

Hot Spots **Arizona Style**

STORY AND PHOTOGRAPHY
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JEZEBEL jet-setted to the desert landscapes of Scottsdale and Sedona to enjoy natural beauty and serenity



If I had to describe Sedona in one word, I would have to say magical. The landscape is so overwhelmingly beautiful, it takes your breath away. I have never been to a place where I felt more connected to the earth as Sedona. The deep red rocks that make up the landscape are dramatic, powerful and yet undeniably calming. Sedona is the place for de-stressing, spiritual exploration and reconnecting to the magnificence of nature.

Where to stay: Located in Boynton Canyon, Mii amo is located at a cool altitude of 4,600 feet and surrounded by the Red Rock Secret Wilderness. Mii amo is a destination hotel/spa located within the grounds of the world-famous Enchantment Resort. It offers 14 spa guest rooms and two deluxe spa suites. The rooms are fabulously modern with soft linens and goose-down pillows. You also can stay at the Enchantment Resort, a member of The Leading Hotels of the World. It offers luxurious accommodations in spacious casitas, perfect for families with children.

SEDONA

Mii amo Spa
525 Boynton Canyon Road
Sedona, Ariz. 86336
888.749.2137
miiamo.com

Enchantment Resort
525 Boynton Canyon Road
Sedona, Ariz. 86336
800.826.4180
enchantment.com

Where to dine: The café at Mii amo offers a selection of organic, macrobiotic and local dishes that are sure to please even the most delicate palate. The menu combines Oriental and Southwestern flavors with a classical Provençal foundation. Try the organic miso salmon, which is truly amazing.

Where to shop: The boutique at Mii amo Spa is filled with amazing skin-

care products, Native American sculptures, handcrafted Native American jewelry and an incredible selection of the latest in spa apparel. Be sure to check out the signature teas from Mii amo: Kachina Moon, Desert Passion, White Cloud and Sedona Sun.

What to see: Secluded in a unique setting surrounded by national forest and wilderness, both Mii amo and Enchantment Resort offer natural Arizona amenities: sunny days, a mild climate, native flora and some of the most magnificent scenery in the world. Watch a morning Native American ritual, hike along the towering red rocks and look out over the valley. Wake up at dawn to watch the deer graze in the fields located within the Enchantment Resort, and watch the sky change from one glorious hue to another.

What to experience: Experience profound relaxation and expanded awareness as one of the spa consultants guides you on a journey of self-discovery. Go on a mindful walk, which incorporates meditation, or listen to Bruce Orion speak of the Vortex for a clear explanation of the very powerful energy centers. Meditate in the Crystal Grotto, or go stargazing with Dennis Young under the Sedona skies. For a truly memorable visit, check into the Mii amo Spa for the best treatment I have ever experienced: the craniosacral massage. Let the gifted hands of your therapist take you into another world with this treatment. It alone is worth the trip.

This page, from left: The entrance to the Mii amo Spa; a suite at the Enchantment Resort; organic miso salmon from the café at Mii amo

Opposite page: The pool at Mii amo Spa overlooks the mountains of Sedona



travel

**Escape to a place of
absolute peace, where
the magnificent sounds
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Sometimes you just have to get away, even if it's only for a couple of days. When the time comes, escape to a place of absolute peace, where the magnificent sounds of nature soothe the mind, body and soul. The Sonoran Desert of Scottsdale is just the right place to experience serenity and relaxation. With miles of breathtaking desert landscape, beautiful indigenous plants and rich golden sunsets, Scottsdale holds the key elements of the seasoned traveler's paradise.

Where to stay: Blending flawlessly with the Sonoran Desert landscape, the Four Seasons Resort Scottsdale at Troon North is truly the diamond of the desert. Nestled among towering saguaro cacti, the resort offers the world-class service one would expect from a Four Seasons property. This AAA Five Diamond resort offers an ideal getaway for those looking for excitement, exploration and ultimate relaxation.

Where to dine: Located within the magnificent property, Acacia offers a selection of succulent steaks, fresh seafood and traditional Native American dishes. At dusk, dine outside overlooking thousands of twinkling lights from the desert communities below. For more casual fare, Crescent Moon is the perfect solution for a hearty appetite.

Where to shop: The Spa at the Four Seasons has a wonderful selection of unique gifts, great bath products and luxurious robes. The Four Seasons signature Desert Breeze line is full of custom-blended ingredients

that awaken the senses. Also, check out the new line of resort casual wear by Sope Creek, available exclusively at the Four Seasons boutique.

What to see: You don't have to go far to see the magnificence of the Sonoran desert. At every turn you can discover a new and exciting landscape. From exotic desert flora to massive rock formations, the desert is teeming with beauty. Grab your camera, bottled water and some sunscreen, and head out into the desert to capture Mother Earth at her best.

SCOTTSDALE

Four Seasons Resort Scottsdale at Troon North
10600 East Crescent Moon Dr.
Scottsdale, Ariz. 85262
480.515.5700, fourseasons.com

What to experience: Take a complimentary yoga, Pilates or cardio kick-boxing class. Enjoy a moonlight massage under the desert sky in the privacy of your casita terrace. Try the two unique spa treatments the Four Seasons Resort Scottsdale at Troon North is known for: "Four Seasons in One" takes guests through the four seasons of the year, while the stone massage utilizes the energy and mass of special hot stones for deep muscular relaxation. Or, you can play tennis, take a hike or simply do nothing.

Opposite page: The casitas at Four Seasons Resort Scottsdale at Troon North

This page, from left: An old Spanish door and urn are mixed in with the landscape on the hotel property; seared tuna steak from Crescent Moon; a table at Crescent Moon

