this "unspoiled Caribbean hideaway," where your first glimpse is of "low-lying cottages shielded by palms" and set against "the stunning backdrop of volcanic Nevis Peak." Although the workout area has "most of the equipment you need," the only treatment available is massage, offered in the fitness center or the guest rooms. Overall, "the staff are wonderful," and pay "special attention to details, like a cold towel for your face" at the pool or the private beach. The cuisine is "fresh and up to par," and you can order poolside. "Life is slow-paced," but golf and tennis are available. Unfortunately, the resort closed for reconstruction in November after substantial damage from Hurricane Lenny.  
 Closed until October; 196 rooms; 800-332-3442.

**14. Amangani, Jackson Hole, Wyo.**  
 \$62.1 \$69.0 \$93.1 \$86.2 \$65.5 \$79.3 \$75.9 72.7  
 The site of the first North American Aman resort was chosen for its vista, overlooking the Grand Tetons and the Snake River Mountains. "I had an awe-inspiring view from both my wraparound deck and my bathtub." The sports and treatment area, called the Health Center, has a 400-square-foot gym that's "pretty basic" and a "small but good selection of treatments," including facials, massage, body wraps, manicures, and pedicures. "Unique and adventurous activities" range from dogsledding to animal safaris (or swimming in the heated outdoor infinity pool). Skiers enjoy a private lounge at the Jackson Hole Mountain Resort at Teton Village. And as at the other Aman resorts, "all you have to do is ask and it happens." The food in The Grill "has improved quite a bit recently."  
 \$500-\$700; 40 suites; 877-734-7333.

**14. Hyatt Regency Kauai Resort & Spa, Kauai**  
 \$67.8 \$65.0 \$98.3 \$79.4 \$72.2 \$80.0 \$73.9 72.7  
 This resort on the island's south shore "might not have the most swimmable beach—it's a little too rocky"—but there's "a beautiful man-made lagoon, with plunge pools surrounded by lush tropical greenery." The "bright, light, and in some areas open-air Anara spa" has 25,000 square feet of treatment rooms and exercise areas and "a respectable selection of offerings," including Pohaku LaStone Therapy (a new Hawaiian hot rock massage). The Kupono Cafe serves healthy, "decent spa cuisine." The grounds are so "huge and exotic" that most guests leave them only to take the helicopter ride over the "waterfall on Fantasy Island." "Rooms are spacious," and some have views of "locals diving from cliffs into the ocean below."  
 \$335-\$565; 602 rooms; 800-742-1234.

**16. Sonnenalp Resort of Vail**  
 \$66.0 \$67.9 \$90.6 \$79.2 \$75.1 \$81.1 \$67.9 72.5  
 \$340-\$740; 88 suites; 970-476-5656.

- 17. The Boulders, Carefree, Ariz.**  
 \$62.7 \$65.6 \$95.2 \$88.5 \$73.7 \$78.9 \$69.4 72.1  
 \$565-\$765; 208 rooms; 800-533-1717.
- 18. The Orchid at Mauna Lani, Big Island**  
 \$65.8 \$62.2 \$92.8 \$83.8 \$73.0 \$83.8 \$73.9 71.6  
 \$385-\$650; 539 rooms; 800-845-9905.
- 18. Ritz-Carlton, Kapalua, Maui**  
 \$58.5 \$64.6 \$93.9 \$83.0 \$81.0 \$84.4 \$69.4 71.6  
 \$295-\$495; 548 rooms; 800-241-3333.
- 20. Ritz-Carlton, Rancho Mirage, Calif.**  
 \$63.6 \$64.8 \$90.9 \$83.0 \$75.0 \$84.1 \$58.0 70.7  
 \$375-\$475; 240 rooms; 760-321-8282.
- 21. Ritz-Carlton, Palm Beach, Fla.**  
 \$61.1 \$62.5 \$86.1 \$87.5 \$77.8 \$83.3 \$69.4 70.6  
 \$395-\$745; 270 rooms; 561-533-6000.
- 22. Meadowood Napa Valley, St. Helena, Calif.**  
 \$54.3 \$67.0 \$90.4 \$83.0 \$77.7 \$78.7 \$68.1 70.4  
 \$360-\$685; 85 rooms; 800-458-8080.
- 23. Four Seasons Resort Aviara, Carlsbad, Calif.**  
 \$54.3 \$66.7 \$87.6 \$83.8 \$73.3 \$83.8 \$67.6 70.1  
 \$365-\$475; 331 rooms; 760-603-6888.
- 24. The Cloister, Sea Island, Ga.**  
 \$60.0 \$60.0 \$91.7 \$81.7 \$76.7 \$81.7 \$78.3 70.0  
 \$370-\$952; 286 rooms; 800-732-4752.
- 25. Kenwood Inn & Spa, Kenwood, Calif.**  
 \$54.5 \$72.7 \$86.4 \$86.4 \$77.3 \$88.2 \$50.0 69.8  
 \$295-\$425; 12 rooms; 707-833-1293.
- 26. Bellagio, Las Vegas**  
 \$65.5 \$59.8 \$85.1 \$83.5 \$78.9 \$76.2 \$73.2 69.7  
 \$129-\$529; 3,044 rooms; 702-693-7444.
- 26. Golden Door Spa at Las Casitas Village, Wyndham El Conquistador Resort & Country Club, Las Croabas, Puerto Rico**  
 \$65.1 \$63.5 \$90.5 \$79.4 \$65.1 \$66.7 \$81.0 69.7  
 \$275-\$595; 918 rooms; 800-468-5228.
- 28. Ritz-Carlton, Amelia Island, Fla.**  
 \$60.0 \$60.9 \$88.2 \$81.8 \$81.8 \$83.6 \$64.5 69.4  
 \$269-\$339; 449 rooms; 904-277-1100.
- 29. Four Seasons Resort and Club, Dallas at Las Colinas, Tex.**  
 \$69.1 \$63.2 \$63.2 \$80.9 \$70.6 \$82.4 \$69.1 68.9  
 \$305-\$395; 357 rooms; 972-712-0700.
- 30. Vail Cascade Resort**  
 \$66.7 \$63.0 \$85.2 \$70.4 \$70.4 \$70.4 \$74.1 68.7  
 \$259-\$479; 291 rooms; 800-420-2424.

