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Current Issue
Winter 2010

Southern Hospitality
TRAVELER magazine

Spa Spectacular: The Natural Choice

by Karon Warren

Many spas across the Southeast claim to be "natural": They have nature-inspired treatments, use nature-based products and/or feature a nature-themed décor. That's all good, but taking it a step further, several Southeastern spas actually get back to nature. From Native American traditions and mineral pools to outdoor hot tubs and treatments using ingredients literally right outside the spa door, these spas epitomize the true meaning of "all natural."

Sandava Spa at Hyatt Regency Clearwater Beach Resort

clearwaterbeach.hyatt.com

Given its location between the Gulf of Mexico and the Intracoastal Waterway, it's not surprising that the goal of Sandava Spa is to connect you "to the sea, the shore and the power of personal wellness." With a focus on the local environment and naturally derived treatments, Sandava Spa's menu includes several services that utilize elements of nature that practically can be found right outside the spa's facilities.

For example, two of Sandava's wraps draw on Florida's popular citrus to provide healing properties to your skin. The Key Lime Mineral Wrap contains a polish made of Florida key lime sugar cane, while the Tangerine Clay Detox Wrap uses Florida honey, tangerine and citrus pulp. Ginger root, a natural medicinal herb, is used to warm the body, clear the mind and activate wellness in the Mandarin Ginger Body Glow.

From the nearby sand and surf, the Clearwater Sand Foot Scrub takes sand gathered from right outside the Sandava Spa and blends it with organic oils to create an exfoliating scrub. For the Sun Warmed Shell Massage, therapists use smooth, rounded shells partnered with sea minerals and gigartina algae to relax and ease tight muscles. In fact, several treatments feature organic sea algae in their products, including the Eco Sea Scrub & Rub, the Ocean Body Contour, and the Sun Repair Soother.

When it's all said and done, the staff of Sandava Spa hopes you leave feeling at one with the environment, "the source of our personal wellness." Photo courtesy of Sandava Spa