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CRYSTAL CALM

SPA DE LA MER AT BACCARAT
HOTEL & RESIDENCES NEW YORK

Night Moves

Yoga services are heating up at the Four Seasons Resort Bali at Jimbaran Bay with Night Fire Yoga, a starlight yoga session that takes place in the resort's new Nirvana Shanti Yoga Bale. Surrounded by tiki torches and overlooking the Indian Ocean, guests are led through dynamic Vinyasa postures influenced by the fire element Manipura chakra, which induces a state of calm and deep relaxation, making it an ideal pre-sleep ritual. "The Night Fire series is exclusive to Four Seasons Jimbaran Bay and was inspired by the use of fire in many Balinese-Hindu rituals and dance," says general manager Uday Rao. "We combined that with the earth, wind, and water elements of the resort's location to add a new dimension to our wellness program, which has been enhanced with the opening of Nirvana Shanti Yoga Bale."—*J.K.C.*



Starlight and tiki torches set the mood for Night Fire Yoga.



Kicking back in front of a fire sets the mood for relaxation.

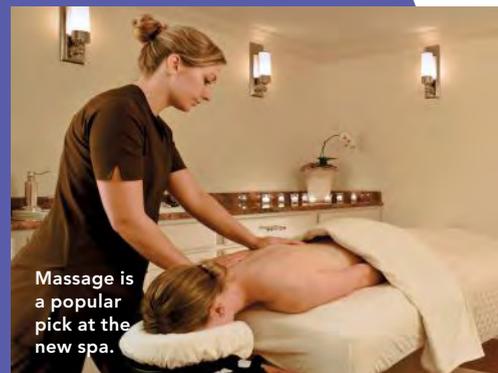
Healing Hearth

With access to 20 miles of hiking and riding trails among redwoods and along the coast, active guests of The Inn at Newport Ranch (Fort Bragg, CA), which is part of a 2,000-acre coastal cattle ranch, have plenty of need for pampering. Thankfully, the recently opened **Fireside Spa** now provides them with the perfect place to kick back and relax. Guests enter the relaxation room through a grove of redwood trees and are immediately set at ease in front of a roaring fire before heading off to one of the two treatment rooms where they can enjoy a variety of muscle-melting massages. Facial services will be added to the menu this summer. It's a cozy place for weary wannabe ranch hands to recharge and get back in the saddle.—*J.K.C.*

SWINGING FOR SERENITY

Aficionados of sports and spa will score a healing homerun with a trip to the new **Hawkeye Spa** at The Otesaga Resort Hotel (Cooperstown, NY). Home to the National Baseball Hall of Fame, this Catskills town is also the site of the charming new spa. Using Naturopathica products, the spa offers a selection of soothing services, including The Otesaga Signature Massage

(\$125, 60 minutes) an aromatherapeutic deep-tissue soothing session that allows guests to choose among four enticing scents—cardamom, neroli blossom, balsam fir needles, and holy basil. After a busy day learning about baseball's best, a session at the spa will feel like the ultimate grand slam.—*J.K.C.*



Massage is a popular pick at the new spa.