**DESTINATION SPAS**

**1. Golden Door, Escondido, Calif.**  
 \$88.4 \$83.7 \$90.7 \$81.4 \$88.4 \$93.0 87.6  
 "From the moment I got off the plane, I didn't have to think" at this "luxurious summer camp" that takes top honors among destination spas for SERVICE and DIET/CUISINE. The meals and activities are customized according to an individual's fitness level and goals. And since sweats and robes are provided, "the only thing you need to pack is a pair of sneakers." The "wonderful oversize rooms" are Japanese inn-style minimalist bungalows, some with patios. "Every morning, the staff bring fresh flowers, a fan printed with your daily activities, and vegetable broth" ("it tastes fabulous and is a great energy booster"). Set on a wooded hillside—"in a forest of oak, pine, and sage"—the spa is less than an hour from San Diego but gives "the feeling of complete seclusion." The spa's "infamous crack-of-dawn hikes" are augmented this year by new activities, including fencing, cardio-boxing, and kayaking on a nearby pond. With a four-to-one staff-to-guest ratio, "all your needs and then some are fulfilled," which is why a legion of loyal guests say they return once or twice a year. "As soon as you arrive, you get to check your

## TOP 10 FOR OTHER ACTIVITIES



Resort Spas

### The Greenbrier

It has top-rated golfing, sure, but how many other spa resorts also offer classes in off-road driving and falconry?

- 82.0 Grand Lido Negril
- 81.5 Grand Wailea Resort Hotel & Spa
- 81.1 Lodge at Koole
- 81.0 Four Seasons Resort Hualalai

## THE STATS SCORING

The independent firm of Mark Clements Research, Inc., asked 6,000 readers to rate more than 200 destination and resort spas in North America and the Caribbean that they had visited in the last two years. Seven criteria were used for resort spas: Spa Program/Facilities (36%), Treatments (18%), Location/Setting (9%), Rooms (9%), Diet/Cuisine (9%), Service (9%), and Other Activities (9%). Destination spas were rated on the first six criteria only, weighted equally. Scores represent the percentage of the first 2,536 readers who responded and rated features "excellent" or "very good" (see Key, page 148).

jewelry, your name, and your attitude at the door." \$5,375 for seven nights; 39 rooms; 800-424-0777.

### 2. Canyon Ranch in the Berkshires, Lenox, Mass.

89.8 85.7 91.2 75.5 84.4 87.1 85.6

"I arrived late at night and grouchy, but the staff's smiles and patience made me feel relaxed and well taken care of." A quick drive from quaint New England towns in the Berkshires, this destination spa has recently invested \$6 million in remodeling rooms and adding lounges. What hasn't changed is the "friendliness of the staff" and the "extremes they go to in order to educate the guest in exercise, diet, and skin care." Activities, treatments, and lectures are "ideal for a wide range of ages, male and female." This spa earns the highest score among both destination and resort spas for TREATMENTS. It offers everything from traditional massage to reiki ("She barely touched me, but I felt my energy clear, and I left invigorated"). And from the popular kick-boxing class and yoga to bike rides, jazz aerobics, and cross-country skiing in winter, "they have a way of making exercise fun." Weekday lunchtime cooking lessons give guests lots of "first-hand cooking options to remember back home" and flavor-enhancing tips like replacing the contents of salt shakers with Mrs. Dash. The meals are "consistently excellent," and although there's no salt or butter on the table, "all the food is flavored so well, it doesn't matter." Still want that butter? "You just have to ask and they'll gladly bring it to you." \$1,100-\$1,330 for three nights; 127 rooms; 800-742-9000.

### 3. Miraval Life in Balance, Catalina, Ariz.

82.1 85.7 91.1 83.9 80.4 83.9 84.5

Clusters of roomy casita-style suites are surrounded by "blooming flowers, acres of desert, and the Santa Catalina Mountains" at this sprawling retreat 30 miles from Tucson. The focus is on achieving spiritual awareness, or "mindfulness," and developing "a greater health consciousness"—skills that can be employed long after guests have left the spa. During the high season, October through June, "it can be difficult to get your first-choice activities," but there's "a wide range of options": desert hikes, trail rides, water aerobics, golf, and tennis. (Tip: Sign the waiting list and show up on time.) The most talked-about activity is an empowerment class involving horses: "You work with them so intensely, grooming and walking but not riding them," that some say "you are able to control the horse's actions with your thoughts." The body treatments are trendsetters: Hot-stone massage started here four

years ago, and now it's a staple of resort and day spas across the country. Buffet-style meals mean "great choices" but also "make it more challenging to lose weight." "My husband was very happy with the food." \$395-\$870; 106 rooms; 800-232-3969.

### 4. Rancho La Puerta, Tecate, Mexico

90.6 68.8 95.3 68.8 78.1 82.8 80.7

Many describe this property's mountain locale, which scored highest among destination spas for LOCATION/SETTING; as a "magical place," surrounded by "the most breathtaking flowers and landscaping." This spa, considered the oldest in North America, started out with guests doing calisthenics to an old Victrola and pitching their own tents. Sixty years later, it scores highest in SPA PROGRAM/FACILITIES, since it offers "a huge variety and choice of activities and exercise programs," from African dance to Pilates. Guests forgo tents today for "rustic but comfortable casitas." The property has grown to 3,000 acres, with hiking trails throughout. Everyone eats in the dining room, in an "atmosphere that's authentic and homey." The vegetarian menu, which includes fish, is a trailblazer for what's called "clean food" (organic, in spa parlance). Overall, it receives mixed reviews (the chief complaint is that it's bland): "Everything is organically grown, and the herbs you see in the gardens are the same ones that end up in your potatoes." A week here is "very inexpensive for what you get." \$1,850-\$2,040 for seven nights; 86 cottages; 800-443-7565.

### 5. Canyon Ranch Health Resort, Tucson

82.1 80.2 90.3 68.3 77.2 82.1 80.0

As at the Canyon Ranch in the Berkshires, "service and education are top-notch," and bring results: "My lifestyle completely changed after a few visits." The original Canyon Ranch, it attracts couples, women, and mother-daughter duos. The spa is in a desert scattered with flowers and cactus ("Sign up for the desert hikes when you arrive, they book quickly"). And its "state-of-the-art facilities"—like the new \$1.4 million Aquatic Center with six pools—offer "a multitude of treatment choices," from shiatsu to hydromassage. "They even have an underwater treadmill, which is great for injuries." "You leave refreshed and more knowledgeable about your body," and maybe having bought "the book with the Ranch's healthy but delicious recipes." \$1,860-\$3,210 for four nights; 185 rooms; 800-742-9000.

