



venture out



7 new ways to de-stress

Our annual "best of" spa lineup zeroes in on the most relaxing and spirit-reviving getaways around—just when you *really* need one. BY NICOLE DORSEY-STRAFF

Everybody loves going to a spa: You get to enjoy decadent, tension-busting treatments; eat right; and work out in a beautiful environment—what's *not* to love? Granted, pampering often comes at a price, but we're staunch believers in the "I'm worth it!" mantra. If you're not at your best healthwise, you can't be at your best for work or family. This year we've rounded up seven top spas that have debuted in the last 12 months. They span a range of prices, but all of them offer plenty of ways to be active and center yourself. So toss the BlackBerry in a drawer, tune out your troubles, and tune in to *you*.

group of 40 islands is known for its world-class snorkeling and diving. **Details** Rooms from \$295; treatments from \$85; gansevoortturksandcaicos.com

BONUS! Mention *Shape* and get a 35 percent discount on all Exhale spa treatments at the resort throughout October.

IDYLIC BEACHSIDE RETREAT

Exhale Spa at the Gansevoort
PROVIDENCIALES,
TURKS AND CAICOS

The sleek, chic Gansevoort Turks + Caicos, a Wymara Resort, is one of the newest additions to 12-mile-long Grace Bay Beach. And fitness-focused Exhale has brought in its Core Fusion exercise classes—a blend of Pilates, the Lotte Berk Method, and yoga. Twice-daily sessions in an outdoor pavilion are

filled with guests as well as locals who have become hooked on the mix of strengthening and stretching moves. Of course, there's also a vacation-perfect menu of spa treatments. The Deep Flow massage (\$160 for 60 minutes) leaves muscles feeling like wet noodles. There's an adjacent fitness center equipped with state-of-the-art machines, but we recommend getting your exercise outdoors—this

BEST BUDGET FIND

The Spa at the Battle House
MOBILE, ALABAMA

The historic Battle House, a Renaissance Hotel, recently unveiled eight treatment rooms in a 10,000-square-foot Zen-inspired spa—



The Gansevoort's pool is just long enough for laps.

WIN IT! For more info on the discounts and giveaways on these pages and to see rules and register, go to shape.com/spaawards from September 21 to October 18.

