

DESTINATION SPA

UTAH
LIFE ELEVATED™

UTAH OFFICE OF TOURISM

Vacationing in Utah isn't just about pushing your limits on the mountain or roughing it in the wild. Come discover world-class spas and resorts, indulging in an escape to soothe body, mind and spirit. Relax after an eighty minute deep tissue or Swedish stone massage, bask in an ultimate mountain salt glow or recapture your youth with a Dead Sea mud mask. Surrounded by some of Utah's most stunning landscapes, opportunities for outdoor adventure by day and fine dining and accommodations by night abound.

- ✦ Utah's spas have been recognized by Conde Nast, Newsweek, Travel and Leisure and Outside magazines.
- ✦ Many of Utah's spas have been awarded four star certification by AAA.
- ✦ Accolades include #3 in the U.S. by Travel and Leisure magazine and 2005 Luxury Travel Awards A-List Top 10, USA Southwest Retreats.

Destination Spas By Region (listed north to south)

Northern Utah



Sherwood Hills Resort, Wellsville (Logan) Sherwood Hills is northern Utah's best-kept secret ... a year-round resort and spa nestled up against the majestic Wellsville Mountains. This European-style spa offers a complete selection of rejuvenating services, including neck and back massage, classic Swedish massage, deep tissue massage and aromatherapy massages. Enjoy a variety of luxurious skin, scalp, manicure and pedicure treatments. 800-532-5066, www.sherwoodhills.com

Grand America Hotel, Salt Lake City In the heart of downtown Salt Lake is a tri-level, full service spa - a piece of paradise that is a must experience for every visitor. 801-258-6000, www.grandamerica.com

The Cliff Lodge at Snowbird Resort, Big Cottonwood Canyon (Salt Lake City) Since 1987, the Cliff Spa has served as a place where people can get away and find balance, vitality and relaxation. 801-933-2222, www.snowbird.com

The Grand Summit Resort & Spa at The Canyons, Park City After a day on the mountain or golf course, what could be more relaxing than a massage or a calming soak in a hot tub? You played hard all day and now you owe it to yourself to be pampered. Indulge yourself with a body treatment, European facial, manicure, pedicure or massage. 866-604-4171, www.thecanyons.com

Westgate Park City Resort & Spa, Park City Boasting a full menu of rejuvenating spa treatments, salon services and a scenic mountain location, Papillon the Spa at Westgate Park City is a unique and unprecedented resort spa. Specializing in treatments featuring Utah desert botanicals, Papillon the Spa creates an experience for its guests based upon the meaning of papillon, the French term for butterfly signifying rebirth, renewal and awakening of the spirit. 435-940-9444, www.wgparkcity.com

Waldorf Astoria Park City The 16,000 square-foot layout is impeccably woven together to create an overall impression of simple elegance. The features of the Golden Door Spa are an experience unto themselves. The living greenwall and flowing water wall epitomize transformation. Constantly flowing, energy saving and fresh air producing, your senses are enveloped as you traverse the glass bridge toward your destination. Descend the spiral staircase to the Tea and Fireside Lounges. 435-647-5500, www.parkcitywaldorfastoria.com

Stein Erickson Lodge at Deer Valley Guests are treated to head-to-toe body work, from wonderful treatments featuring healing wraps to deep tissue massages. 435-649-3700, www.steinlodge.com

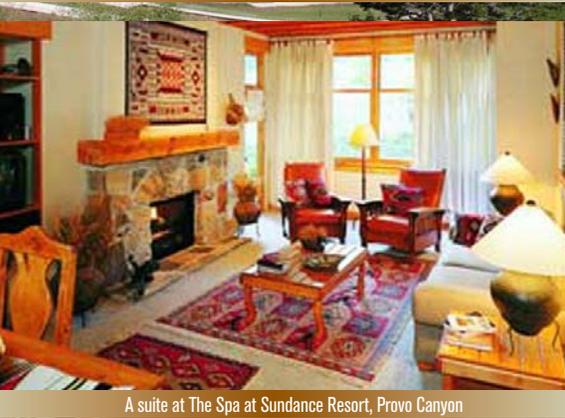
Montage Deer Valley Nestled in the pristine, forested slopes of Deer Valley Resort, nature's bounty provides the ingredients for health and renewal. Spa Montage "Surrender" is an innovative approach to bodywork that allows your spa therapist to determine your individual, optimum treatment. The Kim Vo destination salon offers individualized attention and a complete range of high-quality salon services, from fashionable cuts and rejuvenating pedicures to interactive beauty experiences. 435-604-1300, www.montagedeervalley.com