### 6. The Greenhouse, Arlington, Tex.

69.6 73.9 60.9 73.9 73.9 91.3 73.9

\$3,500-\$3,725 for three nights; 39 rooms (women only); 817-640-4000.

### 7. Merv Griffin's Resort Hotel & Givenchy Spa, Palm Springs, Calif.

70.9 72.1 80.2 64.0 73.3 76.7 72.9

\$290-\$350 per room, not all-inclusive, with a two-night minimum on weekends; 104 rooms; 800-276-3000.

### 8. Lodge at Skyland, Woodside, Calif.

57.1 64.3 89.3 67.9 78.6 60.7 69.6

\$265-\$375 for two nights; 16 rooms; 800-851-2222.

### 9. Two Bunch Palms Resort & Spa, Desert Hot Springs, Calif.

60.2 77.3 73.9 50.0 60.2 68.2 65.0

\$175-\$625 per room, not all-inclusive, with a two-night minimum; 45 rooms; 760-329-8791.

### 10. Hilton Head Health Institute, Hilton Head Island, S.C.

65.8 52.6 78.9 63.2 57.9 68.4 64.5

\$2,195-\$2,695 for seven nights; 40 villas; 800-292-2440.

## THE SKINNY

## WHAT'S YOUR SPA GRIPE?



# Top 40 Spas

Spagoers' confessions begin below, in a series of reports including comments from hundreds of telephone interviews. Reporter Shari Mycek asked a discerning crowd of subscribers a battery of questions designed to flesh out the evaluations in our Top 40 list of resort and destination spas. We define resort spas as self-contained vacation complexes wherein the spa program and facilities are a part of a broader range of activities, such as golf, tennis, and skiing. Destination spas, in contrast, are more single-minded, dedicated as they are to the pursuit of physical and psychological well-being. Rates for resort spa properties, which we've listed first, are for double occupancy during the month of April; for destination spas, we've given per-person all-inclusive rates, citing minimum-stay requirements where mandatory.

**KEY** ● Location ● Rooms ● Diet/Cuisine  
 ● Service ● Treatments ● Spa Program/Facilities  
 ● Other Activities Overall

## Resort Spas

**23. Canyon Ranch SpaClub at The Venetian,**  
 Las Vegas  
 ●82.5 ●92.1 ●73.0 ●69.8 ●71.4 ●73.0 ●65.1 75.3  
 \$129-\$399; 3,036 suites; 702-414-4100;  
 thevenetian.com

## Destination Spas

**2. Canyon Ranch in the Berkshires,**  
 Lenox, Mass.

●92.1 ●73.0 ●79.4 ●79.4 ●87.3 ●90.5 83.6  
 A turn-of-the-century brick-and-marble mansion in the Berkshires, modeled on Louis XV's Petit Trianon in Versailles, gives this spa high marks for LOCATION. And predetermined regimens aimed at smoking cessation and "optimal aging" help earn a SPA PROGRAM score that's the highest among destination spas. "I had no focus when I arrived but soon found myself on an Eastern path—tai chi, yoga, meditation." New treatments include parafango, a moisturizing application of paraffin and sea mud, and the Javanese Lulur Ritual, 100 minutes of body scrub and massage. "The restaurant menu lists the fiber, calorie, and fat content of everything—but if you want a sundae for dessert, you can have that too." An industry accolade: "I run an inn about 45 minutes away, and I come here myself and send my guests. In the fall, there's magnificent foliage; in winter, skiing and snowshoeing." New this year for couples: Sex: Body and Soul (in August) and Healthy Families in Business (in November).  
 \$1,210-\$1,500 for 3 nights; 127 rooms; 800-326-7080; www.canyonranch.com

**5. Canyon Ranch Health Resort, Tucson**  
 ●90.7 ●68.2 ●75.7 ●86.0 ●83.2 ●85.0 81.5

"I live in the Southwest and have a lot of spa choices, but for me, Canyon Ranch is it—so many places to walk and be close to nature." It gets high marks for SERVICE as well: "I had to change my reservations twice and then was late for one of my treatments, but the staff were understanding and didn't even cut my massage time short." The eclectic program includes biofeedback, "which is a new one to see offered at a spa." Executive Chef Scott Uehlein recently added 100 new recipes, including Thai green curry crusted lobster with tropical dipping sauce, lamb steaks with pomegranate-molasses sauce, and tabbouleh.  
 \$2,050 for 4 nights; 185 rooms; 800-742-9000;  
 www.canyonranch.com

**Scoring** The independent firm of Mark Clements Research, Inc., asked 4,500 readers to rate 224 destination and resort spas in North America and the Caribbean that they had visited in the past three years. Six criteria were used to evaluate destination spas: Location, Rooms, Diet/Cuisine, Service, Treatments, and Spa Program/Facilities. Resort spas were judged on these criteria and a seventh: Other Activities. Scores represent the percentage of the first 2,151 readers who responded and rated features "excellent" or "very good" (see "Key," page 165).



## ARIZONA REPUBLIC

PHOENIX, AZ  
SATURDAY 365,979  
NOV 18 2000

### HOTEL GUIDE

<sup>6740A</sup>  
Miraval in Tucson is the nation's top-rated spa in the newly released **Zagat Survey** guide.

Tucson and Phoenix also ranked first and second, respectively, in the overall ranking by city for hotels and resorts. Orlando, San Diego and Honolulu rounded out the top five.

Zagat Survey, which publishes restaurant guides for 45 major U.S. markets, also surveys 20,000 frequent travelers for its hotel, resort and spa guide.

**Four Seasons** was selected the top hotel chain. The Toronto-based luxury hotel brand also had the top-rated hotel for its New York City property.

Four Seasons Hualalai Resort on Hawaii's Big Island was the top resort.

**The Phoenician** was ranked ninth among resorts, and its spa was rated seventh in the hotel spa category. The spa at the **Boulders Resort** was third in that category.

**Canyon Ranch** in Tucson was fourth among stand-alone spas.

New York had the highest average hotel costs by city at \$261.35 per night.

Phoenix was 10th at \$206.54, and Tucson was 14th at \$197.70.

