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The Intelligent Way to Plan

November 2013 • \$5.00

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Spa Treatments to Remember

By Smart Meetings Editors

The business world can be wearying and stressful, emotionally as well as physically. Over the course of just one hour, spa treatments help remedy inevitable workplace fatigue, restoring vital wellness to the body. This is why many planners supplement their business agendas with relaxing spa treatments; they recognize that physical rejuvenation has a valued place alongside hour-long power meetings, educational seminars and team-building sessions.

Here, our editors—who have been fortunate enough to try dozens of spas across North America and abroad—share their favorite treatments at spas from California, Montana, British Columbia, Ireland and other select locales. More than just luxuriating, these treatments embrace ancient restorative traditions and indigenous ingredients in sublime settings designed for work-world respite.

Our advice: Don't just book one of these spa experiences for your attendees. Take care of your body and mind by booking one for yourself. (For information on treatments at premier golf and spa resorts, turn to pg. 70.)

Moose Drool-Skinny Dip Candle Massage

The Resort at Paws Up, Greenough, Mont.



The "drool" in this massage is the drip of a Skinny Dip Candle, which produces a warm, soothing lotion when burned to 102 degrees. The heated oil invigorates the body, producing a slight tingling sensation, while also moisturizing the skin. Like all other treatments, the massage takes place inside a tent with an open flap, so you can gaze out onto rugged, sunlit Montana landscapes while basking in the warming oils.

Hydrotherapy Treatment

Scandinave Spa Whistler, British Columbia

This stand-alone spa in Whistler embraces the thermal tradition of alternating hot and cold treatments. Body-warming rituals take place inside a Eucalyptus steam bath, Finnish sauna and hot baths, increasing blood flow and cleansing the skin. The body cools down in cold baths, showers and under gentle waterfalls, closing the pores. The treatments can be combined as desired and are best topped off with a leisurely sway in a hammock overlooking a spruce and cedar forest.

Shiatsu Massage & Hydrotherapy Ritual

Grand Velas Riviera Nayarit, Mexico

A pair of light-fabric pajamas is provided for this unique Asian treatment, which takes place on a futon mattress laid flat on the floor. The massage therapist gently applies pressure along the meridians of the body and stretches the arms and legs using slow circular motions. At the Grand Velas, the treatment takes place inside a sparse room overlooking a stone pond. For maximum results, relax before the massage during a one-hour hydrotherapy ritual, alternating between a sauna, steam room, Jacuzzi, and cold and hot baths. Spa butlers serve as guides and provide chlorophyll and hibiscus water along the way. Finish the ritual by lying down on a chaise lounge chair with a cold rag for the forehead

and heated neck pillow. Peaceful sleep is all but guaranteed, prepping the body for the relaxing treatment ahead.

Lomilomi Massage

The Ritz-Carlton, Kapalua, Maui

The Lomilomi massage is based on ancient Hawaiian rituals designed to improve circulation, relieve muscle tension and encourage natural healing. At the beachfront Ritz, this traditional treatment is followed with a foot treatment that integrates ginger and rosemary culled from an onsite organic garden. Other garden ingredients used in treatments include fresh lavender and lemongrass. An exploration of this lovely, fragrant garden is an excellent add-on to the spa experience, and the space can be used for private events.

Serenity Massage

Villagio Inn & Spa, Napa, Calif.

Maybe we're biased, but we think it's fair to claim that Napa, located about 40 miles from our Sausalito office, claims some of the nation's finest spas. One favorite is the boutique spa at Villagio Inn, where the Serenity massage includes warm aromatic oil gently poured onto the forehead to promote sound sleep. Other excellent choices include Spa Terra at The Meritage Resort and Spa, which is located entirely underground; the uber-luxe Spa at Meadowood; and the Auberge du Soleil Spa, where treatments utilize herbs from an onsite spa garden.



