

[Back to: Home >](#)

Ideal Spa Treatments to Recover from Summer Sun

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End of summer blues may have you down, but sun-burnt skin can bring you to tears. In order to help you look your best this holiday season, elite resorts and spas around the world have developed rejuvenating treatments that will ease the pain and encourage healing.

West Coast

Surf & Sand Resort | Laguna Beach, Calif.

Dive into a luxury spa treatment to nourish and polish summer sun kissed skin with Aquaterra Spa's **Autumn Enzyme Renewal Facial**. Perfect for the polishing and replenishing sun-damaged skin from months spent in the summer sun, the Autumn Enzyme Renewal Facial utilizes refreshing enzymatic and exotic fruit puree to dissolve lifeless cells, while gentling buffing the skin with the seeds of the super fruit formula. Choose between himalayan super fruit or pumpkin apple-spice exfoliant during the blissful 60-minute spa treatment. Surf & Sand Resort's Aquaterra Spa provides the ultimate oceanside escape, located right on Laguna Beach's expansive pristine shoreline, where each of the spa's treatments expertly pairs elements of both sea and sand.

Pricing: 60-minutes, \$155

Rancho Valencia Resort & Spa | San Diego, Calif.

Tucked away amidst lush gardens and olive groves lies an enchanting escape of self-discovery, wellness and relaxation - The Spa at Rancho Valencia. **The Citrus-A-Peel** antioxidant treatment relieves sun damaged skin and helps alleviate signs of premature aging. 100% pure Vitamin C stimulates collagen production and renews skins firmness.

Pricing: 75 minutes, \$220

L'Auberge de Sedona | Sedona, Arizona

Find solitude and comfort and allow sun touched skin to heal with the fall inspired **Autumn Comfort Blend** at L'Apothecary Spa. This L'Apothecary blend is specifically designed to soothe the body and mind, while boosting the immune system and smoothing skin after summertime sun exposure. One of the staple ingredients of this blend, tangerine essential oils, is known to help settle the mind, ease stress and lower anxiety. Its sedative-like properties bring emotional balance to the mind and relax the nervous system.

Central

The Arrabelle at Vail Square, A RockResort | Vail, Colorado

While Vail is well known for their winter activities, the mountain town is an adventurer's paradise in the summer as well. With trails for hiking, biking and horseback riding, golf courses, river rafting, fishing, a delicious après scene and plenty of summer concerts and events, there's never a dull moment. For those looking to relax and recuperate from the outdoors, try the **Coconut Crème and Cucumber Skin Soother** at A RockResorts Spa at The Arrabelle. Designed to calm, cool and heal the effects of overexposure to sun and wind, the pure wild-crafted, organic and natural treatment will soothe skin back to a glowing state.

First, inflamed skin is relieved with an herb-infused aloe vera, rose and cucumber distillate mist. Then a body mask application of delicious coconut crème with cucumber and rose hydrates and soothes the skin. While the skin cools, calms, and begins a repair process, a luxurious scalp massage is performed. The treatment is finished with an application of a soothing, healing serum, followed by a regenerating and protective moisturizing antioxidant body oil to soothe and continue the repair process.

Pricing: 50 minutes, \$150

Teton Mountain Lodge & Spa | Jackson Hole, Wyoming

After a long day of skiing, hiking or taking advantage of any of the countless activities in Jackson Hole, Solitude Spa offers a quiet respite where you can relax and recharge your mind and body. The **Vitamin C15 Infusion & Brightening Reverse** facial is geared to help the effects of sun damage and premature aging. Potent antioxidants and corrective botanical extracts revitalize the skin. This facial is boosted by infusing the advanced products 4000 times deeper with CACI ultra's technology.

Pricing: 80 minutes, \$200

East Coast

Gurney's Montauk Resort & Seawater Spa | Hamptons, NY

The Seawater Spa's Vitamin C treatment treats sensitive, dehydrated or environmentally challenged skin. This facial rich in antioxidants, soothing laminaria algae and healing components, replaces lost minerals. A finishing vitamin c mask and moisturizing concentrate provide ultra protection against free radical damage.

Pricing: \$165 for 50 Minutes

Mayflower Grace | Washington, CT

Mayflower Grace's Anti-Aging Hand Treatment offers a results-driven hand treatment with medical-grade actives. The treatment reveals younger looking skin and reduces the signs of sun damage and aging on hands with an AHA peel, collagen mask, brightening serum and intensive moisturizing.