Zagat Survey participants evaluated 1,650 hotels and resorts, 184 spas and 73 hotel chains.

# Arizona Daily Star

TUESDAY, NOVEMBER 21, 2000

## Tucson is king of the hotel, spa realm

By Jonathan J. Higuera  
ARIZONA DAILY STAR

Tucson's destination hotels and resorts scored the highest average among all U.S. markets in the prestigious Zagat Survey, giving the city bragging rights as tops in the nation for quality lodging.

The results will be published in the 2001 edition of Zagat's "Top U.S. Hotels, Resorts and Spas," already in some stores. The ratings are based on responses from 19,600 travelers, more than 900 of them travel professionals.

In addition to the highest average score, the Tucson area placed two lodgings atop the list of stand-alone spas — Miraval in nearby Catalina at No. 1 and Canyon Ranch at No. 4.

"I can't say I'm surprised that Tucson comes across so strong," said Kimberly Sundt, a spokeswoman at Loews Ventana Canyon Resort, which rated 46th among hotel resorts. "If

you look at trends with spas, wellness, healthy living and what our guests are looking for — experiences — Tucson is able to offer that in a lot of different ways."

Tucson resorts averaged a 23.45 rating out of 30 to secure the top spot, followed by Phoenix at 22.97, Orlando at 22.75, San Diego at 22.68 and Honolulu at 22.42. The ratings were based on rooms, service, dining and public facilities.

The high score confirmed the experience of Tucson visitor

Lonnie Patterson. Patterson, visiting with his family from Otis, Colo., last week, liked everything about the family's golf trip to Tucson — including the hotel where they stayed.

"The people were friendly, the rooms were good-sized, well-kept — we'd trash them, leave for the day, come back, they were clean. And that's good because we had stuff to do," said Patterson, 44, who visited here with his father, brother and their wives.

"I think the hotels there are first class," said Tim Zagat, founder and co-chairman of the Zagat Survey. "It has a lot of wonderful places that have great physical facilities. . . . It's something a city should tout."

Tucson's ranking bumped Phoenix-area resorts from the top spot it secured in 1997.

The ranking comes at a time

when tourism and hotel officials here are reeling from the defeat of Proposition 400 on the Nov. 7 ballot. The initiative would have raised more money for tourism marketing by increasing taxes on rental cars and hotel stays.

The Zagat ranking offers some consolation, said Jonathan Walker, president of the Metropolitan Tucson Convention & Visitors Bureau, which is charged with luring tourists and conventions to the city.

"We definitely use these sorts of rankings in our marketing and advertising, particularly to the leisure market," Walker said. "It really says this is a quality destination."

Miraval officials attributed their top rating to their emphasis on pampering and a philosophy of "living in the moment."

"Things they learn here they can apply in everyday life," said Katie Martin, the spa's director of marketing and sales.

Earlier this year, Miraval was also named the top spa destination resort by readers of Condé Nast Traveler magazine.

"There's a lot of people who had been there and obviously loved it," said Zagat, who acknowledged that he had not heard of Miraval until this year.

With its top rank, Miraval knocked off Golden Door, a spa in Escondido, Calif., that had held the top perch since Zagat began surveying spas.

"People seemed to like that it was especially peaceful on the one hand and the food was so fresh and good that they forgot they were at a spa," said Zagat.

The Zagat Survey assessed 1,650 hotels and resorts, 184 spas and 73 hotel chains and lists 800

of the highest-rated properties in its new guide. The average double-occupancy room rate at those 1,650 hotels was \$221 per night, up more than 20 percent from three years ago.

Loews Ventana Canyon resort scored highest among Tucson properties in the hotel resort category. The Lodge at Ventana Canyon and the Arizona Inn were ranked 48th and 50th in the small resorts category.

Sundt of Loews Ventana Canyon credited the area's mountain and desert environment with the strong reviews.

"It's not something you can create," she said. "It's something we're lucky to have as part of our back yard."

Other resorts such as Westin La Paloma, Hacienda del Sol and Sheraton El Conquistador, received favorable ratings but are not among those listed in the guide.

"It reflects the quality we have here," said John Fuller, general manager of the Sheraton El Conquistador Resort and Country Club and president of the Southern Arizona Lodging and Resort Association. "It's a rather unique market. People come here for the beautiful scenery and desert. . . . There really isn't a bad resort to pick from."

FORT WORTH BUSINESS  
PRESS

FORT WORTH, TX  
WEEKLY 9,000  
NOV 10 2000

## Crescent resorts receive accolades

FORT WORTH — Crescent Real Estate Equities Co. (NYSE: CED) won several awards for some of its resorts and spas.

Canyon Ranch in Tucson was named the No. 1 spa in the world by *Travel & Leisure*. Ventana Inn & Spa in Big Sur, Calif., was named to *Condé Nast Traveler's* Gold List Issue, while its Cielo Restaurant received *Mobil Travel Guide's* Four Star Award.

Desert Mountain, located in the high Sonoran Desert in Scottsdale, Ariz., was named the Best Golf Course in the world by the *Robb Report*. Desert Mountain was named the Top Country Club in Arizona by *Club Leaders Forum*.

Sonoma Mission Inn & Spa in California received the 2000 Mobil Four Star and AAA Four Diamond awards.

Hyatt Regency Beaver Creek in Colorado received *Condé Nast's* Reader's Choice Award for the fifth year. Its new Allegria Spa was awarded Best Spa in *The Denver Post's* Best of Colorado for the second year in a row.

The Woodlands Resort and Conference Center, near Houston, received the Gold Key award for "consistent excellence in service the meetings industry," by *Meetings & Conventions*.

Forth Worth-based Crescent Real Estate Equities is one of the nation's largest real estate investment trusts. It owns and manages, through its subsidiaries, a portfolio of office properties, business-class hotels, luxury resorts and spas and residential developments.

