

time out

journey through a season of change

By Donna Mantone Adinolfi

Deep blue skies, falling amber leaves and the vibrant colors of this season can be inspiring and lead us forward. We've included two great options where you can discover more about your authentic self, which will ultimately lead to more peace and balance in your life. Begin or continue your journey and live the life of your dreams.

Mii Amo

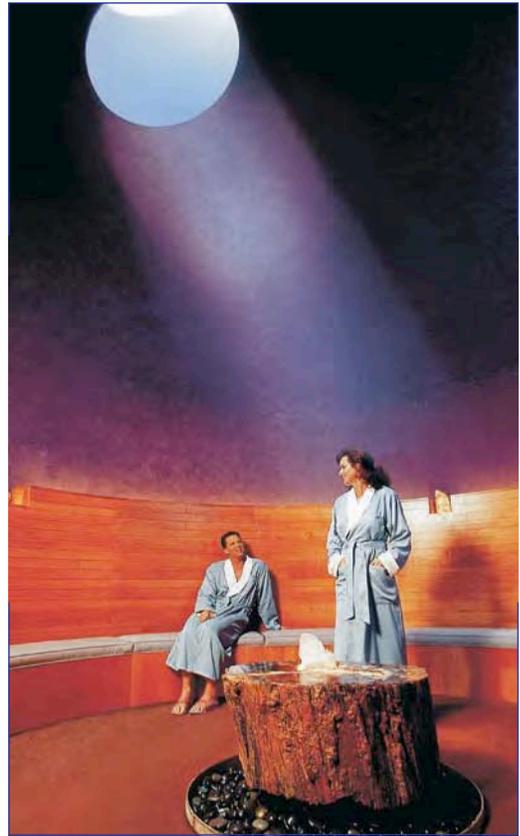
SEDONA, AZ

Mii Amo is a destination spa at Enchantment Resort in beautiful Sedona, Arizona—also known as red rock country—and it was just named the “world’s best destination spa” in a reader’s survey.

If you’re wondering what Mii Amo means, it is a Native American word for “passage” or “journey” and when you stay at Mii Amo you can choose which journey to focus on. All promote healing through body, mind and spiritual therapies and guests can choose from a 3, 4, or 7-night all-inclusive program.

The 24,000-square-foot spa was created in harmony with the surrounding red rock canyon in the Native American tradition. The Crystal Grotto is a unique feature where guests can meditate and enjoy quiet time and set their intention for each day. Mii Amo is transforming as is Sedona and the distinct energy of the area. Everything appears more vibrant and change is possible. For instance, the Mindfulness group of unique services will help guide guests to a greater understanding of themselves and their true potential whereas the Connect with Spirit services will help clear the mind and open the heart. Packages include both 60 and 90-minute services, which is another benefit of staying at Mii Amo. All packages include meals, classes, activities tax and gratuities and the 3-night package includes two 90-minute services and four 60-minute services. The longer your stay, the more treatments are included.

Mii Amo offers an intimate setting with 14 guest rooms and two suites, 19 treatment rooms (some with canyon views), five private outdoor treatment areas, indoor and outdoor pools; an 80-seat restaurant, library, retail shop and the Crystal Grotto.



The Ritz-Carlton Spa Grande Lakes

ORLANDO, FL

When you think of Ritz-Carlton, you think of luxury and pampering and now in Grande Lakes Orlando, guests can enjoy more with the introduction of their new Lifestyle Enhancement Journey. The Journey addresses total being in a two or three-day personalized program focusing on self-discovery, preventive care and the development of positive lifestyle habits. Guests will begin by meeting with a wellness specialist to customize their journey and discuss any issue from stress management, to physical challenges or other issues. Their journey may include yoga, meditation, skin care, personal training, body treatments and more depending on the guests’ needs. Some examples of the services include a Head Start Body Composition Analysis and Nutrition Consultation, an Ionithermie Detox Treatment, or other personal service. The next day may include a 30-minute meditation followed by a skin treatment, body work and reflexology to help enhance circulation and create balance. On a three-day program, guests will receive personal training, yoga, Pilates and customized spa treatments.

Surrounded by the energizing scent of citrus, the three-level 40,000-square-foot Ritz-Carlton Spa offers 40 treatment rooms, a 4,000-square-foot private lap pool, salon, a fitness center and the Spa Café Vitale. Guests can also participate in their Spa Wellness & Lifestyle Changing Seminars. Grande Lakes Orlando is a 500-acre resort with the Ritz-Carlton and JW Marriott Hotels. Guests can enjoy the natural surroundings of this area with the Grande Lakes Outfitters program, which includes kayak and canoe eco-tours and an ORVIS fly-fishing school, as well as the 18-hole championship golf course designed by Greg Norman.

FOR MORE INFORMATION, PLEASE VISIT:

www.miiamo.com

www.grandelakes.com/the_ritz_carlton