

Health, Wellness & Modern Green Living

# organic spa<sup>™</sup>

MAGAZINE

## WELLNESS TRAVEL GUIDE

**165** GLOBAL RESORTS  
& DESTINATIONS

► **TRANSFORMATIVE TRAVEL**

**Serene Sri Lanka**

*Herbal Healing in Brazil*

**Zen Escapes in Vietnam**

*Mineral Soaks in New Mexico*

+ **Goat Yoga**

+ *Spring Beauty Trends*

+ **Modern Mocktails**

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Change happens everyday, whether we're aware of it or not. Sometimes that's a difficult concept. But, when we embrace it, we grasp that the other side of change can be transformation—and that this process of ends and beginnings continues forever. The key is finding some rapture and hopefulness in that concept; the journey is immersing in it, crossing thresholds and slipping through open doors.

Today, many spas offer tools to aid us as we shift from place to place; treatments and safe arenas that allow new perspectives, which switch old thoughts for new. Trust and vulnerability may be required to try new things; skepticism must be put aside to search for truths. Following are some modalities and their portals to soothe and direct your mind, body and spirit.

#### Tarot Card Reading

Dating back to medieval times, possibly even to ancient Egypt, tarot is a pack of playing cards, illustrated with characters (such as The Empress or The Fool), each holding a certain significance. They can reflect the subconscious and conscious state. How they are pulled from the deck can be interpreted by a skilled reader.

At Fairmont Sonoma Mission Inn's Willow Stream Spa, this service helps elucidate issues of love, finance or career. The spa also gives intuitive readings, with the purpose of overcoming obstacles. [fairmont.com/sonoma/willow-stream/spa-services/mind-and-body](http://fairmont.com/sonoma/willow-stream/spa-services/mind-and-body)

#### Sauna Master

Called different names in various countries, and popular in Austria, Germany, Switzerland and Scandinavia, this 20- to 60-minute group sauna experience is intense, addictive and detoxifying. Led by a trained sauna master, who inspires with stories, meditations, dramatics and sometimes song, participants sit in a hot sauna, dip into cold water and breathe in aromatherapy-infused mist. At Denmark's Kokkedal Castle, a Small Luxury Hotels of the World, Danish SaunaGus (sauna master) champion Anders Lund Hage provides sessions meant to "ground the spirit and boost the immune system." [slh.com](http://slh.com)

#### Gemstones

Dating back thousands of years, healing with gemstones remains a constant modality of Eastern medicine. Proponents believe gems and crystals hold specific vibrations, which can be used to tap into negative energy, remove it and replace it with something positive. Specific stones speak to certain traits, and work best for particular goals. Gem treatments often work in conjunction with the chakras or chi, the energetic life force. Cancun's Gem Spa at Fiesta Americana takes gem healing seriously, with treatments such as its Amber Amulet Ritual. [gemspacancun.com](http://gemspacancun.com)