— STAFF REPORT

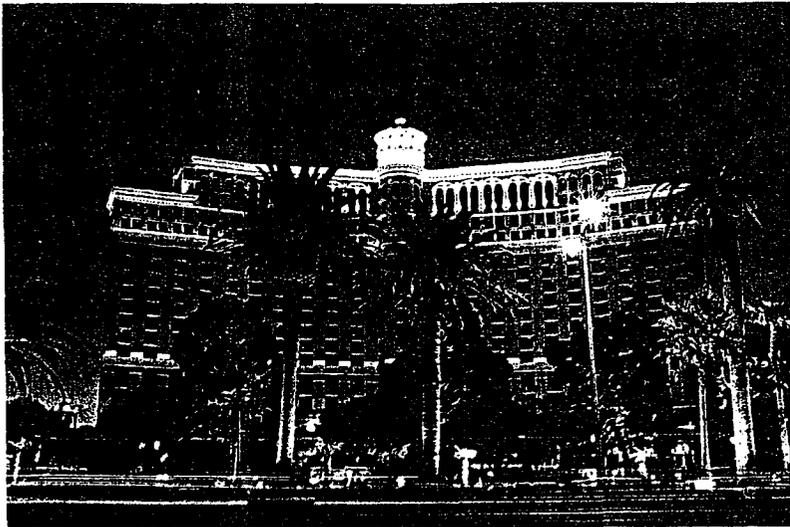
NEW YORK MAGAZINE

NEW YORK, NY  
WEEKLY 450,000  
NOV 13 2000

# EATING LAS VEGAS

Can a finicky gourmand who hates to gamble and can't stand crowds possibly find happiness in the loudest, craziest, most garish city in America? **Gael Greene** says you can bet on it.

LAS VEGAS? MOI? I felt it was just a shade whimsical when my boss dispatched me to determine whether readers of my ilk (a spoiled, self-indulgent, orally fixated, congenitally paranoid New Yorker) want to . . . need to . . . ought to take a bite of the new, *Neve* Las Vegas. Not the bring-the-family Las Vegas but the luxury-resort (fuhgoddabout-the-gambling) Vegas that might *actually* tempt our fancy. Sorry, I'm too tight to gamble. Isn't it enough I gamble my digestive equilibrium every night to protect yours? I write for sensualists and sybarites, not for masochistic dreamers. • Vegas. I love it. Love the sleaze, the glitz, the cheese. I was born for this marble-bidet-and-high-tech pampering. Born to wallow in the old-style breakfast buffets. Love both "Mystère" and "O" haunting works by Cirque du Soleil. Love the theme parks. Love the Liberace Museum and the view from my aerie up Las Vegas Boulevard with



Circus maximus: From left, the dining room at the Bellagio's Le Cirque; Cirque de Soleil's "O" at the MGM Mirage; the Bellagio façade; below, toro tartare with caviar at the Hard Rock's Nobu.

DKNY, Armani Exchange, Dior, Judith Lieber. I buy a pink straw hat and then follow the crowd past FAO Schwarz to catch the on-the-hour-every-hour fire, lightning, and drama as Atlantis rises out of a fountain in front of the Cheese-cake Factory while animatronic gods struggle for power. It's a must. The two of us scope out the eclectic mall crowd at lunch in the terrace café of Spago as the Forum sky goes from afternoon bright to sunset pink and twilight, then back to dawn, while we share a Puckian pizza, a decent Caesar, a much too sweet Chinese chicken salad, and an irresistible almond-butter-crunch tart and their "best ever" brownie sundae.

WE'VE MOVED CLOSER TO THE EQUATOR now, to the **Mandalay Bay Resort**, with its vast Coral Reef Lounge and man-made jungle, hulked at the southern extremity of Vegas civilization. It's too big (3,800 rooms), too far from mid-Strip, where I'd want to be if I had just four or five days to skim the cream off this town. Still, the eleven acres of Mandalay Beach are an engineering marvel, with sand beach and four pools, including one that makes waves up to eight feet high. (It had to be turned down because it had sent surfing guests crashing into its concrete lip.) Mandalay also has a hotel within a hotel: **The Four Seasons** (424 rooms), its decorous lobby tacked onto Mandalay's hip and its five floors of seriously deluxe, contentedly styleless rooms stashed in the tower. **Charlie Palmer Steak** is confidently clubby. And the Ve-

randah's tastefully tailored buffet is a breakfast hangout for local deal-makers. No casino. No gambling. No tumult. No pheromones.

Of course, just steps away, beyond an unmarked door, is Mandalay Bay's younger, party-animal crowd at **Trattoria del Lupo** (Wolfgang does Italy); **China Grill**; **Red Square**, with its ice bar; and a mating mosh at **RumJungle** (exotic drinks, Trader Vic-ish nibbles, spottily dressed girls who dance overhead). Worth the hike for foodies is **L.A.'s Border Grill** (chiles rellenos, quesadillas, griddled tacos). I keep hearing raves for **Aureole** too, but our one visit is a strikeout. As advertised, the room is smashing, very *Mission Impossible*. But the night we're there, the kitchen runs on automatic pilot, and our waiter, unbearably suave, glides in and out look-



Food photograph by Fran Gealer/Beate Works.

## GAIL'S BEST OF VEGAS

**BEST HOTEL** The Bellagio; the Venetian

**BEST STANDARD ROOM** The Venetian

**BEST MEAL** Nobu at the Hard Rock; the Renoir at the MGM Mirage; Napa at the Rio; Prime and Le Cirque at the Bellagio

**BEST SHOPPING** Caesars Forum Shoppes; the Via Bellagio at the Bellagio; Desert Passage on the Strip (702-866-0703)

**BEST BUFFET BREAKFAST** Le Village at the Paris; Garden Court Buffet at Main Street Station

**BEST PASTRY** Lenôtere at the Paris; Palio at the Bellagio

**BEST POOL** Mandalay Bay; the Mirage

**BEST SPA** Canyon Ranch SpaClub at the Venetian

**BEST SHOW** Cirque du Soleil's "Mystère" and "O" at the MGM Mirage (800-392-1999 or 702-796-9999; tickets for "Mystère" are \$68, for "O" \$90 and \$100); "Danny Gans: The Man of Many Voices" at the MGM Mirage (tickets are \$67.50)

**BEST RIDE** The Big Shot Drop from atop the Stratosphere Las Vegas tower (if your heart can take it; 800-99-TOWER; admission is \$6)

**BEST SPECTACLE** The Bellagio's Dancing Waters; the Fountain of the Gods Show at Caesars Forum; Masquerade in the Sky at the Rio (all free)

**BEST VIEW** The blimp ride over the Strip, provided by Las Vegas Air Ship ([www.vegas.com](http://www.vegas.com) or 702-646-2888; tickets start at \$179, pickup in North Las Vegas)

