



nileGUIDE

ALL YOU NEED TO PLAN YOUR PERFECT TRIP



purotorico

Spa hopping in Santa Fe

Santa Fe, 3 Days

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Guide Description

AUTHOR NOTE: If you've come to the Land of Enchantment to relax, renew, and rejuvenate, you must schedule time in one of the state's great spas. From traditional Swedish massage to custom treatments drawing from New Mexico's varied cultures and new age concepts, it's easy to find a session to suit your desires. Most resorts have an on-site spa, and many day spas are conveniently located. Seasoned spa-goers will be impressed with the level of therapist knowledge, atmosphere, and variety of treatments available. Many New Mexico spas consistently receive high rankings by national and international publications. In fact, some visitors come specifically to "spa hop," making spa visits their vacation theme. Many properties offer spa discounts for room guests; inquire when booking or ask at the front desk. Room guests often enjoy complimentary access to the saunas and hot tubs.

For those who haven't experienced a massage and spa treatment, have no fear. Upon arriving at the reception desk, you'll receive a menu of treatments. The attendant will explain the different massages and ask if there is an area in which you are experiencing any discomfort, such as lower back or neck. Many massages incorporate other treatments. Aromatherapy uses essential oils to elicit positive responses through the sense of smell.

Reflexology uses pressure points in the feet to relieve tension throughout the body.

After deciding, you'll be led to a comfortable waiting area to meet your licensed massage therapist. You'll go to a private room to disrobe to your comfort level and slip under a sheet on the massage table. Therapists only uncover the area on which they're working, so even the most modest people need not be concerned. After a polite knock, the therapist enters the room, which is bathed in low light and relaxing music, and your experience begins. When (unfortunately) your time ends, your therapist will gently exit and allow you time to reawaken and dress. You'll be encouraged to take a minute to sit in the waiting area, as you'll probably be too relaxed to fully function immediately. Water will be available to help cleanse your system of the toxins the massage worked out of your muscle tissue. Re-emerging into the real world, your thoughts will probably turn to booking your next appointment. Beware: Spas are addictive and wonderful for your mental and physical well-being.

Itinerary Overview

things to do
restaurants
hotels
nightlife

Day 1 - Santa Fe

DAY NOTE: Consider a reflexology or facial treatment in the morning, then a full body massage later in the day.



SháNah Spa & Wellness Center

Spanish Spa Treatments



Nidah Spa at Eldorado Hotel

Well-appointed spa in the Eldorado Hotel.

Day 2 - Santa Fe



Absolute Nirvana Spa & Gardens

A heavenly experience

Day 3 - Santa Fe

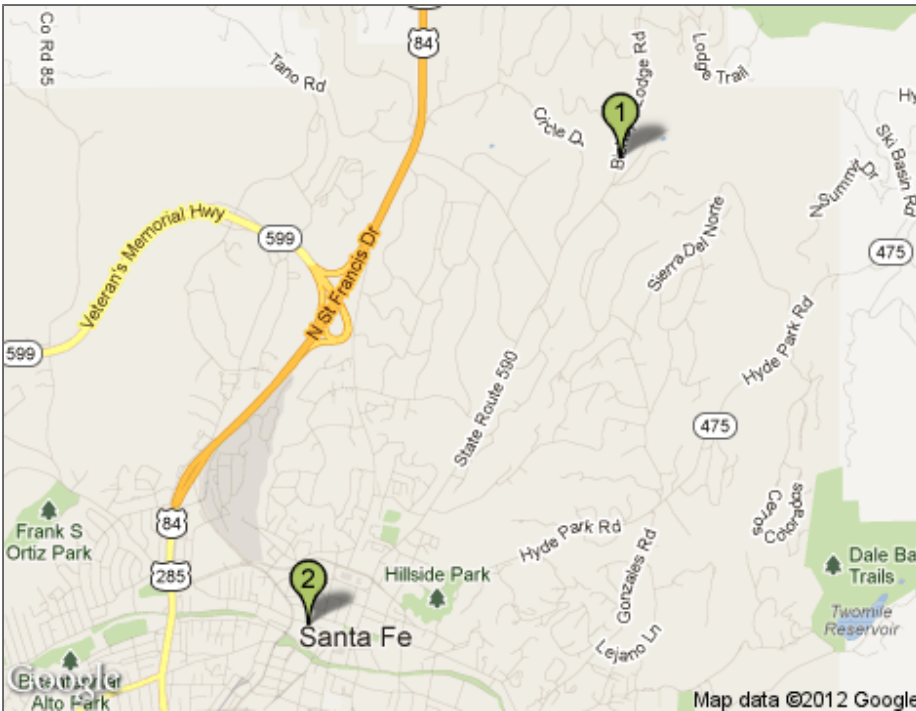
DAY NOTE: Give yourself plenty of time to enjoy the grounds at Ten Thousand Waves. Do a hot tub first to loosen up, followed by any one of the specialty massages here.



