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The Final Spa Secret: Hidden Hot Spots

Seeking out the perfect spa can be tougher than Harrison Ford's latest attempt at Indiana. But whatever spa he's going to that is keeping him so young, we want in! *Spa Secrets with Mindy Terry* is back to fill you in on some of her favorite, secret spas.

Mindy Terry's Favorite Spas

1. Miraval in Tucson

"It's in a stunning location and has a really great approach to a spa that resonates with me. While it's not a strict health spa, they really understand how to give the customer choices and allowing them to say yes or no. They teach you how to become more aware of yourself...Plus, it's one of Oprah's favorites too!"

Miraval Tucson

5000 E. Via Estancia Miraval

Catalina, AZ 85739

800.825.4000

reservations@miravalresorts.com

www.miravalresort.com

2. Beverly Hot Springs

"This place is a total dive, but it's worth it. It's the kind of place where you need a quarter for the lockers and the only amenities they offer are Vaseline and hairspray, but these people know what they are doing! You can't be modest here...you go into the treatment room where there are eight beds and no draping involved—except a towel over your eyes—and they will scrub you down leaving no part 'unscrubbed'. It's a little invasive, but well worth it. It's also a secret celebrity hot spot."

Beverly Hot Springs

308 N. Oxford Avenue

Los Angeles CA 90004

323.734.7000

info@beverlyhotsprings.com

www.beverlyhotsprings.com

3. Cabo San Lucas

While it's not a specific spa, Terry enjoys services in Cabo San Lucas, Mexico for its breathtaking surroundings and beach style relaxation. "It's mostly for the experience, not the actual technicians. One of the sexiest spas I've ever seen was the Sunset Bonita in Cabo San Lucas."

P.S. Looking for a spa where you will be sure to catch a glimpse of a celebrity? Check out the **Canyon Ranch Spa** in Tucson.