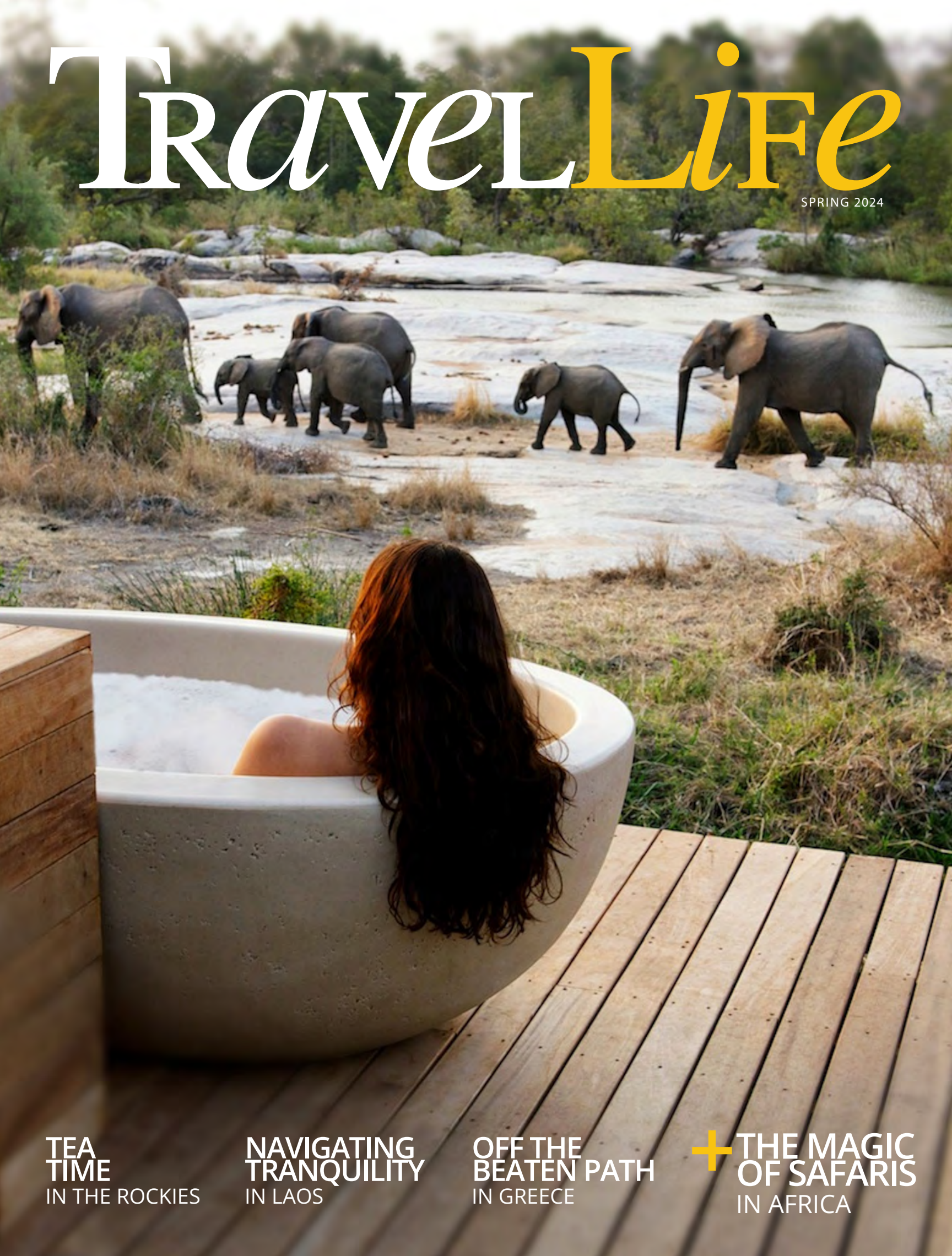


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Palm Springs Ignites Your Wellness Journey

Embark on an exhilarating escape to three Palm Springs spas amidst breathtaking desert scenery and towering mountains

BY PARM PARMAR



► A Tranquil Haven

Nestled in Desert Hot Springs, the epicentre of underground mineral springs, Azure Palm Hot Springs Resort is just a short drive from downtown Palm Springs. The resort's appeal is understated from the outside, but once you tour the property, you realize it has many alluring extras.

The resort opened in 2021 after extensive remodelling. There is an inviting spring-

fed lap pool, five outdoor hot tubs and the landscaping blends seamlessly into the surroundings. Mineral water from the pools is recycled to water the vegetation.

Hot springs flow throughout the town, yet this resort stands out with its distinctive offerings. Guests can indulge in the revitalizing experience of the Himalayan Salt Room and savour nutritious options at the Azure Palm Café.