Ten Thousand Waves

Hot spring spa

Day 1 - Santa Fe



QUICK NOTE

DAY NOTE: Consider a reflexology or facial treatment in the morning, then a full body massage later in the day.

contact:

tel: 505 819 4000

fax: 505 983 0832

<http://www.shanahspa.com>

location:

The Bishop's Lodge Resort & Spa
Santa Fe NM 87501

hours:

Daily 7a-8p

1 SháNah Spa & Wellness Center

DESCRIPTION: Nestled in New Mexico's Sangre de Cristo Mountains, this spa (and wellness center) offers a blend of Spanish and Mexican massage treatments. The experts use natural healing remedies, herbs, sweat baths, and teas to relax and rejuvenate the guests. It offers a variety of packages, ranging from one day to a week. The spa is located inside the Bishop's Lodge, which is home to luxurious accommodations and a variety of activities such as horse riding, trail rides, tennis, and sightseeing around the picturesque valleys. © wcities.com



contact:

tel: +1 505 995 4535

fax: +1 505 995 4577

<http://www.eldoradohotel.com/spa/index.htm>

location:

309 West San Francisco
Santa Fe NM 87501

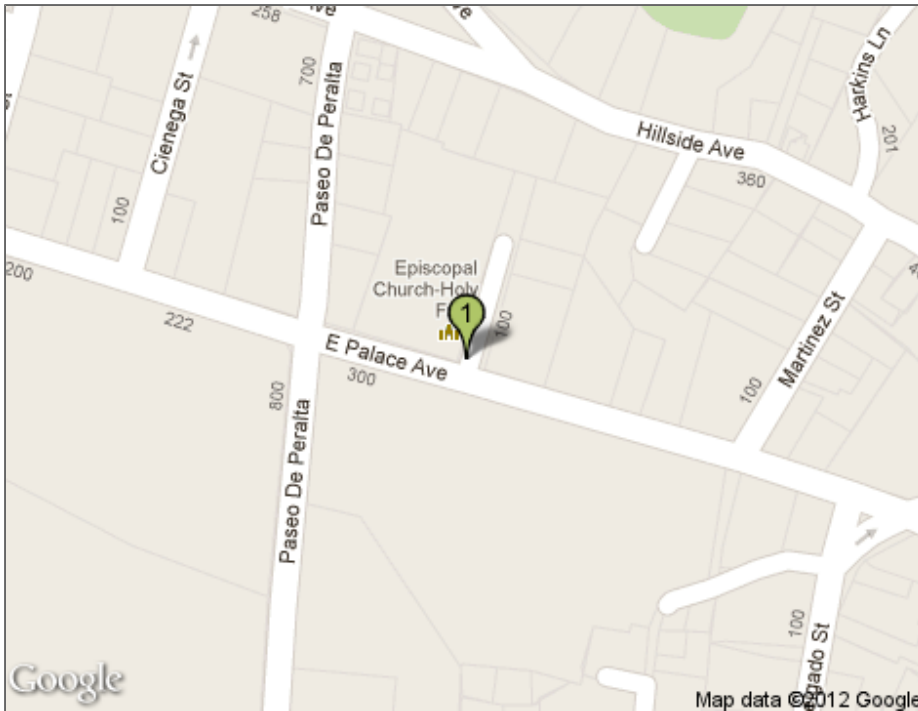
2 Nidah Spa at Eldorado Hotel

DESCRIPTION: Nidah means 'your life' in native American. Located at the Eldorado Hotel, the spa offers treatments which are connected to the native American Medicine Wheel. The directions north, south, west and center mean restoration, vitality, purification and harmony respectively. Fresh plants and herbs (aloe, desert clay, juniper and blue corn) found in New Mexico are sourced for each of the treatments as also are semi-precious stones like turquoise, which have healing properties for the mind and body. The spa offers a



Vichy shower, salon services, caviar manicure and pedicure, salt scrubs, massages, body wraps, facials, and head to toe treatments. Appointments are recommended. © wcities.com

Day 2 - Santa Fe



QUICK NOTE

contact:

tel: +1 505 983 7942

fax: +1 505 982 8572

<http://www.absolutenirvana.com/>

location:

