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Freelance Multimedia Journalists



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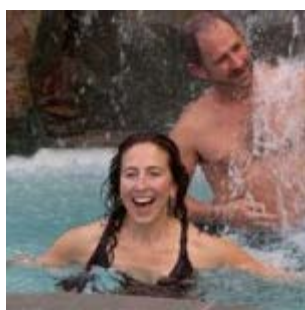
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CATEGORY ARCHIVES: SPA-TACULAR

The Refuge

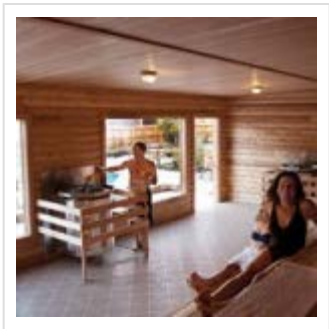
Posted on [November 11, 2014](#)

Yes, take refuge in Carmel's water world of serenity. Two acres in the Santa Lucia



preserve define relaxation with hot and cold cycles of invigoration blended with quiet, cozy rest areas. Bring your bathing suit and flip-flops and check in early for your soft warm robe, towels and locker key. Confirm your (optional but highly recommended) massage time and let the hydrothermal cycling begin. Heat up for 5-10 minutes in the cedar sauna, eucalyptus steam room or one of 6 hot pools, tucked into the natural settings with warm pounding waterfalls. Then cool down for 10-60 seconds in one of the cold plunge areas. Snowflakes and suns symbolize the extremity of heat or cold in the pools, one flake for Pacific Ocean water temperature, and two for an icy river equivalent. Refreshing would be a joke of a term for any of the cold spots, hence the 10 second minimum. Complete the

cycle silently relaxing inside or out in comfortable lounge areas or hammock. Recommended time is 10-15 minutes but it is your time and there are no timers. All areas are coed except for the locker rooms where you will wisely leave your smartphone. Go where and when you want. All massages are \$109 and include Aromatherapy as well as the Refuge admission (\$44 by itself). The math is a no brainer. Let your inner balance lead and pace you throughout the wonderful Refuge before heading back to the charming Carmel-By-the-Sea. Open 365 days a year, rain, shine or fog. Visit www.refuge.com



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Scandinave Spa Mont-Tremblant

Posted on [July 30, 2014](#)



Nestled in the woods on the mountain of Tremblant, along the Diable River, you can find yourself or lose yourself, your choice. This Scandinavian experience is in the most natural setting that you can imagine. Hot and cold-water features and rest stations are tucked into the forest, at the same time expansive, yet intimate and tranquil. The therapeutic concept is based on a hot, cold and relaxation cycle.

Immerse in a heated environment for 10-15 minutes, followed by cold immersion and then relax in your comfy robe. You may repeat as needed in an ambience that is non repetitive. Hot treatments range from a eucalyptus steam or Finnish sauna to Jacuzzis with waterfalls al fresco. Jets pulsate joints or neck and back where you need it. Horticulture is fine tuned to the placement of

