

The stately façade of one of the Royal Villas at Half Moon.

more recognizable—bamboo, lemongrass, coffee, ginger—than others, like shaddock, an aromatic citrus fruit rich in beneficial oils, and *cerasee*, a bright yellow plant with anti-inflammatory properties. She also suggests particular therapists because of their compatible energy or the guests' objectives, be they addressing sports-related aches and pains or having their chakras balanced through Ocean Waves Reiki.

The Fern Tree's all-Jamaican team of practitioners strikes a harmonious balance between casual Caribbean friendliness and brisk efficiency. My therapist shows me a tray of good-enough-to-eat ingredients—shaddock, pimento, ginger and olive oil—that will be used in my hair and to infuse a towel that will be wrapped around my head during a facial. Five minutes in, there's a knock

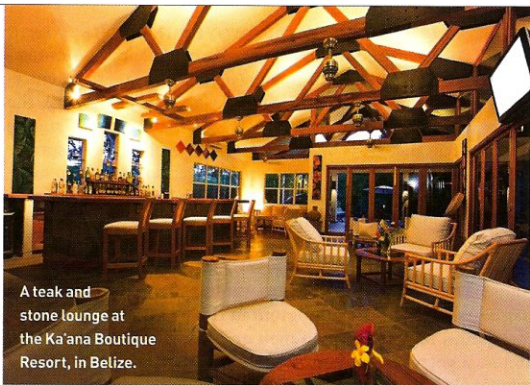
on the door: an attendant delivers a mask of papaya, banana and yogurt that Gray has mixed for me (perhaps she got the feeling that I enjoy breakfast). This facial is all about hydration; exfoliating fruit acids are applied, followed by products rich in vitamins, aloe and green tea, a powerful antioxidant. To signal the end of the session, my therapist rattles a rain stick, a wooden cylinder filled with rice.

The next day, I request a massage in my room, one of six enormous spa suites completed last year, at around the same time as the Fern Tree's opening. Each has a dedicated spa room with twin massage tables and a cubicle with three shower jets, which make the simple act of washing oneself a decadent 360-degree experience. The massage, a combination of Thai and Hawaiian lomilomi techniques, is enhanced both by the sound of crashing waves just outside my window and by the luxurious (possibly lazy) bonus of not having to leave my room. To complete the experience, my therapist draws a bath, sprinkles it with petals and lights candles before leaving me to gently soak away whatever cares I may have left. Sense of personal renewal: achieved. *Double rooms from \$250, spa suites from \$1,100. 876-518-0477; halfmoon.com.* ✕

RESORT

JUNGLE THERAPY

With the opening of Belize's Ka'ana Boutique Resort, you can now spend mornings hiking through the emerald jungle of the Maya Mountains and afternoons working out muscle kinks with a deep-tissue massage. Irish brothers and owners Colin and Ronan Hannan planted the fifteen-room retreat and spa among the avocado and papaya trees of San Ignacio, along the Guatemalan border; they hired only local therapists to administer treatments, like a papaya-citrus-smoothie scrub, that incorporate ingredients grown on the property and are inspired by remedies once used by the Maya. Should you prefer fresh air with your pampering, don't fret. The spa can arrange a treatment wherever you'd like: in your tropical-chic cottage, on a private veranda or beside the infinity pool, with the sounds of macaws all around. *Double rooms from \$250. 877-522-6221; kaanabelize.com.* —KAREN SCHALER



A teak and stone lounge at the Ka'ana Boutique Resort, in Belize.