
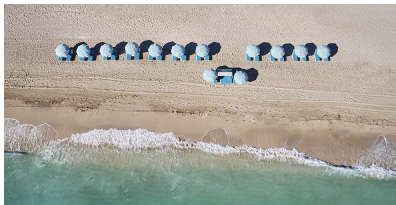


THE PREMIER LIFESTYLE MAGAZINE FOR ALL AGES

HEALTHY AGING®

Time to Pamper Yourself!

 healthyaging.net/magazine/winter-2021/time-to-pamper-yourself Link: (<https://healthyaging.net/magazine/winter-2021/time-to-pamper-yourself/>)



By Carolyn Worthington

You've been careful –you masked up, skipped family holiday get-togethers, followed the arrows in the grocery store. Now might be the time to reward yourself and to do it safely, of course.

Why not treat yourself and your spouse or significant other to a spa getaway?

Here is a sampling of spa resorts that have taken all of the necessary precautions to provide a healthy environment and are ready for you.



Carillon Miami Wellness Resort
Pool. Photo: Carillon Miami
Wellness Resort

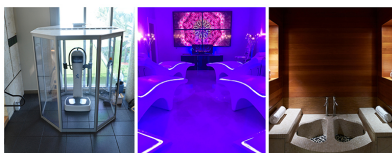
1. Carillon Miami Wellness Resort, Florida

[Carillon Miami Wellness Resort](https://www.carillonhotel.com/en/) Link: (<https://www.carillonhotel.com/en/>), known for its innovative spa experiences, is home to a 70,000-square-foot award-winning spa. Due to COVID-19, the resort has implemented enhanced protocols and procedures to ensure its guests and team members' health and safety, including utilizing cutting-edge technology for sanitizing private and public areas and mandating social distancing and capacity restrictions.

The resort is Sharecare Health Security VERIFIED® with *Forbes Travel Guide*, a testament to the resort's commitment to upholding the highest standards in health and safety.

In adapting to today's socially distant world, Carillon Miami created a menu of touchless wellness services in partnership with top health and wellness brands featuring cutting-edge services that address the mind, body, and spirit without physical touch proven especially popular during these difficult times. The sheer size of the resort also ensures social distancing happens naturally.

There are a total of 150 spacious one- and two-bedroom luxury apartments, an array of recreational activities, a two-story indoor rock wall, and resort pools, including the oceanfront Cabana Pool and the adult-only rooftop Atlantic Pool.



Innovative spa experiences to be had at the Carillon Miami Wellness Resort. Photos: Carillon Miami Wellness Resort

To do:

A must-do at the Spa is the new touchless wellness menu. Featuring services such as the V.E.M.I, using Vibroacoustic, Electro Magnetic An infrared technology for total body rejuvenation and relaxation to the VibraGenix, the ultimate no sweat workout, guests can book the Touchless Wellness Circuit to experience four of these treatments. Afterward, indulge in a soothing Quartz Massage featuring a warm crystal quartz massage bed that envelops the body for deep relaxation, and head to [The Strand Link: \(https://www.carillonhotel.com/en/dining/the-strand-at-carillon/\)](https://www.carillonhotel.com/en/dining/the-strand-at-carillon/) for a delicious Mediterranean lunch.



Crystal Mountain / Crystal Spa
(Clockwise from top left) Meditation Lounge, Sauna, Spa Service, Crystal Spa – Dual Retreat Room

2. Crystal Mountain, Michigan

[Crystal Mountain Link: \(https://www.crystalmountain.com/\)](https://www.crystalmountain.com/) is a family-owned, four-season resort destination located 28 miles southwest of Traverse City and a short drive from Sleeping Bear Dunes National Lakeshore. The 1,500-acre resort features lodging, dining, downhill and cross-country skiing, two

championship golf courses, shopping, award-winning [Crystal Spa](https://www.crystalmountain.com/spa-wellness/crystal-spa/) [Link: \(https://www.crystalmountain.com/spa-wellness/crystal-spa/\)](https://www.crystalmountain.com/spa-wellness/crystal-spa/), Michigan's only alpine slide, Peak Fitness, the Park at Water's Edge, Michigan Legacy Art Park, weddings, a conference center, and real estate options.

