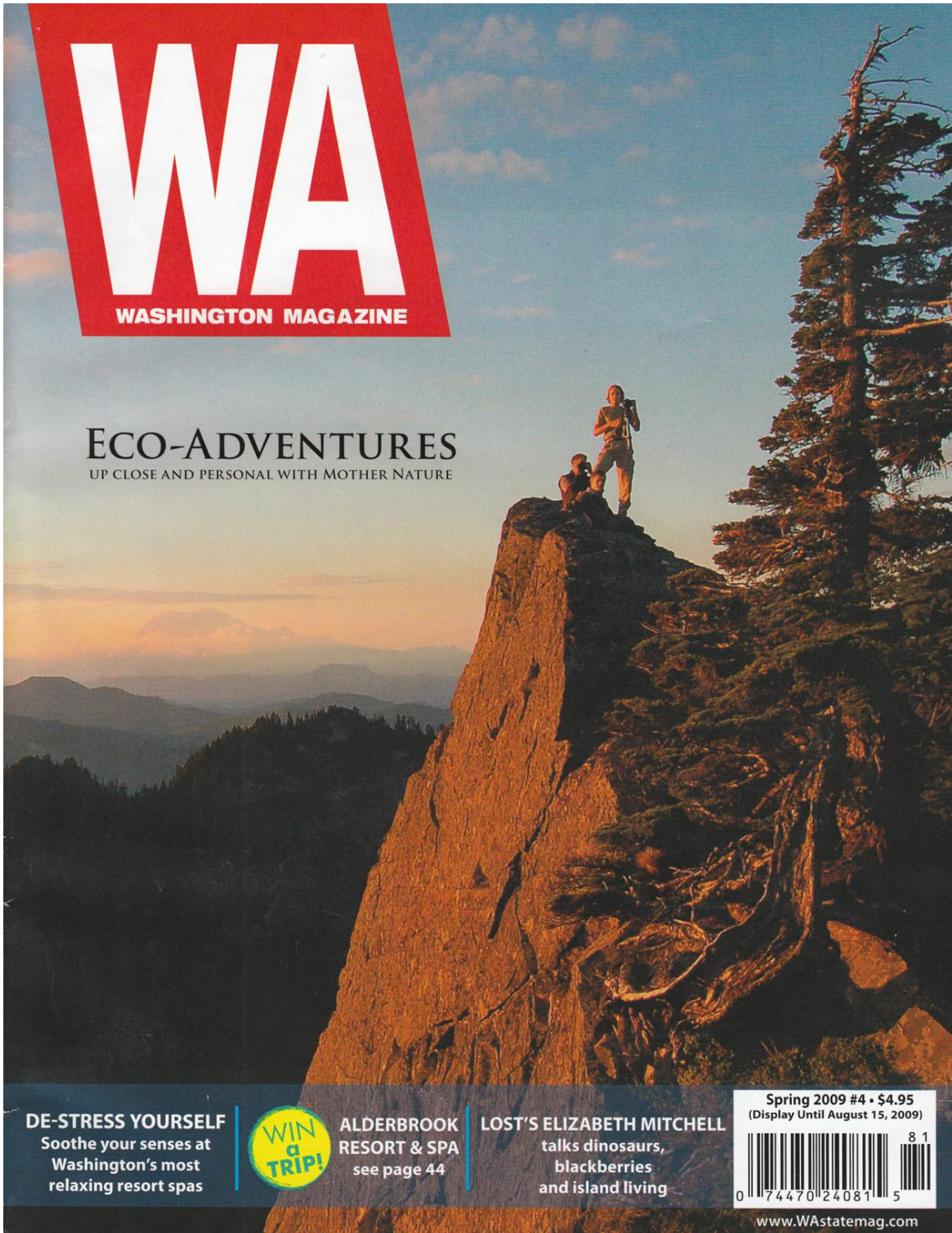


WA

WASHINGTON MAGAZINE

ECO-ADVENTURES

UP CLOSE AND PERSONAL WITH MOTHER NATURE



DE-STRESS YOURSELF

Soothe your senses at Washington's most relaxing resort spas



ALDERBROOK
RESORT & SPA
see page 44

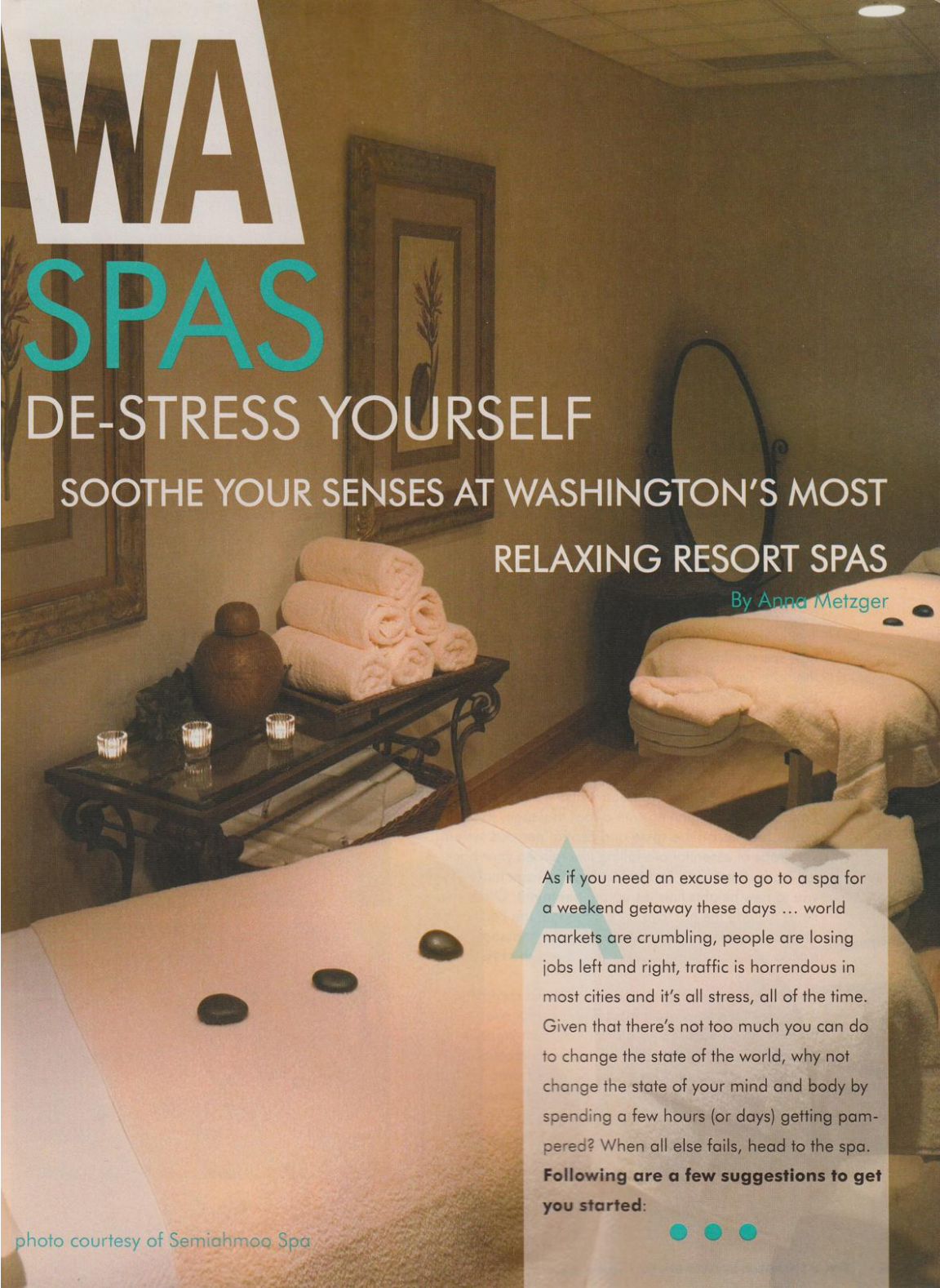
LOST'S ELIZABETH MITCHELL

talks dinosaurs,
blackberries
and island living

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WA SPAS

DE-STRESS YOURSELF

SOOTHE YOUR SENSES AT WASHINGTON'S MOST
RELAXING RESORT SPAS

By Anna Metzger

As if you need an excuse to go to a spa for a weekend getaway these days ... world markets are crumbling, people are losing jobs left and right, traffic is horrendous in most cities and it's all stress, all of the time. Given that there's not too much you can do to change the state of the world, why not change the state of your mind and body by spending a few hours (or days) getting pampered? When all else fails, head to the spa.

Following are a few suggestions to get you started:



photo courtesy of Semiahmoo Spa

ALDERBROOK RESORT & SPA

photos courtesy of Alderbrook Resort & Spa

Another spa/resort destination is western Washington's Alderbrook, just a river-rock's throw from Port Orchard. Even though set amid the trees and animal habitats (eagles, ospreys, seals and salmon) of the Olympic Mountains and Hood Canal, one recent guest, who went for a pre-natal massage, remembers, "the spa just drew me in totally, and immediately I forgot all about the outside world, I even forgot I was pregnant!" It is tranquility at its best, and a welcome respite to the stressed-out traveler, weekend vacationer or mom-to-be.

As with any reputable spa such as this, you can't go wrong with the signature treatments. Although these "signatures" are a bit pricier on most menus, you'll get a longer and more in-depth treatment, usually tailored exactly to



your needs. That said, we prefer Alderbrook's signature massage and the signature facial. The spa's menu runs the full gamut of massage, body treatments and facials including the Secret Garden Signature Massage and the Belannina Facelift Massage Signature Facial, which is exceptionally beneficial for sun-damaged or dry skin. And don't forget your hands and feet—you can pamper them silly here with treatments incorporating such ingredients as algae extracts, rice bran, AHA sea serum and cucumber.

(360) 898.2200 (www.alderbrookresort.com)