Pricing: 30 minutes, \$95

The Ritz-Carlton, Fort Lauderdale | Fort Lauderdale, FL

After a hard day in the Florida sun, our Activity Recovery returns tight, aching muscles to peak condition with this focused tension-relieving treatment. Includes Foot Soak & Exfoliation, Foot & Leg Massage, Back Exfoliation & Massage.

Pricing for Active Recovery: 80 minutes, \$225

The Ritz-Carlton, Key Biscayne | Key Biscayne, FL

Aims to firm tissue, lift the skin and energize the body. A blend of milk bath and salt scrub exfoliates and removes dead skin cells. A creamy spirulina body mask will supply essential elements for lifting and firming the tissue with an energizing body oil to stimulate the senses.

Pricing for Body Firm: 80 minutes, \$260

The Ritz-Carlton, Amelia Island | Amelia Island, FL

Anti-aging treatment for the entire body. Plant cell extracts dead skin cells, rich body cream leaves skin soft, supple and preserves elasticity and tone. Includes paraffin for the hands and feet along with warm oil scalp massage.

Pricing for Vitamin A, C and E Hydrating Wrap: 120 minutes, \$365

The Ritz-Carlton, South Beach - Miami, FL

The Spa at The Ritz-Carlton, South Beach offers its Hydrating Massage to keep sun damaged skin hydrated while relaxing the body from head to toe. The therapist uses shea butter on the body, followed by massaging organic oil to the scalp. This treatment will hydrate your body, invigorate your senses and leave your scalp nourished.

Pricing: 75 minutes, \$245

The Ritz-Carlton, Bal Harbour - Florida

The Spa at The Ritz-Carlton, Bal Harbour offers its Power facial to fix sun damage. It begins with a specially selected exfoliating mask to prepare your skin for extraction and detoxification, and concludes with either our Cool Beam or Ultrasonic therapies based on your desired result.

Pricing: 60 minutes, \$245

Cheeca Lodge & Spa- Islamorada, FL

The Spa at Cheeca Lodge & Spa offers its Sunburn Rescue, a restorative body wrap is designed to combat the after effects of the sun. Relax as the rescue gel is applied while chilled stones soothe your skin.

Pricing: 60 minutes, \$145

International

The Palms Turks and Caicos | Turks and Caicos Islands

The 72 suite oceanfront resort boasts an award winning 25,000 sq. ft. spa and offers the perfect treatment if you have soaked up a little too much sun. The Sun Rejuvenation ritual begins with a full body dry brushing followed by a soothing application of a rich marinade containing mint, cucumber, Greek yogurt, honey and lemon. You are then cocooned in a blanket to enable the nutrients to deeply infuse into your skin as you receive a calming face and scalp massage, allowing your mind to relax. This treatment will leave your skin nourished and rehydrated.

Half Moon, A RockResort | Montego Bay, Jamaica

Half Moon's award winning Fern Tree Spa offers a **Soothing Aloe and Lavender Wrap** that calms, cools and hydrates irritated and sun-exposed skin using Fern Tree's unique blend of aloe and lavender.

Pricing: 50 minutes, \$135

Fairmont Mayakoba | Riviera Maya, Mexico

The Willow Stream Spa offers its signature Sun Worshipper Skin Quencher that relieves sun-exposed skin and instantly soothe sunburn. This experience begins with a therapeutic aloe-glaze wrap, followed by a gentle foot massage. The healing continues with an application of aloe and rose hip oil, keeping skin hydrated and cool.

Pricing: 60 minutes, \$179

The Resort at Pedregal | Cabo San Lucas, MX

The award winning Luna y Mar Spa at The Resort at Pedregal derives its inspiration from the lunar cycle to reawaken mind and body. **The Sabila Sun Healer** treatment is designed to help you recover from a day in the sun. Luna y Mar's hydrating full body mask will nourish and heal the skin after sun or heat exposure. Mineral-rich organic algae, luscious aloe vera gel harvested from our own grounds, and green tea extracts rich in antioxidants, reduce redness and irritation, and cool and soothe environmentally damaged skin.

The Mulia & Mulia Villas | Bali, Indonesia

Escape everyday stress and heal overexposed skin at The Mulia, Mulia Resort & Villas' luxurious spa, Mulia Spa. This tranquil oasis offers the **Sun Soother Signature Ritual** to calm and soothe distressed skin. The ritual begins with a gentle immersion in oxygenated water and emotional essence showers to provide the damaged skin with the tender loving care it deserves. Pure ice crystals provide relief by taking the heat from parched skin and giving back moisture to the damaged cells. A skin analysis precedes an ancient Balinese Massage that smoothes the skin and eases muscle tension. Lastly, guests receive a fragrant body mask that cools the skin and nurtures the soul while providing much needed hydration to the injured cells.