

LUXURY SPA FINDER

THE SPA LIFESTYLE AT ITS FINEST

THE BEAUTY ISSUE

19 PARIS BEAUTY
SECRETS REVEALED

12 PRIVATE LABEL
PRODUCTS PROFILED

6 HEALING MASKS
HIGHLIGHTED

5 MAJOR BEAUTY
LASERS EXPLAINED

1 DREAM HOME
SPA SANCTUARY
EXPLORED

35
New Eye
Treatments
in Focus

Satori includes four 60-minute treatments, such as Lotus Flower Aquatic Reflexology (above), which is done in the spa's outdoor Watsu pool.

By noon, after hiking, yoga, or Pilates, I'm starving. Lunch, usually a salad or a bento box with seared tuna, is served by the spa's infinity pool. It's here, on day three, that I meet Steven Ringelstein, an angel-communing "business and spiritual coach" with whom I discuss inner harmony. Billie Jo says there's usually one Satori guest at Steven's lectures who is moved to open up by his honor-thyself philosophy. "Most fears are learned," he says. "Except two: loud noises and falling."

Steven's manner of talking about the self is new to me. He doesn't use the therapy terms I know like "issues stemming from childhood" and in fact tells me that the specifics of my predicament don't matter. The on-ramp to inner harmony is the same for all vehicles, big rigs carrying life's burdens and speedier models that don't have room for them: self-acceptance and self-love.

Steven's first move is to take away my most hard-won things—the value of what I know and what I do. "Your knowledge and your fix-it-ness don't matter. You'll get to self-acceptance faster by slowing down, by being with indecision instead of racing to find a solution," he says. My impulse is to run him over, but then I blurt out that I don't always want to drive, I want that blissful childhood feeling of all's well, daddy's driving. "Then you have to give something up [control] to get something [inner beauty]," he says. We agree on that one thing: suspending my driver's license from time to time.

SATORI RATES

Four-night package, \$2,574–\$5,431. Rates include accommodations, three daily meals, fitness classes, guest lectures, four 60-minute spa treatments, and airport transfers.

Reservations 800-245-2051

Website www.sanctuaryaz.com