Blue Coyote Wrap

Sheraton Wild Horse Pass Resort & Spa, Chandler, Ariz.

This Sonoran Desert property is located on the Gila River Indian Community and honors a native ritual during its signature spa treatment. In a process inspired by the Pima legend of the Bluebird and the Coyote, blue Azulene mud is applied to the skin and followed with a cedar/sage oil full-body massage. When the treatment is complete, a copy of the legend is provided to take home.

Lehua Honey Body Cocoon

Aulani, A Disney Resort & Spa, Ko Olina, Oahu

This kid-friendly Hawaiian resort caters to adults seeking R&R at its stunning native-influenced Lenawai spa. The lehua honey body cocoon includes moisturizing honey made by bees that collect nectar high on Mauna Kea. Before the treatment, relax at Kula Wai, a lush 5,000-square-foot hydrotherapy garden that can also be used for private events.

Ultimate Body Envelopment

Espe Spa at The Europe Hotel & Resort, Killarney, Ireland

This aptly named treatment envelops the body in an essential-oil blend customized by a personal therapist. Select marine algae, marine mud or oshadi clay as the basis for the treatment, which includes lymphatic skin brushing, body exfoliation and a scalp massage.

Take Your GOLF and SPA Retreat to NEW HEIGHTS

in just four
easy steps

By Nikki Gloudeman

When organizing a corporate meeting or retreat, planners seek that elusive “wow” experience. An opening soiree perfectly timed with a sunset that paints the sky. A private-dining experience overflowing with decadent food and fine wines. A daylong golf tournament that challenges the pros and excites the novices. A spa treatment that makes attendees say *ahhh*.

While it's impossible to ensure a meeting will deliver such memorable moments, there is a simple recipe planners often rely on for success:

Step 1: an opening or closing reception in a stunning outdoor space

Step 2: restaurant experiences that take dining to new heights

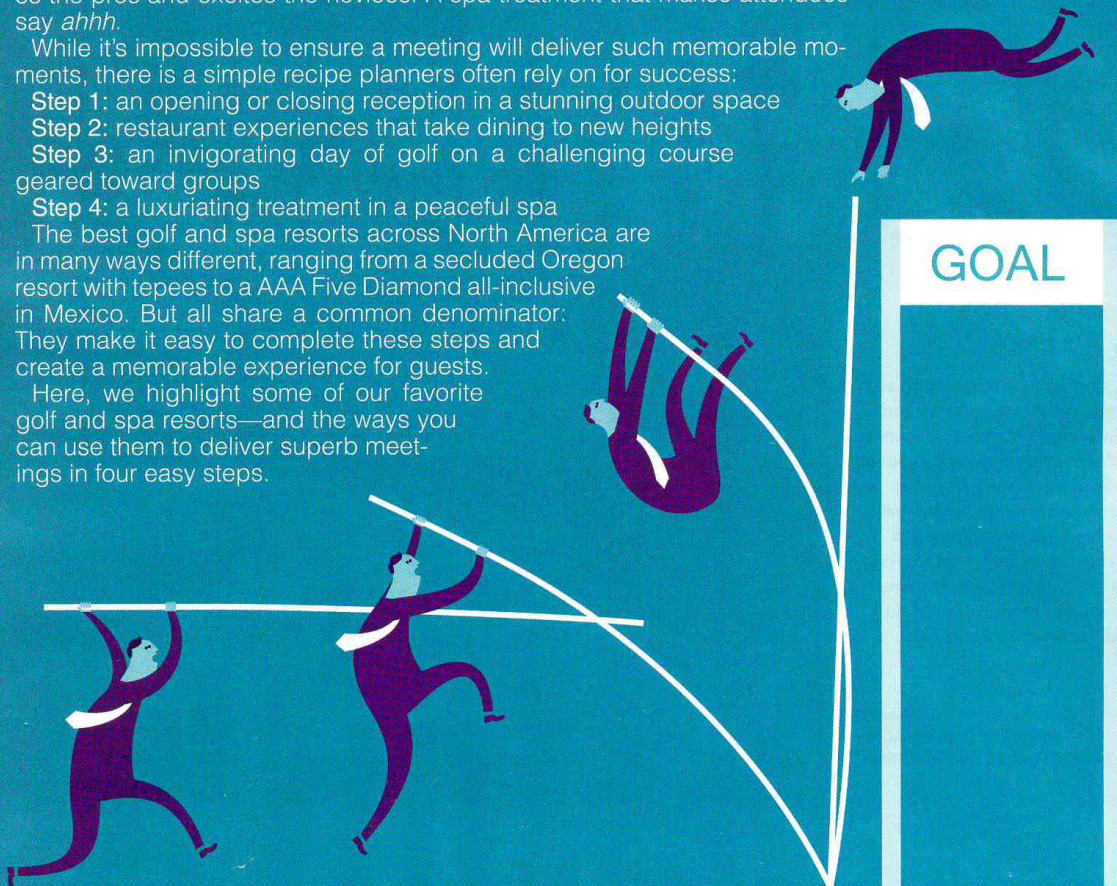
Step 3: an invigorating day of golf on a challenging course geared toward groups

