

Cognoscenti

magazine

SPA COLUMN

Because life is short

THE AGAVE SPA

The Westin Kierland Resort
Scottsdale, Arizona

Against azurite-malachite boulders, the Agave plants grow and the water flows: this is Arizona, and this is also John Benedict's "Renewal Fountain," set in the meditation courtyard of **The Agave Spa** at the new and luxurious Westin Kierland Resort (see our separate article on the resort in this issue).



Luxury treatments at the Agave Spa

acupressure and other techniques to realign the body. All massages depend enormously on the individual therapist—our therapist in this treatment, Mary, was extraordinary skillful and intuitive. (This is said after experiencing dozens of spa treatments in luxury spas!)

The Agave plant, long known to Native Americans for its nutritional and medicinal properties (there are 12 species native to the region), is central not only to the aesthetic aspect of the spa but also to the treatments, which focus particularly on hydration. As Spa Director Sabrina Cormack explains, "What guests need most in Arizona's environment is moisture."

Cognoscenti Magazine editors decided to sample a few of the treatments. The 80-minute *Agave Enchantment*, one of the spa's signature treatments, began with an all-body exfoliation using a soft Ayate cloth made of Agave fibers, followed by a hydrating body mask. Then came the full body massage, which left the body feeling deeply refreshed. The treatment room was particularly spacious, and the therapist showed the attentive touch of a professional: during the massage, she always kept contact with my body, so that I knew at all times where she was going.

Sometimes a harder touch is what the guest wants: so it was with our *Tui' Na Massage*, which combines

The facilities are beautiful and spacious. The whirlpool is especially stunning, set against a fine mosaic reproduced in 2-inch tiles. Another nice touch is the juice bar where, instead of the cucumber water seen so often at other spas, you can enjoy a water mixed with lemon, roses, lime, and sweet Agave nectar. In short, the combination of a gorgeous facility, a comprehensive menu of treatments, highly skilled therapists and a unique focus on the Agave plant combined to create our finest spa experience in Arizona.

This article was written by Jeffrey Riggs and Nicole Medvecky-Riggs, Contributing Editors to *Cognoscenti Magazine*. Photo courtesy of *Westin Kierland Resort*.

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