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From [Anitra Brown](#),  
Your Guide to [Spas](#).

## Anitra's Big Spa Adventure

Oprah and Gayle may have spent a week at the spa, but I have them beat. I spent a week visiting ELEVEN spas in [Scottsdale and Sedona](#), two stellar Arizona destinations that couldn't be more different from each other. Okay, so there was a bit of running around between spa treatments, which ranged from a Jojoba and Prickly Pear Body Polish at the Four Seasons Resort Scottsdale, a high Sonoran desert getaway at the northern reaches of the city, to a psychic reading in Sedona, where spas offer past-life regression alongside Swedish massage. At least I didn't have a camera following me into the treatment room! Anyway, I was tremendously excited by what I found going on there. I think Scottsdale is at the vanguard of the American spa scene, a beautiful, well-planned city with resorts that don't really feel like they're in a city. And Sedona, just a few hours north, is a dramatically different landscape that draws spiritual seekers from all over the world. Over the next few weeks I'm going to take the time to tell you where I went, what I saw, who I met, and the best spas for you to check out if you go there. It will be fun!

## The Spa at Camelback Inn's Wellness Focus

The first stop on my eleven-spa tour of Scottsdale and Sedona was [The Spa at Camelback Inn](#), where I sat by the pool and lunched on lobster and crab salad from Sprouts. It was immediately apparent why Scottsdale is such a spa mecca. You're in the middle of a city but it doesn't feel like it. Those mountain views, the generous sense of space and gorgeous landscaping make you feel like you're far away from it all. The Spa at Camelback Inn is a good example of how the lines are getting blurred between [destination spas](#) and [resort spas](#). Destination spas have exercise classes going all day long, and it is included in the price.



Traditionally, resort spas charge extra for classes and often have a skimpy schedule. But The Spa at Camelback Inn has a free classes going most of the day -- and even locals can take them if they get a spa treatment. It has a wellness focus, with Dr. Kenneth Cooper's "Personalized Aeobic Lifestyle System," a comprehensive assessment of your current physiological status and recommended lifestyle adjustments. And its Sprouts restaurant, which it says is Scottsdale's only true spa restaurant, has lots of healthy choices like herb-crusted Arctic char on a bed of fennel, watercress and baby spinach topped with lemon grapeseed vinaigrette.

I think now more than ever you can't just go by the labels -- you have to find out what a specific spa offers.