

Nayarit: world-class spas a growing attraction

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Mexican holidays move past the sun and surf

by Shannon Melnyk



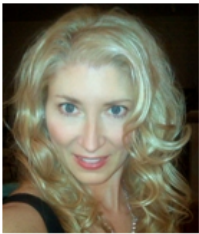
The increasing appetite for adventurous land and sea excursions off the Pacific coast has created demand of another kind: for restorative rejuvenation. The Riviera Nayarit, Mexico’s latest hot spot north of Puerto Vallarta is also an emerging spa scene proving worthy of the weary traveller fresh off the beach or a Vallarta jungle adventure. Sumptuous offerings include world-class luxury facilities combining regional Mexican ingredients with signature treatments.

Grand Velas All Suites and Spa Resort: the recipient of Condé Nast’s “Most Excellent Spa Hotel” award, the [Grand Velas](#) boasts a spa menu of one hundred treatments, including Nirvana balancing therapies, Huichol beauty rituals, and Prestige facials. All treatments include a guided nine-step hydrotherapy session with herbal steam, eucalyptus inhalation, Swiss and pressure showers, hot and cold plunge lagoons and hydro reflexology. Hard-core spa goers who want to sleep where they spa can take advantage of the Presidential Spa Suite, featuring a private steam room, massage area and Jacuzzi.

The Remède Spa, St. Regis Punta Mita: nestled along the stunning coast of Banderas Bay is the 10,000 square-foot [Remède Spa](#) within the exclusive St. Regis Resort. The indoor/outdoor sanctuary contains deluxe spa suites and customized treatments; regional touches include hand-polished hot basalt massage stones, crushed-pearl exfoliation treatments and warm seaweed body masks. Hibiscus-infused refreshments are enjoyed amidst Mexico’s fragrant blooms and healing herbs.

Tatewari Spa, Villa Del Palmar Flamingos: Named for the ancient patron of all shamans, the Tatewari invites guests to indulge in the purifying hot and cold water rituals of steam, sauna, waterfall rinse and plunge pools. European-Mexican ambience surrounds over 17,000 square feet, featuring his and hers hydrotherapy lounges, chlorophyll beverages and the celebrity-endorsed Repêchage spa line derived from sea botanicals. Signature [Tatewari](#) specialties include the Thalassotherapy Seaweed body Treatment, the Chocolate Rose Decadent Body Treatment and the Tepezcohuite Healing Wrap.

Spa Playa Del Sol: Mexico meets Bali in this small but [serene spa](#) on Flamingos beach. Popular treatments include the Thai Milk Bath, Algae Wrap, Collagen Veil Facial and Thermal Volcanic Mud Wrap. Soothing fountains trickling over polished black stones and rich Southeast Asian woods offer an intimate and tranquil setting. Waterfront massages are optional.



About the Author: Shannon Melnyk is a freelance journalist and copywriter based in Vancouver. Dividing her time between newspapers, magazines, television and the world wide web, her latest adventures in word slinging can be seen at www.shannonmelnyk.com

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