

# The West at its best

Yosemite Valley

## Natural healing

A handful of spas are taking their cue from nearby national parks—pairing nature with nurture for the ideal wellness escape



### Spa



Ascent, the Spa at Tenaya Lodge.  
From \$119; [tenayalodge.com](http://tenayalodge.com)



Glade Spring Spa at Suncadia Resort.  
From \$129; [suncadiaresort.com](http://suncadiaresort.com)



Hashani Spa at the JW Marriott Starr Pass Tucson Resort.  
From \$299; [jwmarriottstarrpass.com](http://jwmarriottstarrpass.com)



The Spa at Terranea, Terranea Resort.  
From \$250; [terranea.com](http://terranea.com)

### Nearby nature

Yosemite National Park (2 miles)

Wenatchee National Forest (66 miles)

Saguaro National Park (23 miles)

Catalina Island (26 miles); Channel Islands National Park (65 miles)

### Why we love it

Tenaya is within easy striking distance from hiking and biking trails, fishing streams, and ridiculously scenic wilderness. The new spa has views galore and locally sourced beauty products.

It's set in a fairyland of Washington's Cascade Mountains and woods, alongside a river, with open-air spa treatment decks and warm mineral springs.

It's in the middle of 330 acres of Sonoran Desert—conservation land donated by the resort to Tucson Mountain Park—and the spa uses local copper and cactus.

We dig the unusual spa approach—energizing treatments happen in the a.m.; relaxing ones in the p.m.

### Treatment to try

The Signature Massage stars heady botanical oils from the Sierra like primrose, rose hip, and sunflower. \$90; 50 minutes

The Anti-Oxidant Body Renewal starts with a sugar scrub followed by an organic mud wrap, massage, and glass of local Chimook Chardonnay. \$190; 80 minutes

The Arizona Copper Facial soothes stressed-out desert skin. \$30; 50 minutes

The a.m. Ocean Prelude includes a seaweed wrap, saltwater bath, and lymphatic massage—plus a possible glimpse of dolphins on their daily swim off the coast. \$225; 120 minutes