



RUBENSTEIN PUBLIC RELATIONS, INC.



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## Spas Made Simple

With more than 21,000 spas to choose from in the U.S. alone, just figuring out where to go can tie you up in knots. But don't sweat it: We've identified the top 10 (affordable) spas for every type of decompression.

By Melisse Gelula

The celebrity favorite  
Cygalle Healing Spa in La Romana, Dominican Republic



Meditation labyrinth at Cygalle Healing Spa  
(Courtesy Cygalle Healing Spa)

Before she opened her full-service, ecofriendly facility on the grounds of the Casa de Campo resort last year, Cygalle Dias's organic facials, massages, and mani/pedis were available only through her mobile spa business—and primarily enjoyed by boldface names like Rosario Dawson. Now, those same services are available to anyone who makes an appointment at Dias's namesake spa. The emphasis is on fresh, natural ingredients: "Pharmacists" mix up individual batches of potions using fruit, honey, flowers, herbs, ground coffee, cornmeal, and more for each client. A popular four-

part treatment sampler includes a 30-minute water ritual (alternating between hot and cool pools), a facial that uses local sugar and botanical extracts, a 50-minute massage, and either a wrap or a scrub, all of which take place in spacious bamboo-and-stone suites or in open-air gazebos scattered throughout the resort's garden. **Best Deal:** Through December 20, a three-night stay runs \$594 and includes breakfast daily and a four-treatment sampler. 800/877-3643, [casadecampo.com.do](http://casadecampo.com.do).