

# Hotels That Rejuvenate -- Body and Mind

Guests who check into these hotels with aching muscles, tattered nerves, and ringing cell phones are checking out serene and revitalized. Complimentary yoga, rooftop bath gardens, and in-room acupuncture are just a few of the relaxing options at the following six hotels, where visitors are encouraged to disconnect, relax, and recharge. -- **Nina Roberts**

## Mountain Retreat

Inkaterra Machu Picchu is nestled in the lush “cloud forest” of mountainous Aguas Calientes, Peru. After trekking in breathtaking Machu Picchu, indulge your muscles with Unu Spa’s Andean eucalyptus sauna or with any number of treatments that use indigenous plants such as the detoxifying coca leaf. Essence of lemon-mountain tree permeates Inkaterra’s 12-acre grounds, around which you can spot wild orchids and hummingbirds. The secluded whitewashed cottages are strategically placed among exuberant foliage, pathways, and delicate waterfalls for ultimate privacy. Some rooms have a fireplace; others include outdoor showers, intimate pools, and balconies. \$400 to \$720 per night. [www.inkaterra.com](http://www.inkaterra.com)

## Seaside Seclusion

If the ocean’s soothing sounds are essential to your personal tranquility, you’ll want to visit the Oberoi Bali. Located on Seminyak Beach, it’s an oasis where you can relax poolside or in your remote, private villa. The hotel offers weekly yoga and meditation classes; you can also treat yourself to a Balinese massage, an herbal scrub, and a yogurt rubdown at the Oberoi Spa. \$270 to \$920 per night. [www.oberoibali.com](http://www.oberoibali.com)

## Urban Oasis

The chic Bleibtreu, in Berlin, Germany, is a modern hotel in a renovated nineteenth-century building, which is illustrative of the city’s avant-garde spirit. Complimentary herbal steam baths are offered, and an alternative health practitioner is on call to perform ear acupuncture and Gua-Sha, an antipain massage. For some impromptu aromatherapy, visitors can stop by the hotel’s exquisite rose shop, Blumen 31. From \$180 per night. [www.bleibtreu.com](http://www.bleibtreu.com)



**Chocol Bull**  
**Lakeview Machu Picchu**  
**Riad Malin Dine**

**Urban Oasis**  
The chic **Bleibtreu**, in Berlin, Germany, is a modern hotel in a renovated nineteenth-century building, which is illustrative of the city’s avant-garde spirit. Complimentary herbal steam baths are offered, and an alternative health practitioner is on call to perform ear acupuncture and Gua-Sha, an antipain massage. For some impromptu aromatherapy, visitors can stop by the hotel’s exquisite rose shop, Blumen 31. From \$180 per night. [www.bleibtreu.com](http://www.bleibtreu.com)

**At San Francisco’s Hotel VIAH**, guests shouldn’t pass up the free yoga or the bathing ritual given in the rooftop bath garden prior to a 30-min Backer Deluxe massage. From \$200 per night. [www.hotelviah.com](http://www.hotelviah.com)

In Washington, D.C.’s quirky **Hotel Tilted** (tilt recharges guests in its own way), there is no spa and no TV. Instead, guests can pick up a book in the library with its fireplace, enjoy a meal in the restaurant, and listen to live jazz every Sunday night. From \$252 per night. [www.tiltedinn.com](http://www.tiltedinn.com)

**Miccosukee Influences**  
Hidden off of a narrow street teeming with people and donkeys in the historic quarter of **Fin, Manacay**, is the superior **Riad Malin Dine**, where you can lay out in three varieties of the traditional hammock — a stone bath, a body scrub, and a wrap — for a mere \$68. Rooms look out onto a mosaic courtyard with a pool, orange trees, medians flying overhead, and the occasional distant call to prayer. \$250 to \$370 per night. [www.malin-dine.com](http://www.malin-dine.com)



**TAKE-HOME TREATMENTS**

**Inkaterra Machu Picchu**  
Complimentary amenities made from local plants by Inkaterra. One Spa aromatherapy of choice, \$12.

**Oberoi Bali**  
Complimentary amenities by Kama Ayurveda, made from organically grown plants, including lemongrass. Oberoi Spa leaving-meat massage oil, \$12; jasmine and clove soap, \$8.

**Bleibtreu**  
Blumen 31: artistic bouquet of roses, \$62.

**Hotel VIAH**  
Complimentary vitamins that read “ahh!” on the left foot and “ahhh!” on the right. Spa Village Juice Beauty’s green-apple nutrient mask, \$48.

**Hotel Tilted Inn**  
Front desk: Sunday nights jazz CD, \$12.

**Riad Malin Dine**  
Riad Malin Dine: Spa, orange-blossom and Rosegerbil salts, \$28; olive and mandarin citrus soap, \$13.

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**Seaside Seclusion**  
If the ocean’s soothing sounds are essential to your personal tranquility, you’ll want to visit the **Oberoi Bali**. Located on Seminyak Beach, it’s an oasis where you can relax poolside or in your remote, private villa. The hotel offers weekly yoga and meditation classes; you can also treat yourself to a Balinese massage, an herbal scrub, and a yogurt rubdown at the Oberoi Spa. \$270 to \$920 per night. [www.oberoibali.com](http://www.oberoibali.com)



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At San Francisco's Hotel Vitale, guests shouldn't pass up the free yoga or the bathing ritual given in the rooftop bath garden prior to a Stress Buster Deluxe massage. From \$300 per night. [www.hotelvitale.com](http://www.hotelvitale.com)

Washington, D.C.'s quirky Hotel Tabard Inn recharges guests in its own way. There is no spa and no TV; instead, guests can pick up a book in the library with its fireplace, enjoy a meal in the restaurant, and listen to live jazz every Sunday night. From \$152 per night. [www.tabardinn.com](http://www.tabardinn.com)

### **Moroccan Influences**

Hidden off of a narrow street teeming with people and donkeys in the Medina quarter of Fez, Morocco, is the superior Riad Maison Bleue, where you can luxuriate in three variants of the traditional hammam -- a steam bath, a body scrub, and a wrap -- for a mere \$66. Rooms look out onto a mosaic courtyard with a pool, orange trees, swallows flying overhead, and the occasional distant call to prayer. \$250 to \$370 per night. [www.maisonbleue.com](http://www.maisonbleue.com)

## **TAKE-HOME TREATMENTS**

### **Inkaterra Machu Picchu**

Complimentary: amenities made from local plants by Inkaterra.  
Unu Spa: aromatherapy of orchids, \$12.

### **Oberoi Bali**

Complimentary: amenities by Kama Ayurveda, made from organically grown plants, including bergamot.  
Oberoi Spa: lavang-root massage oil, \$12; jasmine-and-clove soap, \$19.

### **Bleibtreu**

Blumen 31: artistic bouquet of roses, \$52.

### **Hotel Vitale**

Complimentary: slippers that read "slow" on the left foot and "down" on the right.  
Spa Vitale: Juice Beauty's green-apple nutrient mask, \$48.

### **Hotel Tabard Inn**

Front desk: Sunday-nights jazz CD, \$12.

### **Riad Maison Bleue**

Riad Maison Bleue Spa: orange-blossom and flower-petal salts, \$18; olive-and-eucalyptus soap, \$13.