It is a driveable destination, about three and a half hours from Detroit or about 40 mins from Traverse City. (Detroit also has a non-stop flight to Traverse City.)

Crystal Spa

Besides treatment rooms and services, [Crystal Spa](https://www.crystalmountain.com/spa-wellness/crystal-spa/) [Link: \(https://www.crystalmountain.com/spa-wellness/crystal-spa/\)](https://www.crystalmountain.com/spa-wellness/crystal-spa/), in the heart of Crystal Mountain, has a welcoming, attentive staff, private transition rooms with heated floors, eucalyptus steam rooms, infrared saunas, and an outdoor Mosaic Garden with a hot tub. Some amenities have been temporarily halted due to COVID-19 restrictions but will start again when it is safe to do so.

The team has used the pandemic as a way to develop new, safe options for guests. And services like the Couples Spa Retreat have gained popularity so couples could enjoy private spa time – just the two of them. The private spa retreat for two includes exclusive access to Crystal Spa from 8 to 10 p.m.

Besides heightened cleaning measures, Crystal Spa has taken the “Swiss cheese approach” to safety – multiple layers of protection will help block the spread of COVID-19. No one layer is perfect; each has holes. But with several layers combined (masks, face shields, social distancing, cleaning protocols, hand washing, and engineered solutions like air ventilation improvements), we significantly reduce the overall risk.

HEPA air purifiers, NASA-inspired air scrubbers, and ventilation improvements have been added to Crystal Spa.

Lodging

Crystal Mountain has many lodging options, most of which have full-service kitchens, from hotel-style suite accommodations to private homes and condominiums.

The resort has several restaurants, all with takeout service. Many guests opt to bring and cook their own food and dine in private – right in their home.

In summer, Crystal Mountain has two championship golf courses, an alpine slide, a world-class swimming pool, biking, hiking, outdoor and indoor fitness classes, tennis and archery, and more.

Located in beautiful northern Michigan, the resort is close to Sleeping Bear Dunes National Lakeshore, Lake Michigan, wineries, distilleries, kayaking, canoeing, and sport fishing.

There are 58 alpine ski trails in winter, 25 km of cross country trails, fat tire biking, snowshoeing, and ice skating.

Crystal Clean

The top priority at Crystal Mountain is the safety of the staff and guests. [Crystal Clean](https://www.crystalmountain.com/crystal-clean/) [Link: \(https://www.crystalmountain.com/crystal-clean/\)](https://www.crystalmountain.com/crystal-clean/) is Crystal Mountain's commitment to cleanliness, safety, and health. Crystal Clean was developed to implement, monitor, and adjust their next generation of cleanliness

standards, norms, and behaviors for Crystal Mountain's 1,500 acres – resort activities, guest rooms, meeting rooms, restaurants, and facilities.

Crystal Clean was developed by working with local and state health departments, MIOSHA, and resorts across the country on safety best practices. These protocols address staff training, social distancing and masks, cleaning, and engineered solutions.

All guests and employees must wear CDC-approved masks when indoors in shared, public spaces. Guests are encouraged to stay six feet away from others and wash their hands frequently.

They ask their guests: If you're feeling sick or experiencing any symptoms related to COVID-19: Stay home. Crystal Mountain will be here when you're feeling better.



French Lick Resort scenes. Photos:
Courtesy of French Lick
Resort

3. French Lick Resort, Indiana

French Lick Resort [Link: \(https://www.frenchlick.com/\)](https://www.frenchlick.com/)'s legacy of health and wellness is deeply rooted in the famous mineral waters attracting visitors since its inception in the mid-1800s. Today, guests can still find rest, relaxation, and rejuvenation through their two spas. They offer various **services** [Link: \(https://www.frenchlick.com/sites/default/files/flrspas_o/index.html\)](https://www.frenchlick.com/sites/default/files/flrspas_o/index.html), ranging from skincare and body treatments to soaking in a Signature Pluto Bath.

French Lick resort is home to two nationally historic hotels, three challenging golf courses, two rejuvenating spas, impressive meeting venues, and a special, single-level casino. The resort is family-friendly and perfect for a planned or impromptu getaway.