St. Regis Resort at Deer Crest, Park City The signature Remède Spa will pamper mind, body and soul with an uncompromising array of treatments: custom massage, hot stone therapy, soaking baths, body wraps, facials, waxing, manicures and pedicures. 435-940-5830, www.stregisdeervalley.com

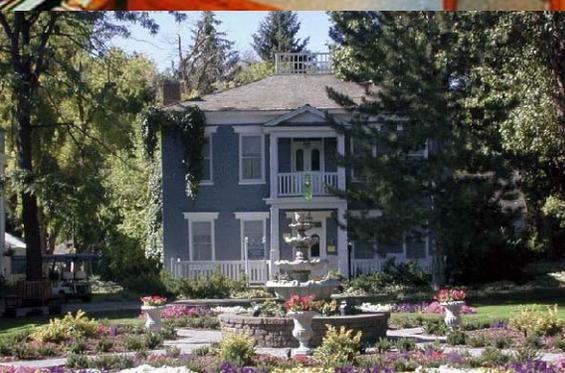
Homestead Resort, Midway (Heber Valley) Tucked away in the beautiful Wasatch Mountains, the Homestead Resort offers a charming alternative to traditional Park City, Utah resorts. Fill your day with a host of activities, or just relax and recover at the Homestead's own Aveda Concept Spa, featuring a full menu of massage, body and nail services. Our scenic Utah hotel has been rejuvenating guests for more than 100 years in a magnificent setting. 888-327-7220, www.homesteadresort.com



The Cliff Lodge at Snowbird



A suite at The Spa at Sundance Resort, Provo Canyon



The spa at Homestead Resort, Midway, Heber Valley



The Grand America Hotel, Salt Lake City

800.200.1160 | visitutah.com



Zermatt Resort, Midway, Heber Valley



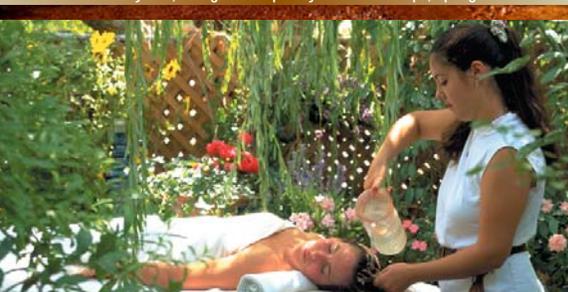
Montage Deer Valley



Guest cabins at Sorrel River Ranch, Moab



The Labyrinth, Flanigan's Deep Canyon Adventure Spa, Springdale



Green Valley Spa & Resort, St. George



Red Mountain Resort & Adventure Spa, St. George

Zermatt Resort & Spa, Midway (Heber Valley) Zermatt features one of Utah's largest spas set in a Swiss European-style luxury resort. Relax amidst the well appointed furnishings of the Hotel der Baer, a four story Swiss chalet or the Chateau Hotel Villas. Enjoy the many spa services including massage, herbal, body-wrap, facial, salon, health café, aromatherapy, Finnish sauna, steam and solarium. 877-269-9629, www.zermattresort.com

The Spa at Sundance Resort, Provo Canyon Native American traditions are blended with organic products and the human touch to bring body, mind and spirit into balance. 800-892-1600, www.sundanceresort.com

Daniels Summit Lodge, Daniels Canyon (east of Heber) The Retreat Day Spa at Daniels Summit Lodge will renew your strength and sense of self. The day spa features many different massages and stress relieving procedures, body wraps, specialized treatments and a variety of other pampering. 800-519-9969, www.danielsummit.com

