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■ The Top 240 Spas in North America, Hawaii, Central America and the Caribbean

by Beata L. Santora | Published [April 2010](#) | [See more Condé Nast Traveler articles](#) >

The verdict is in. By combining European and Asian treatments with fitness and pampering, U.S.-style spas have no equal. This year, so many spas in the U.S., Canada, Central America, the Caribbean, and at sea achieve such high ratings that we introduce 240 winners

It is nothing short of a phenomenon. Not since Roman emperors competed to build the most sumptuous baths (winner: *Thermae Diocletiani*) has the human body been so gloriously indulged, and in such magnificent places.

The rise of the homegrown American-style spa has been both momentous and swift. Only 20 years ago, when they were mocked as "fat farms," the United States had perhaps 50 first-rate spas. Since then, fitness, diet, and pampering programs have been joined by treatments from Italian fango mud packs to Thai massage and yoga. Spas are not only health-conscious, of course, they're also a healthy \$12.8 billion global industry, and had 17.8 percent growth last year. The United States alone has more than 12,000—and quality has kept pace with quantity.

In this, our twentieth annual spa survey, 240 spas earn high ratings—almost triple the number of last year's winners. Why such an explosion? While spas were once the province of women, new services have been added for children, teens, seniors, men, and pregnant women.

One in four Americans has by now spent time wrapped in seaweed, sweating out a forced march, stretched out on a Pilates Reformer, or dining on quinoa salad—spoonfuls of medicine in sugary destinations from Hawaii to Banff and Cancun to Connecticut.

Travel has always been a tonic, if not a cure, so why not escape for a quick week of rejuvenation and relaxation? And with so many superb spas, the only question is where.

Diocletian dreamed big. But he never dreamed of what we have.

73	HyattRegencyScottsdaleResort, atGaineyRanch, Ariz.	87.1	91.2	86.0	83.9	\$165
73	Mandalay Bay Resort & Casino, Las Vegas	87.1	86.6	85.5	89.3	\$135
75	Mirror Lake Inn Resort and Spa, Lake Placid, N.Y.	87.0	87.8	92.7	80.5	\$110
75	Rancho Las Palmas Resort & Spa, Rancho Mirage, Calif.	87.0	89.7	89.5	81.6	\$135
75	Sunriver Resort, Sunriver, Ore.	87.0	88.9	86.1	86.1	\$120
78	Biltmore Hotel, Coral Gables, Fla.	86.9	88.6	88.9	83.3	\$140
78	Fairmont Sonoma Mission Inn & Spa, Calif.	86.9	86.8	86.9	86.8	\$159
80	Seaview Resort, Absecon, N.J.	86.8	87.8	87.8	84.6	\$120
80	StoweLake Mountain Resort & Spa, Stowe, Vt.	86.8	86.8	86.9	86.8	\$125
82	Green Valley Ranch Resort, Spa and Casino, Las Vegas	86.7	82.9	88.6	88.6	\$135
82	Westin La Cantera Resort, San Antonio	86.7	86.7	88.9	84.4	\$100
84	Willows Lodge, Woodinville, Wash.	86.4	88.9	85.2	85.2	\$90
85	LaPlaya Beach & Golf Resort, Naples, Fla.	85.9	88.9	84.4	84.4	\$120
85	La Posada de Santa Fe Resort & Spa, N.M.	85.9	91.2	86.0	80.4	\$135
85	SheratonWild Horse Pass Resort & Spa, Chandler, Ariz.	85.9	87.0	82.4	88.2	\$135
88	Four Seasons Resort Scottsdale at Troon North, Ariz.	85.8	85.7	86.1	85.5	\$155
88	St. Regis Aspen Resort	85.8	87.5	87.3	82.5	\$165
90	Mirbeau Inn & Spa, Skaneateles, N.Y.	85.7	85.7	85.7	85.7	\$125
90	South Seas Island Resort, Captiva, Fla.	85.7	85.7	89.3	82.1	\$115
92	Snake River Lodge & Spa, Jackson Hole, Wyo.	85.6	83.3	86.7	86.7	\$135
93	Boca Raton Resort & Club, Boca Raton, Fla.	85.4	86.2	82.8	87.1	\$130
93	Desert Springs JW Marriott Resort, Palm Desert, Calif.	85.4	86.3	82.9	86.9	\$135
95	Beau Rivage, Biloxi, Miss.	85.2	88.9	81.5	85.2	\$90
95	Harrah's Lake Tahoe, Calif.	85.2	81.5	85.2	88.9	\$125
95	Naples Grande Beach Resort, Fla.	85.2	88.9	81.5	85.2	\$115
95	Whiteface Lodge, Lake Placid, N.Y.	85.2	90.5	90.5	92.1	\$125
99	Canyon Ranch Lenox, Mass.	85.1	92.0	84.0	79.2	\$130
99	Ritz-Carlton Golf Resort, Naples, Fla.	85.1	84.2	86.8	84.2	\$110