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## Massage Away Stress, Hunger at Top Spas

### Travels in Taste

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LAS VEGAS ([TheStreet](#)) -- When the going gets tough, Joseph P. Kennedy famously said, the tough get going. In times as tough as these, at least a few of them are headed straight for the spa.

There, immersed in seaweed wraps, salt scrubs and hot stone massages, even recession-stressed executives can find relief from dour headlines and dispiriting stock quotes.

They will also find sustenance, as the country's best spas also are home to some of the country's best cuisine. For a mind-erasing massage that's followed by a palate-pleasing meal, [TravelsInTaste.com](#) has chosen the three best places to feed your soul and stomach with America's best spa cuisine.

**Montage; Laguna Beach, Calif.:** The spa at Montage Laguna Beach resort is famous for its ocean-inspired spa treatments, including underwater massages, marine wraps and sea-salt scrubs. The resort also pays homage to the sea at each of its three restaurants, including Studio, its fine-dining mainstay. Serving modern French cuisine with California influences, Studio serves its guests spectacular ocean views from atop a 50-foot bluff overlooking the Pacific Ocean. The restaurant, which offers private open-air dining for up to 24 guests, specializes in seasonal dishes, such as pan-seared John Dory fish served with semolina gnocchi, using fresh ingredients from California's ranches, orchards and ocean.

Montage also employs eight certified sommeliers to serve Studio and the resort's other venues. They can help you choose the perfect pairing for your meal or your massage from Montage's international collection of more than 45,000 bottles and 2,100 labels.

**Miraval; Tucson, Ariz.:** Near the Catalina Mountains in Tucson, Ariz., Miraval Arizona is a desert oasis that promotes balance through acupuncture, reflexology and shiatsu. Consistently named the world's best spa by *Travel + Leisure* and *Condé Nast Traveler*, the award-winning resort is also home to the Cactus Flower Restaurant, which specializes in organic ingredients that match perfectly the natural components in its spa products. Don't be surprised if your facial features the same ingredients -- ginger, prickly pears and even caviar -- as your dinner.

Cactus Flower serves food that's free of antibiotics, hormones and pesticides. Meat, dairy and sweets are served in moderation while organically grown produce, legumes and grains are available in spades. Thanks to dishes like pan-seared venison with turnip and parsnip puree and chipotle corn sauce nutritious here is always delicious.

**Canyon Ranch:** With retreats in Massachusetts, Arizona and Florida, Canyon Ranch is synonymous with health and wellness thanks to its holistic approach to weight loss, physical therapy and fitness. Each Canyon Ranch location is staffed with registered dietitians, board-certified physicians, exercise physiologists and licensed therapists. Services include not only the usual massages, body scrubs and facials, but also intensive nutrition counseling and meal planning services. The chain has published three cookbooks

Canyon Ranch isn't all work, though. At the Canyon Ranch SpaClub at Las Vegas Sands' Venetian and Palazzo hotels luxury mingles with healthy living and high-end dining. The spa's restaurant, Canyon Ranch Grill, serves gourmet cuisine such as grass-fed roast beef and Mongolian-style barbecue salmon, served with brown rice and stir-fry vegetables. Most notable, however, are the restaurant's healthy beverages, which include homemade soft drinks and juices, as well as organic wines, beers and spirits, all of which are as sustainable as they are indulgent.

-- Reported by *TravelsInTaste*.

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