**BEST MUSEUM** The Liberace Museum (702-798-5595); Madame Tussaud's Celebrity Encounter (702-990-3530)

**BEST EXCURSION** Champagne picnic in the Grand Canyon, provided by Heli USA Airways' VIP Pegasus Tour (702-736-8787; tickets are \$299, including van pickup at your hotel); the drive to Red Rock Canyon (for driving directions, call 702-363-1921 or take Gray Line tours, 702-384-1234; admission is \$5 per vehicle)

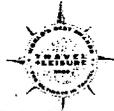
# TRAVEL + LEISURE

readers' poll  
the world's  
best awards

**NEW THIS YEAR: GUIDES TO YOUR FAVORITE DESTINATIONS**

resorts  
hotels  
spa  
cities  
islands  
cruises  
admirals  
airlines





THE TOP SPAS IN THE UNITED STATES AND ABROAD

WORLD'S BEST

THE TOP 10 SPAS IN THE UNITED STATES

1. Canyon Ranch Health Resort, Tucson	84.0
2. Miraval Life in Balance, Catalina, Arizona	83.8
3. Golden Door, Escondido, California	83.2
4. Canyon Ranch in the Berkshires, Lenox, Massachusetts	81.6
5. The Greenhouse, Arlington, Texas	80.6
6. Ten Thousand Waves, Santa Fe	80.4
7. Two Bunch Palms, Desert Hot Springs, California	78.6
8. Cal-a-Vie, Vista, California	78.3
9. Givenchy Hotel & Spa, Palm Springs, California	77.1
10. Lodge at Skylonda, Woodside, California	75.4

1. Four Seasons Resort Hualalai, Hawaii	84.8
2. The Greenbrier, White Sulphur Springs, West Virginia	83.3
3. The Phoenician, Scottsdale	82.5
4. Grand Wailea Resort, Hotel & Spa, Maui	81.7
5. Hyatt Regency Kauai Resort & Spa	79.6
6. Fisher Island Club Spa Internazionale, Florida	79.4
7. American Club, Kohler, Wisconsin	79.3
8. Sea Island Spa at the Cloister, Georgia	79.2
9. Ojal Valley Inn & Spa, California	78.6
10. The Homestead, Hot Springs, Virginia	78.0



THE TOP 10 SPAS ABROAD

1. Rancho La Puerta, Tecate, Mexico	84.2
2. Clinique La Prairie, Clarens-Montreux, Switzerland	83.0
3. Hotel Terme di Saturnia, Saturnia, Italy	80.3
4. Les Thermes Marins de Monte Carlo	75.9
5. La Source, Grenada	75.5
6. Domaine du-Royal Club Evian, France	75.4
7. Sofitel Thalassa, Quiberon, France	74.3
8. Hôtel Les Sources des Alpes, Leukerbad, Switzerland	73.9
9. Les Prés d'Eugénie-les-Bains, Eugénie-les-Bains, France	73.9
10. Monsummano Terme, Italy	71.8

1. The Oriental, Bangkok	90.4
2. Amandari, Bali	88.9
3. Four Seasons Resort Bali at Jimbaran Bay	86.9
4. Ritz-Carlton, Bali	86.4
5. Mandarin Oriental, Hong Kong	85.5
6. Four Seasons Resort Bali at Sayan	83.8
7. Hôtel Ritz, Paris	82.4
8. Brenner's Park-Hotel & Spa, Germany	82.1
9. Banyan Tree, Phuket, Thailand	81.9
10. Chateau Lake Louise, Lake Louise, Alberta	80.0

SPAS

Literally emerging from a hillside in southeast Austria is Rogner-Bad Blumau, a trippy, colorful spa designed by artist Friedensreich Hundertwasser. Its philosophy is uniquely holistic in Europe, which means hot springs, massages using local flowers, and scientific colon-hydro programs, plus avant-garde treatments such as reincarnation therapy and "healing melodies" (bowls are placed on your body and struck while an enormous feather is waved overhead). The apotheosis of New Age.

OTHERS WE LOVE: The Four Seasons George V in Paris, for its 90-minute Decteur facial that goes well beyond the face; Les Sources de Caudalie, also in France, for its ultra-indulgent jet shower—a lavender-oil rubdown followed by a rinse using a special water wand; Utah's Green Valley Spa, for a challenging canyon hike that passes Native American petroglyphs; the Shambhala spa at Parrot Cay in the Turks and Caicos, for the most peaceful evening yoga.

EDITORS' PICKS

To help you plan your travels, we've included contact information for all of the World's Best winners and Editors' Picks. The World's Best Address Book begins on page 262.

Anthony Amos, Opposite: Anthony Amos

# SHAPE

SHAPE MAGAZINE  
WOODLAND HILLS, CA  
MONTHLY 923,000  
APRIL 2000

READERS  
CHOICE  
AWARDS

## the best in fitness

We polled 5,000 of you to find out how you, our readers, feel about exercise: your top reasons for doing it, your favorite excuses for avoiding it, your favorite workouts and so on. (We also learned about your top picks in shoes, treadmills, energy bars, active wear, sunscreens and the like).

We're betting you're curious to know: Do I work out more often or less often than most readers? What motivates most Shape readers to work out? Am I the only one who prefers step aerobics to kickboxing? Here's a rundown of the results of our 2000 Readers' Choice Awards.

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### where you work out: health clubs

The gym is the place you work out these days. Almost 47 percent of you cited health clubs as the place where you work out most often. However, a hefty 34 percent of you are regular home exercisers.

Though the gym and home were your favorite places to work out, hiking trails came in third, with 11 percent of your vote.

When asked to name your first choice for an active vacation, the hands-down winner was a spa with fitness classes, receiving 28 percent of your vote. (Your favorite spa is Canyon Ranch, with Ojai Valley and Rancho la Puerta tied for second). Second place went to a hiking resort (15 percent). Snorkeling/scuba diving (11 percent) rated third.

As a group, you seem to have no trouble staying entertained while you exercise. About 56 percent of you work out in front of the TV; 46 percent of you use a Walkman-style radio/tape player, and 24 percent use a portable CD player. (Pop is your favorite workout music, with rock and hip-hop tied for second.) About 36 percent of you watch the electronic displays on the cardio machines, and 16 percent use a heart-rate monitor.