Step 4: a luxuriating treatment in a peaceful spa

The best golf and spa resorts across North America are in many ways different, ranging from a secluded Oregon resort with tepees to a AAA Five Diamond all-inclusive in Mexico. But all share a common denominator:

They make it easy to complete these steps and create a memorable experience for guests.

Here, we highlight some of our favorite golf and spa resorts—and the ways you can use them to deliver superb meetings in four easy steps.



sive outdoor training facility. It is located just minutes from the hotel.

Step 4: Relax at the spa. This December, The Fairmont will debut a renovation and expansion to its Willow Stream Spa, doubling it in size to 9,000 sq. ft. Three outdoor spa cabanas will provide fresh-air rejuvenation and a culinary garden will be cultivated for treatments.

Hyatt Regency Chesapeake Bay Golf Resort, Spa and Marina, Cambridge, Md.

Tucked away on the Eastern Shore in Maryland, this conveniently located maritime resort is situated along scenic Choptank River, a major tributary of the Chesapeake Bay. It has 400 guest rooms and more than 35,000 sq. ft. of meeting space.

Step 1: Mix and mingle in the great outdoors. The open-air Breakwater Pavilion is surrounded entirely by water and is perfect for a scenic opening or closing reception.

Step 2: Add dining "wow." The recently refreshed Bluepoint Provision Company serves seafood favorites, such as Maryland crab dip and single-fried oysters, in a nautical-themed setting. All six of the property's dining options embrace Hyatt's "Food. Thoughtfully Sourced. Carefully Served" program, which focuses on healthy options (crab

dip and single-fried oysters excepted).

Step 3: Tee up for a round. The resort's 18-hole championship course at River Marsh Golf Club will appeal to executives seeking an invigorating day on the greens. The 18th hole, flanked by the Choptank River and oak trees, features an immense coastal bunker that will test the most skilled golf enthusiasts in your group.

Step 4: Relax at the spa. Sago Spa & Salon was named for the underwater grass in the Chesapeake Bay and lives up its name with a water focus, including nautical-themed wall sconces and treatments using sea-based products. Last year, the spa completed a \$1 million renovation.

Grand Velas Riviera Maya, Mexico

Limit your hassle by booking this Mexican refuge that takes the all-inclusive experience to luxurious new heights. The property has 491 suites ranging in size from 1,184 to 1,377 sq. ft., as well as 91,547 sq. ft. of meeting space indoors and out. Another excellent option is the brand's original Riviera Nayarit property, known for its exemplary service and AAA Five Diamond rating.

Step 1: Mix and mingle in the great outdoors. Beachside, pool and lawn areas encompass more than 30,000 sq. ft. of space. Add flair by selecting

from a menu of themes including Mayan Juno Night, showcasing fire dancers and trained parrots.

