

BY RONA DISTENFELD

Mellow

Texas' Dallas-Fort Worth area has a lot to do: shopping, museums, sporting events, more shopping, Six Flags and great local dining.

Fortunately, it's easy to formulate your trip to include some pampering and relaxation, too—several hotels have superb spas. Plan it well, and you may never have to get out of your luxurious robe.

The busy Dallas-Fort Worth area offers plenty of ways to relax and rejuvenate.

THE ARTISTS' WAY

On the edge of Dallas' renowned Arts District, two hotels offer great spas and completely different experiences.

The W Hotel, across the street from the American Airlines Center, welcomes guests with modern design, 20- and 30-somethings lounging in the living room/lobby surfing on laptops, and the equally modern Bliss Spa, which offers to "turn cowgirls into 'wow' girls" with signature services

such as the triple oxygen treatment and carrot-and-sesame body buff.

Everything about the W is young, hip, friendly and social. It feels more like a boutique hotel than an urban chain, and the Ghost Bar on the top floor is a local hotspot. W Dallas also features Craft, an upscale eatery with a full wine cellar and original entrees. The spa of-



The Gaylord Texan in Grapevine is like a town under a giant glass dome. Facials at the Four Seasons Resort & Club Spa (below, left) use the latest techniques and top-quality ingredients. A bento box lunch at the Mokara Spa (inset) takes spa cuisine to a new level.

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fers a full array of services, including teen specials for those mother/daughter weekends.

If Old World elegance is more your style, the Rosewood Crescent Hotel will feel like home for a weekend. The European-style rooms offer classic comfort with of-the-moment amenities, making it easy to see why the hotel wins regular accolades as one of the best in the U.S. You can walk to the major museums nearby it, too.

The Spa at the Crescent continues the hotel's European feel. Trainers oversee your workouts, and workout clothes are provided if you don't bring your own. Aromabaths and hydrotherapy treatments, massages and facials, and more than 70 one-of-a-kind treatments are offered. Regulars rave about the spa's "wet area" with its hot tub, sauna and steam room.

CENTRAL SENSATIONS

In the middle of the Metroplex, you'll find shopping, the airport, the Cowboys, the Rangers, Six Flags and your perfect retreat from all that excitement.

The Four Seasons Resort and Club feels like an upscale country club because it is. A huge gym, championship golf course, tennis clinic, pools and a children's camp program create the perfect place to vacation when you just want to relax.

The full-service, European-style spa offers a complete menu of services, including hot-towel massages and makeup treatments. Locker rooms host the sauna, steam room, whirlpool and cold plunge, as well as indoor and outdoor gender-specific relaxation areas. You can spend a whole day here clad in nothing but your robe while your family members amuse themselves with the many resort activities. And if you're a pedicure fan, the facilities here are exceptionally good.

Close by, the Omni Mandalay Hotel takes you to Venice with its decor and gondola rides. The staff strives to make your visit perfect, and the rooms are spacious and comfortable.

The Mokara Salon & Spa offers special services for men, women and teens, including treatments using in-



When You Go

For travel planning information, maps, TripTik routings and *TourBook* guides, visit AAA.com/travel.

- **Four Seasons Resort and Club, Dallas at Los Colinas:** (972) 717-0700; www.fourseasons.com/dallas
- **Gaylord Texan Resort Hotel and Convention Center:** (817) 778-1000; www.gaylordhotels.com/gaylordtexan
- **Omni Mandalay Hotel at Las Colinas:** (972) 556-0800; www.omnihotels.com; www.themokaraspa.com
- **Rosewood Crescent Hotel:** (214) 871-3200; www.crescentcourt.com
- **The Sanford House:** (877) 205-4914; www.thesanfordhouse.com
- **W Hotel Dallas:** (214) 397-4100; www.starwoodhotels.com

digenous elements for a uniquely Texas experience. This spa feels quieter and more intimate than most hotel spas, with only 12 lockers instead of the dozens you usually find, but with plenty of space. Lunch here is also a treat, with choices such as the bento box sesame-encrusted salmon.

Treatments are very individual; the expertise facial, with blasts of vitamin-enriched oxygen and a targeted mask, will take years off your face, and the mokara massage is tailored to address specific areas needing special attention. Spa attendants will even wash your hair for you so you don't shower off the high-quality lotions left enriching your skin after services.

■ *Regular contributor Rona Distenfeld is a freelance writer based, when she's home, in Austin, Texas.*

By Six Flags and the Ballpark in Arlington, the Sanford House Inn & Spa provides an oasis of peace. This small, elegant inn features antique-filled rooms with working fireplaces.

The full-service salon and spa offers unusual treatments, such as the Thai sabal massage, as well as body bronzing, eye and lash treatments, and botinal, a needle-free, multi-treatment wrinkle therapy.

PAMPERED APPETITES

In Grapevine, you can indulge your palette at the local wineries and events such as Grapefest, then indulge your body and spirit at the Relache Spa at the Gaylord Texan. Like all Gaylord properties, the hotel is like its own town with shops, restaurants, convention facilities and courtyards under a huge glass dome.

The spa, one of the largest in the Metroplex, features a fitness center where staff can design a personal exercise and nutrition program for you, as well as a full menu of massage, facial and body treatments. Many treatments use organic, seasonal ingredients to evoke Old World techniques.

Specialty massages, such as the hot rocks massage and shiatsu, incorporate ancient healing techniques to enhance your experience. You can easily spend a day here enjoying the spa's comfortable facilities, taking a yoga class and relaxing in your robe while lunch is served to you.

With so much to do in the Metroplex, planning your trip to include some self-care and pampering will let you head home feeling like you really got away from it all.

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