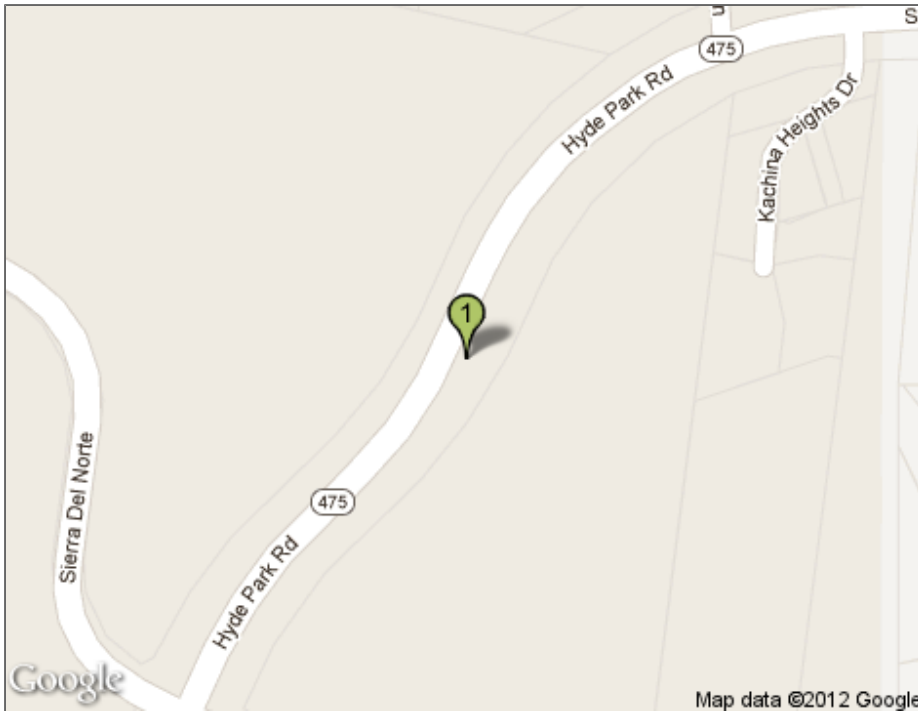
106 Faithway Street
Santa Fe NM 87501

1 Absolute Nirvana Spa & Gardens

DESCRIPTION: Absolute Nirvana Spa & Gardens is the only Indonesian Spa in all of Santa Fe which offers special Asian massages and therapies. Apart from the facials, manicures and pedicures are a host of treatments like Thai massages, rose petal baths, Brown Sugar and Papaya Extravaganza. Buy a gift certificate for birthdays or anniversaries. A day at Absolute Nirvana Spa & Gardens promises revitalization of body, mind and soul. © wcities.com



Day 3 - Santa Fe



QUICK NOTE

DAY NOTE: Give yourself plenty of time to enjoy the grounds at Ten Thousand Waves. Do a hot tub first to loosen up, followed by any one of the specialty massages here.

contact:

tel: 505 992 5025 / 505 982 9304

<http://www.tenthousandwaves.com/>

location:

3451 Hyde Park Road
Santa Fe NM 87501

hours:

Jun-Oct: Daily 9a-9:30p, Nov-May 10a-8:30p

1 Ten Thousand Waves

DESCRIPTION: This Japanese hot-spring spa is located in the hilly terrains of Santa Fe. Its tempting offerings include outdoor hot tubs, facials, skincare treatments, and spa treatments. For the over-stressed, there is a whole range of treatments, such as the Japanese Hot-Stone massage, Thai massage and Yasuragi Head & Neck treatment to rejuvenate you. If you want to elongate your visit to the Spa, the House of Moon resort located close by offers luxurious suites. © wcities.com



citysearch

Santa Fe Snapshot

Local Info

Whether it's snow blanketing sensual adobe walls, spring flowers painting the historic Plaza a kaleidoscope of color, fiestas lasting long into warm summer nights or golden aspens coating the surrounding Sangre de Cristo Mountains, Santa Fe is a city for every season. Lovingly called the City Different, Santa Fe offers a weaving of history stretching from pre-Columbian contact to the nuclear age, and a beauty that draws visitors from all over the world.

La Villa Real de Santa Fe- the Royal Town of Santa Fe- was established by Spanish governor Don Pedro de Peralta in 1608, making the city the oldest continuous capital in what is now the United States. The site at the foothills of the Sangre de Cristo Mountains was once home to an Indian Pueblo that had since been abandoned. Humble adobe buildings were built around a central plaza that is still the focus of the city today. One of those buildings, the Palace of the Governors, served as the capitol building for Spanish, Mexican and Territorial U.S. governors. Gov. Lew Wallace wrote his epic book *Ben Hur* while serving here.

One of the best ways to get to know Santa Fe is to visit the city's museums. Today, the Palace of the Governors is a museum(505-476-5100) and displays more than 15,000 artifacts from the Spanish colonial(1540-1821), Mexican(1821-1846) and U.S. Territorial(1846-1912) periods of New Mexico's history. Weapons, armor, documents, clothing, furniture and items of daily life from the Spanish through U.S. statehood in 1912 are proudly displayed. In fact, the museum itself is an archaeological site, with on-going excavations being conducted before a new annex is to be built. Items ranging from Pueblo pottery sherds to china dinnerware are being uncovered, attesting to the cultural and historic mix upon which Santa Fe is literally built. To think that just down the street is where scientists working on the top secret Manhattan Project at Los Alamos during World War II would report for duty can be heady for history buffs.