Step 2: Add dining "wow." Most all-inclusive properties feature one or two dining options. Not here where eight casual and fine-dining restaurants live to the highest culinary standards. For authentic Mexican dishes with a contemporary twist, book Frida. For sublime French cuisine, head to Plaf. And don't miss the Spanish- and Basque-flavored Cocina De Autor, which this year became the first all-inclusive restaurant to earn the AAA Five Diamond award.

Step 3: Tee up for a round. The resort plans group outings to the Grand Coral Golf Course, located just five minutes away. Designed by Nick Price and focused on preserving the natural ecology of the ha-

More Stellar Properties

La Quinta Resort & Club: Located just south of cacti-studded, sunny Palm Springs, Calif., this favorite for meetings includes five stellar golf courses and an award-winning spa, as well as 23 tennis courts and an onsite collection of boutique shops.

The Naples Beach Hotel & Golf Club: The golf course at this Florida resort has been named one of the nation's most women-friendly courses. The superb spa offers hydrotherapy treatments.

Salamander Resort & Spa: This brand-new retreat in Middleburg, Va., features a stunning spa with poolside cabanas. Guests enjoy exclusive golf privileges at Creighton Farms, just 10 minutes away.

Stowe Mountain Lodge: Primarily known for its skiing, this Vermont resort also boasts an excellent spa and golf at the Stowe Mountain Golf Club and Stowe Country Club.

Fountainbleau Miami Beach: The spa at this trendy property marries relaxing treatments with Atlantic views.

Fiesta Americana Grand Coral Beach Cancun Resort & Spa: This luxe property's spa offers a 10-step hydrotherapy program. The hotel is one of several excellent choices in the Posadas portfolio.

Omni Amelia Island Plantation Resort: Three championship courses and an eco-friendly spa make this resort a top choice for corporate events.



tat, it is a standout among Riviera Maya courses.

Step 4: Relax at the spa. While golf is popular, the resort is primarily known for its extraordinary 89,305-square-foot wellness temple. The "Water Journey" hydrotherapy ritual cleanses and restores by alternating treatments in spaces including a sauna, steam room, and hot and cold showers. A self-serve water and juice bar provide replenishment along the way. Wellness-focused execs can stay in exquisitely appointed oceanfront spa suites with private treatment areas.

The Ritz-Carlton Lodge, Reynolds Plantation, Georgia

For Southern meetings, select this tranquil lakeside sanctuary located about 80 miles outside Atlanta. Lake Oconee, lined with oak trees and luxurious mansions, is a memorable backdrop for events held outside or inside 18 elegant meeting and function rooms.

Step 1: Mix and mingle in the great outdoors. Fringed by the lake, the aptly named Lakeside Lawn can be used for picturesque dinners or re-

Spa pool at The Ritz-Carlton Lodge, Reynolds Plantation

ceptions with up to 200 guests. For the best results, plan a function as the sun sets over the water.

Step 2: Add dining "wow." Linger Longer Steakhouse has mastered fine dining. But there's a welcome sense of whimsy, too: Homemade cotton candy caps the elegant meals.

Step 3: Tee up for a round. The resort's 99 holes of golf are challenging and the greens are impeccably groomed. For logistics, the adjacent Oconee course is ideal, while the Great Waters course features the best views of Lake Oconee. The Reynolds Golf Academy is overseen by Charlie King, named one of the top 100 instructors in the United States by *Golf Magazine*. Opt for the Red Zone Challenge, a short skills-test game, or use Oconee's putting green to set up mini-golf during a welcome dinner or reception.

Step 4: Relax at the spa. A high level of service distinguishes the resort's excellent spa, where the "Deep Massage with Arnica and Steamed Towels" treatment—featuring natural, anti-inflammatory arnica oil—is a favorite. **SM**



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