Additionally, the resort provides opportunities for rejuvenation through

juice cleansing and yoga retreats. With a focus on holistic and Korean spa techniques, the array of treatments positions the resort as a leader in skincare and haircare.

The water is loaded with minerals—silica, calcium, magnesium phosphate and traces of lithium leave your skin silky and smooth. If you stay overnight the spa suites contain personal mineral soaking tubs but no TVs or telephones.



Azure Palm hot springs mineral pool



Séc-he Spa lobby

► Ancient Healing at the Spa at Séc-he

Embracing the tradition of “taking the waters,” I sink into my private mineral water tub, marveling at soaking in water that has flowed beneath the city for over 12,000 years. Once acclimated to the warmth, fifteen minutes in this 90-degree mineral pool soothes the body. Afterward, spending another 20 minutes in the zero-edge mineral pool, basking in the sunshine and warm water, is pure bliss.

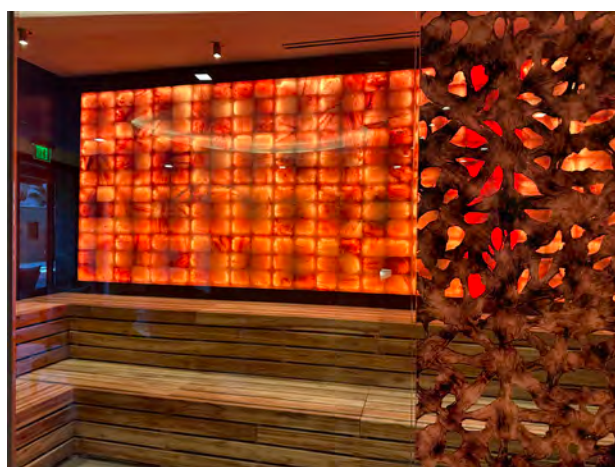
The Spa at Séc-he is a breathtaking expanse covering 73,000 square feet that opened on April 4, 2023, atop a hot mineral spring owned by the Agua Caliente Band of Cahuilla Indians. Situated in the Agua Caliente Cultural Plaza, adjacent to the Agua Caliente Cultural Museum

and Casino Palm Springs, it's the sole hot mineral spring facility in the region.

A stunning communal lounge area with two halotherapy salt caves serves as the central hub, connecting treatment rooms to the pool deck.

A day pass includes access to salt rooms, a grounding room, a healing water tub, a menthol sauna and a eucalyptus aromatherapy shower. Additional services such as massages, body scrubs, wraps, facials and scalp massages can be added for an extra indulgence.

Pro Tips: Plan for a full day at the spa to enjoy salt rooms, meditation lounges and pools. Visit the Agua Caliente Cultural Museum to delve into the tribe's rich history.



Salt room at Spa Séc-he

► Spa Rosa's Radiance

Drip, drip—oil drops cascade down my spine, gently massaged into my back as part of the Desert Raindrop massage, while I enjoy the scent of seven distinct aromatherapy oils derived from native desert botanicals. This soothing treatment targets tension and overworked muscles, extending its therapeutic touch to the hands and feet. After the session, my therapist recommends a brief stint in the eucalyptus steam room before enjoying the poolside amenities.

I choose the river bench Jacuzzi, resembling a secluded grotto with its warm temperature and cascading waterfalls, offering serene relief to my back, neck and shoulders.

Spa Rosa debuted at Tommy Bahama Miramonte Resort & Spa in November 2023, nestled among the lush citrus-filled landscape with a terrace offering breathtaking views of the Santa Rosa Mountains. Alongside traditional offerings like facials and body wraps, the spa boasts unique experiences like yin yoga, outdoor aerial classes and



shaman-led hikes. The spa's amenities include a well-appointed locker room with lavish showers and plush robes. For those seeking mementos, the spa boutique offers an array of clothing and unique items.

Pro Tips: Arrive early to indulge in the eucalyptus steam room and pool facilities. Consider enhancing your massage with a sound bath and treating yourself to a Rose Quartz Facial.



Spa Rosa relaxation room



Tommy Bahama Miramonte Resort & Spa exterior

Nestled amidst the affluent Indian Wells area, the Tommy Bahama Miramonte Resort & Spa seamlessly merges island charm with desert luxury. Spread across 11 acres, it boasts 215 spacious, well-appointed suites and five villa suites.

Enjoy coastal-inspired cuisine at Grapefruit Basil restaurant and tropical cocktails at Chiki Palm bar by the pool, with stunning views of the Santa Rosa Mountains. For a healthy alternative, pick your own oranges and lemons on the property for juicing.

Unwind by the tranquil pools by day, then gather around a crackling fire pit as night falls for a soothing end to your day.



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