After learning a bit about New Mexico's founding history, visit the New Mexico Museum of Fine Art(505-476-5072), where the works of early Santa Fe masters underscore how the city earned

its international reputation as a haven for art. In the 1920s, luminaries such as John Sloan, Andrew Dasburg and Russell Cheney trickled into Santa Fe based on word of mouth. The living was easy and the light spectacular. Georgia O'Keeffe is honored with her own museum(505-946-1000) that features her bold and redefining work. On Museum Hill, the Museum of Indian Arts & Culture(505-476-1250) highlights contemporary Native American art such as that of R.C. Gorman, and the Museum of International Folk Art(505-476-1200) features just that, amazing folk art from around the world, including the donated collection of Alexander Girard. An entire room is dedicated to his thousands of clay figurines that depict Pueblo dances complete with camera-wielding tourists, Mexican Day of the Dead celebrations and a scene of Heaven and Hell where even the devils look cheery. The nearby Wheelwright Museum of the American Indian(505-982-4636) and the Museum of Spanish Colonial Art(505-982-2226) display pieces from New Mexico's Native American and Spanish history. Don't miss the Governor's Gallery on the Fourth Floor of the current state capitol, where contemporary artists from across New Mexico are featured. The internationally acclaimed Santa Fe Opera(505-986-5900) and 1930s ornate Lensic Theater(505-988-1234) are just a few of the venues where the performing arts shine.

Does seeing all of this art and history make you want to take some home? Santa Fe is world renowned for its shopping. From pieces of hand-made Native American turquoise jewelry purchased directly from the artist under the Palace of the Governor's portal to exquisite sculptures and paintings found along Canyon Road, beautiful things abound in the City Different. Shops surrounding the Plaza sell Native American pottery and jewelry, fashionable Southwestern-style clothing, books and gifts. Make sure to explore the side streets beyond the Plaza, as many shops filled with treasures are tucked away waiting to be discovered. Galleries line narrow Canyon Road, perhaps the oldest street still in use in the country. The road follows a 13th-century Indian trail leading from the pueblo that Santa Fe was built upon

to the mountains. The Spanish named it El Camino del Cañon- Canyon Road- and began building along it. Firewood was brought from the mountains to Santa Fe via this route. In the 1920s, artists began moving into the small, then-inexpensive houses, and the road's artistic heritage continues today. Gallery after gallery, many in historic buildings, offers some of the best artwork found in America, and has certainly helped Santa Fe solidify its place as the third largest art market in the country. One of the best things serious shoppers can do for themselves in Santa Fe is to bring a good pair of walking shoes.

If all of this walking and shopping makes you hungry, that's not a problem. Santa Fe boasts many romantic restaurants that constantly garner international praise for their exciting blending of tastes from around the world. Almost always at the center of these creations is New Mexico chile. Many of the chefs have written their own cookbooks so you can try their art at home. From lavish gourmet feasts to a quick handheld breakfast burrito, Santa Fe can easily accommodate whatever craving you may have.

Of course an entire trip can be spent discovering the made-made beauty of Santa Fe, but its surrounding natural beauty is also well worth exploring. At 7,000 feet, Santa Fe is cradled by aspen-covered mountains that provide a cool respite in the summer. In the fall, the mountains turn a blaze of yellows and reds, providing a striking backdrop for the city against the almost always brilliant blue sky. You can drive into this display by following Hyde Park-Ski Basin Road. Come winter Santa Fe offers some of the most rewarding skiing, snowboarding, snow shoeing and cross-country skiing in the nation. Near the end of Canyon Road is the trailhead for the new Dale Bale trail system. Winsor Trail has been called one of the best mountain biking trails in the nation. Anglers, rafters and kayakers enjoy a watery playground on the nearby Río Grande. Santa Fe has several shops that specialize in hiking, biking, skiing, fishing and all other forms of outdoor recreation. These shops are a great place to visit for tips on where to go.

After all of this exploring, treat yourself to any one of Santa Fe's world-class spas, especially if you've never been to one.

Santa Fe Snapshot continued

Luxuriate with any number of massages and treatments, from classic Swedish to Southwestern hot rock treatments. Reflexology, scalp and the latest in spa techniques are also easily found. If it's one thing Santa Fe knows how to do, it's how to melt away stress.

Educated, exercised, well fed and relaxed, the only thing left to do is to get a good night's rest so you can do it all again tomorrow. Santa Fe has a number of attentive hotels to choose from, as well

as quaint beds and breakfasts, many in historic homes. In Santa Fe, it's never hard to rest easy.

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