### how we polled you

The Shape Readers' Choice Poll was conducted by Mark Clements Research Inc., a research firm based in New York City. The firm mailed questionnaires to 5,000 Shape subscribers nationwide, offering \$1 to complete the survey. An astonishing 49.7 percent of you, median age 33, mailed it back. "That's a very impressive response rate," says Mark Essery, the firm's senior project director, explaining that 30 percent is considered a good response rate. "It's not like we were offering a trip or a free TV -- it was just a dollar. That definitely shows that Shape readers have a good rapport with the magazine."

## FITNESS

NEW YORK, NY  
MONTHLY 775,000  
MAY 2000



### Canyon Ranch Health Resorts

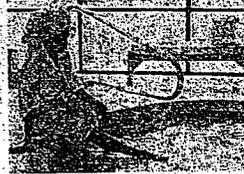
Tucson, Arizona and Lenox, Massachusetts

### Canyon Ranch SpaClub

Las Vegas, Nevada

The Canyon Ranch experience is the pursuit of optimal health—feeling the best you can physically, mentally and spiritually.

Canyon Ranch offers dozens of daily fitness activities, delicious spa cuisine, wellness consultations in preventive medicine, nutrition, stress management, spiritual awareness and many rejuvenating body and skin care treatments. Call 1-800-742-9000 or visit our website [www.canyonranch.com](http://www.canyonranch.com).



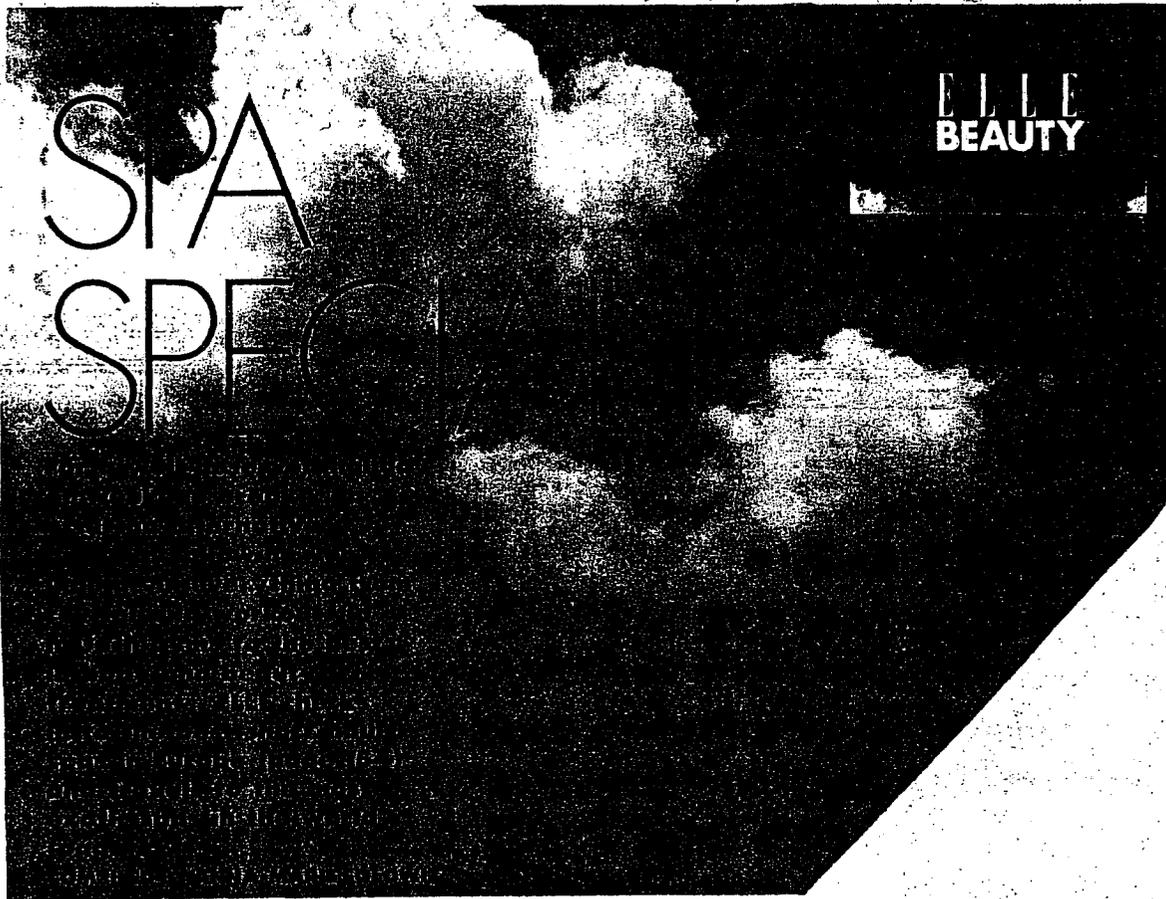
UNITED KINGDOM

DIST 8/18/95

# ELLE

AUGUST 1995

£2.10



THE WORLD'S  
**BEST SPA**



### CANYON RANCH, USA

**Focus** A complete schooling in well-being, promoting health by focusing on lifestyle. Classes, workshops, lectures and private consultations.

**Ambience** Spanish colonial-style clubhouse and ultra-modern spa in the heart of the Sonoran Desert, with towering saguaro cacti, mesquite and rabbits set against a backdrop of the Santa Catalina mountains. Bungalow accommodation blends unobtrusively into the magnificent surroundings.

**Accommodation** Privacy-guaranteed semi-detached bungalows, suites and cottages. Direct-dial telephone, radio, TV and VCR. Bathrooms are spacious and luxurious, with robes and hairdryers.

**Clientele** About 200 guests, including Christian Slater and Oprah Winfrey, singles and couples, fitness aficionados and novices. I overheard bizarre conversations on why a pet llama needed Prozac and the benefits of being a 'pesce/pollo/ovo-vegetarian', but generally there's a spirit of down-to-earth camaraderie. Many guests return.

