

DALLAS

MODERN LUXURY

**SPECIAL
TRAVEL
ISSUE**

Om My! The 100 Hottest Resort Spas
Big Apple Aahs: NYC's Best Beds
Inside Rio's Booming Music Scene
Spa-tacular TX: The Feel-Good State
Cabin Fever in the Heartland!

+PLUS

Paradise Found Fashion
Annette Bening Rules Again
Nicola's: Holy Bolognese!
Let's Get Alfresco
& All the Par-tays!

MODERN LUXURY DALLAS 2852 SOUTH ST. SUITE 350 DALLAS TX 75201

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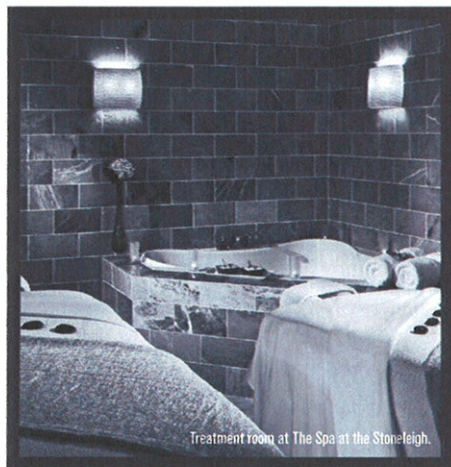
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Remember the *Aah-lamo!*

At the new **J.W. Marriott Resort's Lantana Spa** in San Antonio, the theory goes that tying some knots will lead to getting rid of a few. As you enter the light-filled, modern rustic sanctuary that maximizes the healing powers of native Texas plants, you are handed a pristine red ribbon and invited to partake in the "los siete nudos" ritual. Tie seven knots, one for each worry, into a circle, and on the way to treatment, drop in a silver bowl at the foot of a cascading staircase lit by a dangling quartz chandelier. In the soothing, persimmon-toned surroundings, stylishly imagined by Dallas' own Forrest Perkins firm, it's indeed hard to grasp the fact that reality lies just beyond the 26,000-square-foot, hacienda-like spa. Treatments incorporate a Tex-Mex mix of indigenous plants evoking the Rio Grande Valley, as well as healing practices of the legendary *curanderos*. We indulged in the hydrating sig organic facial and massage using Naturopathica products, shopped the well-edited boutique and grabbed a bite at Replenish, the onsite healthy bistro. *23808 Resort Pkwy., 210.403.3434 or jusanantonio.com*



Ladies lounge at Lantana Spa.



Treatment room at The Spa at the Stoneleigh.

Bikini Boosters

Try out these killer bod-refining treatments that will have you baring your assets in no time!

SKINNY JEANS MACHINE

Luxury on Lovers' Lisa Cobb, a spa technology early adopter, introduces the VIP Lipo Line. Here, ultrasonic waves actually melt away fat. It can provide muscle-defining results too. Electrical stimuli "twist and wring" the muscles (one Isogeji ab session is equal to 1,000 crunches!) Can you say six pack? *4703 W. Lovers Ln., 214.352.8800*

SMOOTH OPERATOR

ZaSpa delivers a tighter, ready-to-bare bod in its 50-minute, results-driven Lipo-Stock treatment, a calming combo that includes an enzyme exfoliation, along with a toxin and water (and inches!)-ridding gel wrap and light massage. *\$120 (series of five recommended); 2332 Leonard St., 214.550.9492*

GET YOUR SEA LEGS

Try out **The Spa at the Crescent's** 90-minute Beach Body treatment, a vita-packed, waist-reducing wonder. The remedy begins with a sea salt scrub followed by an anti-oxidant-rich seaweed wrap and marine serum massage. Prepare to be bikini bound. *\$175; 400 Crescent Court, 214.871.3232*

CHANGE YOUR TONE

The Ritz-Carlton Spa offers instant gratification for cellulite and sagging skin in the 50-minute Herbal Cellulite Body Treatment. A tingly compound, applied on the body, amps up circulation, and is followed by a problem-area-targeting wrap. The real deal, it's the complete pre-poolside prescription. *\$145; 2121 McKinney Ave., 214.922.4820*

GLOW, HEAD TO TOE

The Spa at the Stoneleigh has taken the facial ritual to a new level in its Indulgence Head-to-Toe Body Facial. Ultra-luxe Sonya Dakar products are applied to the body in this 80-minute treatment that includes a triple-action organic scrub, a lactic acid peel and even microdermabrasion to improve skin's texture. Tack on a Fanny Facial (\$25) and brave that new tini-kini. *\$225; 2927 Maple Ave., 214.871.7111 ■*