

Featured ♦ Travel ♦ Wellness

Hydro Havens

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Gurney's Sanctuary Spa Jacuzzi

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— Constance McCarty, spa director, Sanctuary Camelback Mountain, a Gurney's Resort and Spa

In Scottsdale, Sanctuary Camelback Mountain, a Gurney's Resort and Spa, offers an on-trend water- based therapy called watsu, a shiatsu massage in water that promotes relaxation and joint healing.

“Watsu works by combining the therapeutic properties of water with techniques that promote both physical and emotional relaxation, making it an ideal treatment for a wide range of health conditions,” says Sanctuary Spa’s Director Constance McCarty. “Its cutting-edge appeal lies in its integration with modern therapies, its focus on the nervous system, and its potential for trauma recovery, all of which are becoming increasingly significant in the wellness industry.”

Thalassotherapy: Sea and Spa

Along with its Camelback resort, Gurney’s Resorts is also famed for the water therapy, or thalassotherapy, available at Gurney’s Montauk Resort and Seawater Spa.

The spa is steps away from the crashing waves of the Atlantic Ocean (one of the prerequisites for the appellation) and uses a variety of traditional thalassotherapy elements and practices in its menu of offerings.

The Deep Sea OSEA Undaria Massage, for instance, includes OSEA Undaria Algae Body Oil or Body Butter for a 60- to 90-minute session of cranium therapy, serum face massage, and seaweed- gel scalp massage.

The practices are not limited to bodywork. Gurney’s Sea the Results Vegan Organic Facial combines organic algae to increase collagen production, plump lines, stimulate tissue, and reduce facial tension.