

101
BEST SPAS

Miracle workers

TATLER
AWARD WINNER
BEST
THERAPISTS

Mii Amo

ARIZONA, USA

Of all the spas in Arizona (and there are hordes), this one has the most gifted therapists. It seems improbable that so many magic hands could have come together in the same place. But then, there is something deeply renewing, even spiritual about the soaring red-rock country of Sedona. Ayurvedic facials, reiki, astrology, hypnosis, aura colour readings (expect to cry), past-life regressions and dream interpretations – all the therapists here seem to be psychic. Be brave, dip in and find yourself hooked. The hotel itself is a design triumph, the staff will hug you and tell you you're beautiful (inside and out) and you can go trekking into Native American country. Awesome. **Website** miiamo.com. **UK reservations** Cleveland Collection (tel: 0845 450 5732). **Rates** Double, from £2,725, for three nights, full board.