**Dress code** Easy-going casual.

**Food** Delicious, imaginative and healthy southwestern-style cuisine. The choice is between a 'balanced selection' menu of 1,200 or 1,800 calories per day and extensive à la carte options. Breakfast

includes sweet-potato waffles, and cholesterol-friendly (yolk-free) omelettes. Lunch and dinner dishes include oriental noodle salad, sea bass with piquant bell-pepper sauce or maple Dijon chicken. The emphasis is on complex carbohydrates and fibre; pasta is freshly prepared. Desserts such as chocolate mocha mousse make an impressive finale. **Treatments** With more than 50 massage therapists, it's surprising how scarce appointments often are (especially from 4-7pm). Forward planning is essential, as you will need treatments after a hard day of activity. Outdoor afternoon massage is a good option. My Swedish massage was deep as requested, relieving my aching muscles. Other therapies include reflexology and Shiatsu. Herbal wraps, hydromassage and mud treatments are excellent. Locker room talk voted the salt



treatment as the definitive body polish. Beauty treatments include aloe-algae or freeze masks and in-depth or liposomal facials. The glycolic 'anti-ageing' skin treatment is predictably popular.

**Fitness** Before exercising, guests are assessed by qualified medical staff. There are aerobic and strength-training rooms, seven gymnasiums, a squash court, three racquetball courts, hiking and biking

departments, a yoga/meditation dome, sauna and steam rooms, Jacuzzis and private sunbathing areas, three outdoor pools, one indoor pool, and eight outdoor tennis courts. Over 40 fitness classes are available daily: from funk aerobics to country dancing; boxercise to 'volleyball' (volleyball using the court walls). Spiritually-based classes such as tai chi and yoga are consistent with the holistic approach. Specialists in sports medicine, women's health and cardiology give consultations with the emphasis on preventative medicine and fitness.

**Results** I surprised myself by hiking daily and cycling for the first time in 15 years. Not only is this a wonderful holiday but many guests say it has changed their lives.

**Rating** Feel-good factor★★★★★  
Pampering★★★★★  
Healthy eating★★★★★  
Fitness★★★★★  
Treatments★★★★★

DR MICHELLE KOHN  
Canyon Ranch, 8600 East Rockliff Rd,  
Tucson, Arizona 85715, USA, tel (001) 520  
749 9000. From £152 a night full-board  
sharing, including use of spa, classes and  
lectures. A seven-night package costs  
from £1,293. Treatments from £22 for a  
herbal wrap to £57 for hypnotherapy.

## HOME-STYLE SPAS

Pamper yourself at home with our DIY spa plan. Plus recipes and tips from the top spas

### Breakfast

#### CANYON RANCH ALPINE MUESLI

Serves 2

- 15g (½ oz) uncooked oats
- 50ml (2fl oz) skimmed milk
- 25ml (1fl oz) very low-fat plain yoghurt
- 50ml (2fl oz) orange juice
- 25g (1oz) ground hazelnuts
- 1 tbsp honey
- 1 small apple
- 1 peach and 1 apricot, finely chopped

BRIAN NICE

MAY 2000 \$3.50

the world's *best* hotels

# Gourmet

THE MAGAZINE OF GOOD LIVING

## and the Winners are...

**Y**OU WALK INTO THE LOBBY and your heart sinks. You have just traveled halfway around the world ... and find you've picked the wrong hotel. We hate that, too. Which is why we've done everything we could to make sure that our hotel poll won't lead you astray. We began by tracking down our best-traveled readers and grilling them about their favorite places. Then we asked the network of 5,000 luxury-travel specialists called Virtuoso to share their expertise with us. In the end, though, there's no substitute for personal experience, so we sent a different GOURMET editor to each winning hotel. The result is the most opinionated poll we've ever published; we even threw in a few of our own favorite places along the way. One warning: If you're like us, checking out won't be easy.



PR files - Dist 5/3/00



ROOMS AT THE TOP

Best Spa Canyon Ranch Tucson, Arizona

IN THE FOOTHILLS of the Santa Catalina Mountains, Canyon Ranch sits on 70 beautiful acres that guests share with wild rabbits, hummingbirds, and the occasional javelina. Spa-goers take invigorating mountain hikes and are rewarded with spectacular views of the cacti-covered desert. They cycle in Sabino Canyon and choose from more than 40 exercise classes. Some guests simply give themselves over to pampering and beauty treatments and learn the benefits of a hot-stone massage over, say, a seaweed wrap.

And what about dinner? Gone are the days of celery sticks and consommé. Scott Uehlein, Canyon Ranch chef for the past year and a half, has brought the cuisine into a new di-

mension. After a vigorous set of tennis, an hour of walleyball, or a 12-mile trek, who wouldn't feel that broiled lobster tail with saffron caper rice, followed by homemade (low-fat) ice cream with (low-fat) hot fudge sauce, is well deserved?

Now celebrating its 20th year, Canyon Ranch infuses its guests with a sense of well-being—of mind, body, and spirit. (And, of course, there's the food.) No wonder so many keep on coming back. (800) 742-9000

- 2. **Miraval** Tucson, AZ (800) 825-4000
- 3. **Brenner's Park** Baden-Baden, Germany (011-49-7221) 9000
- 4. **Rancho La Puerta** Baja, Mexico (800) 443-7565
- 5. **Golden Door** Escondido, CA (800) 424-0777

**we also love**

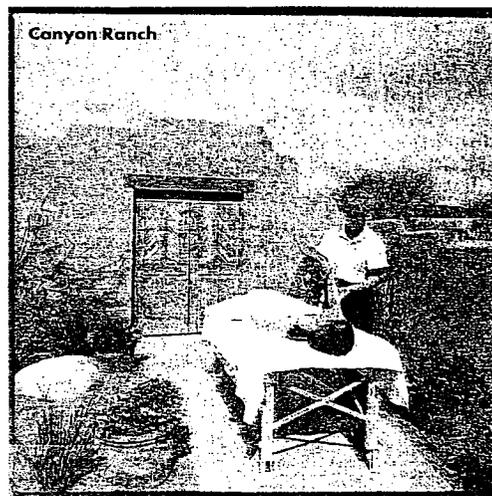
*Shambhala Turks & Caicos, British West Indies*

WHEN IT OPENED two years ago, Parrot Cay resort won raves for its straightforward, timeless Caribbean look and sand-in-your-shoes luxury. Now the hotel has added a spa. Shambhala, next door, in three beachside bungalows with the same gorgeous ocean views. The spa emphasizes a holistic approach

PHOTOGRAPHS: FRICK BYERS



and offers yoga classes and personal training in addition to a full range of Asian and European massages and treatments. (877) 754-0726



GCURMET / MAY 2000