

HOUSEPLANTS MADE EASY! p.50

Sunset

THE Wellness ISSUE

IDEA
HOUSE
REVEAL

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BIG
SUR'S
HIDDEN
TREASURE

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OUR
FAVORITE
HOT
SPRING
RESORTS

*Harrison
Hot Springs
Resort in
Harrison,
British
Columbia*



Products for pampering
your pup
PG. 21

TRAVEL

Road Map: top stops on
Route 395
PG. 24

The New Age of Wellness

Holistic health trends, al fresco hot springs, and brand new spas where you can unwind and recharge.

By KATE WERTHEIMER

↑
Mii Amo



MAUNA LANI'S POOL IS AS TEMPTING AS ITS SPA

Open for Wellness

Notable and anticipated openings from big names in the hospitality game

The Lodge at Blue Sky, Wanship, Utah: an Auberge property boasting the High West Whiskey Rubdown: Sip a glass of whiskey during a salt and sage foot soak, followed by an old-style liniment massage and a hot-towel compress. *Opened June 2019*

Four Seasons Resort and Residences Napa Valley, Calistoga California. This 8-room spa will feature steam pods in which hammocks will be suspended above geo-thermal pools so guests can absorb the vapors. *Opening early 2020*

Espacio The Jewel of Waikiki, Waikiki, Hawaii: The hotel's luxury spa enhances traditional Hawaiian treatments like hot stone and lomi lomi with holistic add-ons such as dry brushing, bio-drainage cupping and lymphatic drainage. *Opened September 2019*

Mauna Lani, Waimea, Hawaii: This newly-renovated property now under the Auberge name boasts a spa primarily using the Honua Skincare line, made with locally sourced, organic ingredients from the Big Island. *Opening early 2020*

Pamper Your Pup

Some particularly pet-friendly spas offer massages for both you and your furry best friend.

At **The Resort at Paws Up** in Greenough Montana, a 15-minute Wag the Tail dog massage is complimentary with any 60-minute treatment for humans. Pup massages at **Tenaya Lodge** at Yosemite in Fish Camp, California, (20 minutes for \$40 or 50 minutes for \$70) end with a paw massage and a tasty dog treat. And for the most decadent dogs, **The Ritz-Carlton Bachelor Gulch** in Avon, Colorado, offers a one hour Pampered Pup massage for \$135, plus dog toys and special treat delivery.



PORTABLE OPTIONS

Signature oils, salts and lotions bring these fancy spas to your own space

Relaxing Pillow Spray, \$12 from Mii Amo in Sedona, AZ

Liquid Gold Exclusive Ayurvedic Face Oil, \$180 from Surya at Santa Monica Proper Hotel in Santa Monica, CA

Shobu Bath Salts, \$12 and **Yuzu Body Lotion**, \$19 from Ten Thousand Waves in Santa Fe, NM

Bees Milk Facial Scrub, \$62 from The Ranch in Malibu, CA

LakeHouse Gifts of the Garden Shea Body Butter, \$45 from Lake Austin Spa Resort in Austin, TX

Hinoki Pacific Salt Body Scrub, \$58 from Golden Door Resort & Spa in San Marcos, CA



THE RANCH'S UBER-POPULAR FACIAL SCRUB



From immunity-boosting foods to detoxing your home, find more ideas for winter self-care at sunset.com/wellness

FIDO-FRIENDLY VERSIONS OF OUR FAVORITE BATH PRODUCTS



Aesop Animal Skin and Fur Wash, \$40; aesop.com



Khie's Cuddly-Coat Grooming Shampoo, \$24; khiels.com



Malin+Goetz Dog Shampoo, \$28; malinandgoetz.com