Central / Southern Utah



Wind Walker Guest Ranch & Spa, Spring City (near Manti) Connect with what matters most, be it relationships, recreation, relaxation, rejuvenation, education or renewal. Magnificent wildlife viewing and 365 degree lush Utah Rocky Mountain scenery set the stage for unparalleled western hospitality and first class lodging and dining. 435-462-0282, www.windwalker.org

Yardly Inn & Spa, Manti Built before the turn of the century, this bed and breakfast has all the warmth and charm of an old English country inn with European-style spa amenities. In the comfort of a cozy bed and breakfast you can experience some of the finest relaxing, rejuvenating and healing therapies. 801-858-6634, www.yardlyinnandspa.com

Sorrel River Ranch Resort, Moab This four-diamond getaway was awarded the 2005 Luxury Travel Awards A-List Top 10. With an unparalleled location on the Colorado River, guests bask in the resort's isolation, relaxing atmosphere and scenic views. Features include luxury lodging accommodations, outdoor activities and amenities, day spa and gourmet dining at The River Grill Restaurant. 877-359-2715, www.sorrelriver.com

Cedar Breaks Lodge & Spa, Brian Head Resort, Cedar City Amid the serenity of Brian Head Resort lies the promise of complete rejuvenation, from traditional bodywork to the cutting edge in hot stone therapies. Bask in an assortment of luxurious spa treatments, from a traditional Swedish Massage to ease sore muscles to a Pearl Skin Polish to enliven the senses. 888-282-3327, www.cedarbreakslodge.com

Red Mountain Resort & Adventure Spa, Ivins (near St. George) Framed by Snow Canyon's red rock bluff, you will see why Red Mountain Resort was recommended by *Travel Lady*, *Outside* and *Newsweek* magazines. Each two-bedroom villa is situated on the grounds of the award-winning Red Mountain Spa, surrounded by majestic red rock mountains and indigenous lava beds. 800-407-3002, www.redmountainspa.com

Bridge Health Recovery Center, Rockville, Zion National Park Surrounded by the famous sandstone cliffs of Zion National Park in southern Utah, The Bridge's innovative, holistic mixture of Eastern and Western therapies have significantly changed the lives of patients suffering from debilitating pain, diabetes and diabetes-related complications, depression, chronic fatigue syndrome and other illnesses. The Bridge's programs are carefully formulated to lessen patients' dependence on medication and doctor visits. 866-850-9907, www.thebridgerecoverycenter.com

Flanigan's Deep Canyon Adventure Spa, Springdale, Zion National Park Unwind after an active day of hiking, mountain biking or canyoneering. Therapists are highly trained and proficient in many styles of massage including Shiatsu, deep-muscle rubs and sports recovery massage. Dine at the Spotted Dog Café & Pub, a casual American bistro with cozy art-filled dining rooms and a Euro-style sidewalk café pub. Relax in a room, suite or villa adjacent to majestic Zion National Park. 435-772-3244, www.flanigans.com

Fitness Ridge Resort & Spa, Ivins (near St. George) For health, fitness and weight loss, Fitness Ridge Resort & Spa offers a unique niche in the spa industry. Fitness Ridge provides the most affordable, calorie-controlled, structured program designed to give lasting results. There is no better place to discover your inner-self than amongst the majestic, healing, natural red rocks of southern Utah. 435-673-6600, www.fitnessridge.com

Green Valley Spa & Resort, St. George Experience why Green Valley Spa and Resort was ranked #3 among the top ten spas in the world by *Travel & Leisure Magazine*. Open to day spa visitors, Green Valley Spa is designed in a Southwestern adobe style motif, with the soothing hues of the desert. The 25,000-square-foot spa features 19 indoor and four outdoor treatment rooms and offers an array of options, ranging from massage to soothing herbal soaks to innovative Native American sound and light therapies. 800-237-1068, www.greenvalleyspa.com

For more detailed information on reservations, rates, treatments and amenities, please contact the specific resorts as listed above. For general information or Utah day-spa listings not mentioned here, browse the following web resources:

www.utah.com

www.travellady.com

www.spafinder.com

www.destinationspa.com

www.experienceispa.com

www.spaindex.com

800.200.1160 | **visitutah.com**