

# FIVE GREAT DAY SPAS

WHEN RETREAT IS NOT AN OPTION, THESE ARE THE PLACES TO HIT.



QUALITY TIME: The Scrub Room at the Standard Spa in Miami Beach.

## BEVERLY HILLS: THE PENINSULA

A reassuring holdover of old-school luxury, this plush, art-filled hotel spa tends to the skin and muscles of L.A.'s power brokers. Schvitz with them in the eucalyptus steam room and over a men's mani-pedi (\$120) in the new Nail Suite.

9882 S. Santa Monica Blvd.; [peninsula.com](http://peninsula.com)

## NEW YORK CITY: THE SETAI WALL STREET

This Asian-themed spin-off spa of the midtown Setai hotel gives captains of industry a dose of Zen tranquillity. There's a sports massage, a gentleman's facial, and a \$675, three-hour ritual of body and skin therapies performed in a private suite.

40 Broad St.; [setaiclubnewyork.com](http://setaiclubnewyork.com)

## MIAMI BEACH: THE STANDARD

This chic hotel spa is a coed complex of pools, wet rooms, saunas, lounges, meditation circles, and "play spaces" overlooking Biscayne Bay. Hobnob under the Roman waterfall or escape the scene into a private room for a hot-and-cold stone massage (\$205 for 90 minutes).

40 Island Ave.; [standardhotels.com](http://standardhotels.com)

## CHICAGO: THE SPA BY ASHA AT THE JAMES

This discreet, three-room Aveda spa makes up with its range of treatments for what it lacks in spectacle. The menu includes a sports massage (\$115), a treatment using ingredients from the Caribbean (\$120), and a strenuous full-body Himalayan detox (\$195).

55 E. Ontario St.; [jameshotels.com](http://jameshotels.com)

## DALLAS: SPA AT THE CRESCENT

Pampering everyone from CEOs and their wives to brides and spoiled teenagers, this Texas-size space at the Rosewood Crescent Hotel is big enough to prevent them from having to mingle. Drop in for a 25-minute upper-body massage (\$60) or an acne treatment (\$155 for 50 minutes), or spend the day with a trainer, a masseur, and a facialist (\$415).

400 Crescent Court; [crescentcourt.com](http://crescentcourt.com)