Step into chic American sophistication that caters to the family at **French Lick Springs Hotel** [Link: \(https://www.frenchlick.com/hotels/frenchlick\)](https://www.frenchlick.com/hotels/frenchlick). The KidsFest program provides plenty of organized activities for guests' children, giving mom and dad a chance to pursue more grown-up leisure; maybe retail therapy at The Promenade of Shoppes, a round of golf on a championship course, or a historic hotel tour featuring tales of famous guests. At the end of the day, gather the crew together and enjoy a trip on the iconic trolley, maybe some fast-paced bowling at Pluto's Alley, or an adventure at one of the hiking, biking, or horse trails across the resort.

And don't forget your four-legged companions — French Lick Resort is one of the most pet-friendly hotels in the Midwest, with designated pet-friendly rooms at each hotel.

Wrap yourself in Old World elegance at [West Baden Springs Hotel](https://www.frenchlick.com/hotels/westbaden) [Link:](https://www.frenchlick.com/hotels/westbaden)

(<https://www.frenchlick.com/hotels/westbaden>), where history emanates throughout, while modern comforts and accommodations await behind each guestroom door. For a romantic weekend, indulge in a couple's massage at their luxurious spa. Enjoy the Afternoon Tour and Tea before relaxing in the atrium to the sounds of nightly live music.

Sinclair's Restaurant offers intimate dining with a sophisticated vibe; for dinner and drinks under the dome, check out Ballard's in the Atrium. Table One offers an impressive experience for up to 10 as you watch the chef prepare a custom meal served on Versace dinnerware. Plan a cozy carriage ride through the grounds before turning in for a night of sweet dreams. Stay here once and you'll understand why this was called the "Eighth Wonder of the World."

The [health and safety](https://www.frenchlick.com/safety) [Link:](https://www.frenchlick.com/safety) (<https://www.frenchlick.com/safety>) of guests have always been the resort's #1 priority. With that in mind, they have implemented several procedures resort-wide. Also, at this time, the resort is only open to overnight guests. French Lick Casino and The Valley Links Course are open to the public.



Spa experiences and more at Lowes Miami Beach. (Top) Aerial of pool; (middle, left to right) wellness lounge, fitness facility, treatment room (Bottom) Aerial of yoga on the beach. Photos courtesy of Lowes Miami Beach

4. Lowes Miami Beach Hotel, Florida

[Loews Miami Beach Hotel](https://www.loewshotels.com/miami-beach) [Link:](https://www.loewshotels.com/miami-beach) (<https://www.loewshotels.com/miami-beach>) is ideally located in the heart of South Beach, with direct beach access and within walking distance from all of the dining, cultural attractions, and entertainment that make Miami Beach so special.

The hotel prides itself in its Welcoming You Like Family mission and theme for a comfortable, safe, and memorable stay. – always with your well-being top of mind.

"Welcoming You Like Family is not only a service motto but our commitment to the well-being of our guests and Team Members, Mutluhan Kucuk, Loews Miami Beach Hotel managing director, said. "It's about capturing the feelings of familiarity and comfort from check-in to check-out.

“From thoughtful signage and touchpoints on the property to services that support physical distancing like “Chat Your Service,” our hotel-wide texting service, we’re here to safely welcome guests with warm smiles, thoughtful gestures, food made with love, and to ultimately take care of guests like we take care of our own.”

This mission extends to their Exhale Spa, where they follow all of the city and CDC guidelines to ensure spa guests have a wonderful, restorative, and safe experience.

Guests can truly relax and recharge at the hotel, enjoying delicious cuisine infused with Miami flavors from their four restaurants and lounges, indulge in Exhale Spa’s signature therapies, their nail salon, fitness classes including yoga and Pilates, in addition to enjoying hotel amenities like their expansive pool deck, private SOAK Cabanas, direct beach access and more.

The hotel has gone all out to provide a relaxing yet [safe environment](#) *Link:*

https://cdn.loewshotels.com/loewshotels.com-2466770763/cms/pressroom/a_111720_safetyandwellbeing.pdf from mandatory masks to temperature checks for their team members, physical distancing, sanitation stations, etc. Guests can be reassured of a clean room since guestroom vacancy is 24 hours between stays to properly clean.

