

Spa'lidays

Escape to a spa that'll take you away from it all—and Orlando.

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Here are four spa trips that range from 30 minutes to a few hours on the road to rejuvenation.

The Spa At Riverview New Smyrna Beach

It takes just an hour to drive to the Spa at Riverview (spaatriver.com), but this New Smyrna Beach treasure has a knack for making people feel like they're in a different world. Part of the Victorian-style Riverview Hotel, the spa's interior features a handful of treatment rooms and a small relaxation area. Outside, a 102-degree whirlpool and 96-degree mineral pool (below) invite guests to immerse themselves in therapeutic waters. For a truly amazing aquatic experience, go with the Sea Scape treatment (\$175). It includes the "Coastal Body Retreat," a full body exfoliation with sea salts and shea butter, followed by a massage, and a manicure and pedicure.



Sandpearl Resort Clearwater Beach

If you want to take the meaning of a "spa day" literally, head west two hours to Sandpearl Resort (sandpearl.com), a luxury hotel on Clearwater Beach. Its Sandpearl Spa houses plush relaxation rooms (above), a co-ed therapeutic whirlpool and offers more than 50 ocean-inspired treatments, including a six-hour journey into overindulgence. The Essence of Sandpearl Ritual Spa package includes the 80-minute Pearl Iridescence facial, a medley of scrubs and massages, plus a mani-pedi. OK, so it costs \$615, but you'll come out feeling—and looking—like a million bucks.

Warm Mineral Springs North Port

For a natural spa experience, soak in Warm Mineral Springs' (warmmineralsprings.com) mineral-rich, 87-degree water (right). You'll emerge from the springs with smoother skin and feeling de-stressed. Folks with arthritis and fibromyalgia

claim considerable health benefits from the springs' 51 minerals, including magnesium and potassium. A day pass costs \$20. While you're there, get a mineral-infused massage at onsite Spa Donya. Located south of Sarasota, North Port is a three-hour drive from Orlando, so plan on an overnight stay at nearby Inn at the Beach (innatthebeach.com).



Bella Collina Montverde

You can get the kinks worked out in your back and shoulders and hit the links at this private golf club (right) only 40 minutes from downtown Orlando. Set in a Tuscany-like "village" of stone and brick, Bella Collina Spa & Salon (bellacollina.com) is accessible to non-club members. A 60-minute Swedish (\$90) or deep-tissue (\$100) massage will loosen you up for a round on Bella's rolling golf course, which you can "preview" as a non-member. Call the pro shop at 407-469-4961.



THE SPA AT RIVERVIEW; SANDPEARL RESORT; WARM MINERAL SPRINGS; BELLA COLLINA