

## Travel Blog

### 10 Best Luxury Hotel Spas

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*By Sandra Ramani*

Historically, wellness retreats and destination spas weren't concerned with things like posh furnishings, gourmet eats, or locker room freebies, focusing instead on their (sometimes strict) health and lifestyle programs. Now that luxury hotels and resorts are in the spa game, though, things have changed: These days, spa aficionados are likely to find extras like homemade organic snacks, private treatment villas, and high-tech facilities (think indoor "snow rooms") to complement the therapeutic services. Below are some favorite five-star spots that take pampering to a whole other level.



#### The Cloister

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*Sea Island, Georgia*

**Why We Like It:** The 65,000 square-foot spa at The Cloister, a classic oceanside resort, is a wellness wonderland, with koi ponds and indoor gardens, a therapeutic water circuit (complimentary for all hotel guests), and an elegant locker room where attendants greet you with homemade fruit or mint-chocolate granola bars and plenty of Southern charm.

**Best Treatment:** In the signature 90-minute Sea Creations Facial, guests are wrapped in plush Kashwre blankets and socks, slathered with Babor products, and massaged with smooth seashells—which you get to take home as a souvenir of the experience.

**Insider Tip:** With several noted restaurants, an in-house ice cream/candy shop, and even its own beachside food truck, The Cloister is famous for its food—but it's also one of the only luxury resorts with an on-staff nutritionist, who is available to chat with guests (including kids) about healthy eating habits and help plan menus.