An ideal way to capitalize on a weekend spa escape is to choose the [3rd Night Free offer](#) *Link:*

<https://www.loewshotels.com/miami-beach/specials/third-night-free>

Guests also can take advantage of many great offerings including fitness center access, non-motorized water sports, and a complimentary photoshoot with their photographers as part of their [Resort Amenity Program](#) *Link:* <https://www.loewshotels.com/miami-beach/discover/services-amenities>).

A sample weekend itinerary:

- Rise and shine and join Exhale on the beach for their signature yoga or bare-less barre class on the sands of South Beach
- Enjoy breakfast on the terrace of Preston’s Market, overlooking the pool deck with a view of the ocean as well. Savor the restaurant’s market-style buffet or a la carte menu offerings
- Check-in to your private, [VIP SOAK Cabana](#) *Link:* <https://www.loewshotels.com/miami-beach/discover/soak> where you can enjoy a fully enclosed, two-story cabana with a rooftop sundeck, full bathroom, AC, private concierge service, and more.
- Enjoy lunch in the privacy of your cabana or poolside at the Nautilus restaurant.
- Go for an afternoon walk or run on the beach boardwalk (Direct access from the pool deck). You can also rent a bike from the kiosk at the front of the hotel.
- Relax in the comfort of your luxury guestroom, recently redesigned and updated with designs inspired by the sun, sand, and sea of South Beach
- Enjoy area restaurants for dinner or stay in and listen to live music, sip handcrafted cocktails and dine on a Miami-inspired menu from the Bar Collins restaurant.
- The next day, capture the memories of your stay with their Focal Point photographers and take advantage of the complimentary photo session that is part of the Resort Amenity Program.
- Work up a sweat at one of Exhale’s fitness classes, followed by a relaxing day of body therapies at Exhale Spa.
- Finish your day of Zen with a blow out at the Glam & Go salon and enjoy more pool time or an afternoon cocktail at one of the bars



The Lodge at Four Seasons on 350 peaceful acres with pool, Japanese Garden, candlelight whirlpool, and more. Photos: Courtesy of The Lodge at Four Seasons.

5. The Lodge at Four Seasons, Missouri

If you are longing for a spa in the Mid-West, consider the [Spa Shiki at the Lodge of Four Seasons](https://spashiki.com/) [Link: \(https://spashiki.com/\)](https://spashiki.com/) in Lake of the Ozarks, Missouri.

Shiki means “four seasons” in Japanese. The spa’s Japanese theme was chosen to honor Harold Koplar, the founder of The Lodge of Four Seasons” and his passion for Asian culture, and Buffy Murai, the Japanese landscape architect, who lived and worked at the Lodge for more than 30 years. The spa is designed to balance each visitor’s chi or energy.

The Spa Shiki’s treatment menu is a reflection of Far Eastern philosophies of health and wellness. Since 2000, Spa Shiki has been dedicated to providing an ambiance of tranquility, refocusing tension into positive energy, and educating guests on spa and wellness diversity.

“Our top priority has always been to bring an experience of healing and rejuvenation to our guests, Jessica Smith, spa director, said. “Our team has been hard at work to enhance our safety and sanitation levels, as well as considering every step of the treatment process to ensure we meet our guest’s needs in a focused and safe manner that is per government guidelines.

“I am truly amazed by the way the team worked together during this unimaginable year, and I’m grateful to work with a talented group of individuals that continue to make it their mission to help others in a time of need.”

The Lodge of Four Seasons was founded in 1964 by Harold Koplar, father of current owner, Susan (Koplar) Brown, and is regarded as a major destination resort in Missouri and the Midwest. Set on 350 peaceful waterfront acres, The Lodge offers more than 60,000 square feet of meeting space, unique dining experiences, four swimming pools, a full-service marina, and the nationally recognized Spa Shiki. The Lodge’s golf offerings include The Cove, an 18-hole, par-71 Robert Trent Jones, Sr. design, and The Ridge, an 18-hole, par-72 Ken Kavanaugh layout.

For more information, go to [Spa Shiki](http://www.spashiki.com/) [Link: \(http://www.spashiki.com/\)](http://www.spashiki.com/) and [The Lodge of Four Seasons](http://www.4seasonsresort.com/) [Link: \(http://www.4seasonsresort.com/\)](http://www.4seasonsresort.com/).

