

A vibrant bouquet of flowers, including red, pink, orange, and white blooms, is arranged in a white ceramic vase. The vase sits on a leopard print surface. The background is a soft-focus floral arrangement. On the left side, there is a vertical decorative border with a plaid pattern in shades of orange, brown, and white.

# Country Home

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LET YOUR CREATIVITY BLOSSOM

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FEEL GOOD ~ *In need of serious downtime?*

# go zen

Normally modest Midwesterners, my family and I took exactly ten seconds to step into our guesthouse and step out of our clothes. It seemed the thing to do, considering cushy kimonos and slippers had been spread out to greet us. We had arrived at Ten Thousand Waves, a Santa Fe hot spot and the closest thing to a Japanese onsen (hot springs resort) this side of the Pacific. Here's what else awaits you:

**1) BIG BUBBLY HOT TUBS**

It's mostly about the waters. This spa has private and public hot baths, meticulously maintained. But it's also about being as unclothed as you want to be under a New Mexico sky, sniffing sweet piñon pines and juniper.

**2) CLOSENESS TO NATURE**

My 8-year-old couldn't decide which was better: petting a fish in the courtyard's koi pond or enjoying what was our favorite tub, Waterfall. The body-temperature tub is designed to mimic a natural

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Go back to nature's most basic elements—earth, water, fire, and air—for deep-down relaxation and rejuvenation.

spring in the woods (only with a private sauna two steps away). We rented this tub at night to enjoy the sparkling cosmos overhead. I've never slept better.

### 3) TOP TREATMENTS

One expects a good rubdown when at a mecca for massage therapists and alternative healers, and the extensive and interesting menu delivers. I selected the Japanese Hot Stone Massage and learned about deep, deep relaxation. Still, I came to quickly enough to swing by the spa's shop on the way out—picking up some stones, signature Yuzu (Japanese citrus) scrub, and green fern incense to take home. Okay, there is a bit of 1970s flashback to this place, though only the good parts, I promise.

### 4) PRIVATE DIGS

Guesthouses and suites joined by stone paths are nestled into the hills and pines of this former ranch. At \$240 per night, our spacious Tsuki suite was pricier than we would normally pop for, but worth it for its transporting quiet and unique sticks-and-stones style.

### 5) ECO-CHIC LUXURY

The crisp cotton sheets, thirsty towels, cable TV, bedside woodstoves, Internet hookups, and Japanese tea in the kitchen cupboard satisfied our ideas about luxury. We all left in a happily altered state.

*Ten Thousand Waves, Santa Fe, New Mexico;*  
505/982-9304; [www.tenthousandwaves.com](http://www.tenthousandwaves.com).

### HERE'S A HANDFUL OF OTHER GREAT JAPANESE-STYLE SPAS TO DIP INTO:

**OSMOSIS SPA**, north of San Francisco—Try the Cedar Enzyme dry bath, a healing Japanese heat treatment that has you covered in finely ground cedar, rice bran, and plant enzymes. Spend some time in the gardens. Freestone, California; 707/823-8231; [www.osmosis.com](http://www.osmosis.com).

**BEVERLY HOT SPRINGS**, Los Angeles, California—A natural alkaline hot spring in the heart of Koreatown, which comes close to an authentic Japanese urban bathhouse. Massage, acupuncture, and scrubs. 323/734-7000; [www.beverlyhotsprings.com](http://www.beverlyhotsprings.com).

**THE SPRINGS RESORT**, Pagosa Springs, Colorado—Guests at this resort by the San Juan River unwind in 17 outdoor hot springs, each a different temperature. Jump into the river for a cooldown. 800/225-0934; [www.pagosahotsprings.com](http://www.pagosahotsprings.com).

**WATERCOURSE WAY**, Palo Alto, California—Private tub rooms and spa treatments in soothing Japanese-style settings. 650/462-2000; [www.watercourseway.com](http://www.watercourseway.com). ☎