

# Cognoscenti

# magazine

SPA COLUMN

Because life is short

## THE CENTRE FOR WELL-BEING

At the Phoenician Resort  
Scottsdale, Arizona

It isn't by chance that **The Centre for Well-Being** stands as the central nucleus of the glorious **Phoenician Resort** (see our separate article on the resort in this issue). In the increasingly frenetic world in which we live, luxury resorts are growing evermore attuned to the guests' need for an all-encompassing experience—something that the spa, in uniting body and mind, plays a significant part. “We've gotten beyond pampering,” explains Spa Director John DeFontes. “It now goes to wellness. Treatments are based on the way the world is today.” Eschewing the shifting sands of spa fads, John insists “every service we provide has to have therapeutic value and integrity.” Signature treatments at The Centre for Well-Being take a full year to develop, and are introduced only after a period of trial and testing.

I was curious to experience one of these signature treatments. After an enjoyable workout in their fitness room—looking out over the resort's shimmering swimming pools set against Camelback mountain—I went for a Swiss shower in the spacious locker rooms and some quiet time in the meditation atrium, where fresh air, plants and a trickling fountain convey a teaching all their own. (Introspective services such as guided meditation, astrology and tarot card reading are also available for guests.)



*The Centre for Well-Being at the glorious Phoenician Resort*

By the time I headed for my 90-minute *Serenity Seaweed Scrub and Wrap*, I was already well into the serenity part. A vigorous scrub was followed by a careful application of mud, which my therapist lathered over my entire body. A professional therapist, like any professional, knows to pay attention to details:

here, cool lemon water was regularly presented to my lips, and the towels placed on me were always warm—nice discreet touches that enhanced the overall experience. I was then wrapped, my body left to sweat while my neck and scalp were massaged. After I showered, we moved onto the massage room for a full body massage that could have been more thorough. I decided to extend my trance-like state by soaking

in the gorgeous whirlpool lined with mother-of-pearl. This delightful spa experience concluded with a light fruit plate at the spa bar.

This article was written by Nicole Medvecky-Riggs, Contributing Editor to *Cognoscenti Magazine*. Photo courtesy of *The Phoenician Resort*.

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