

# american spa

## WATER WORLDS

RESORT SPAS FROM COAST TO COAST

HYDROTHERAPY • OCEAN POTIONS • WET ROOM SUCCESS

THE SPA AT  
THE FOUR SEASONS  
RESORT AVIARA





*A dialog with nature  
off the northern  
Florida shore*

*coastal spas*

## amelia island

LOCATED ON THE MOST SOUTHERN Atlantic barrier island in northeast Florida, Amelia Island Plantation resort overlooks the azure blue waters of the Atlantic Ocean on the east and abundant green marshland on the west. In addition to the new 13,200-square-foot spa, the 1,350-acre resort features miles of wide, shell-strewn beaches as well as golf, tennis, horseback riding, nature tours, kayaking, a health and fitness center, nature trails, and a conference center.

When it came time to build the spa, the owner contacted New York City-based architect Bob Henry a year-and-a-half prior to its scheduled opening and involved him in the site planning. The result: a lagoon-type setting on the property that they felt would be highly conducive to the spa experience. "It allowed us to let nature prevail," Henry says. In his design, Henry was mindful of respecting the owner's preservationist philosophy by maintaining a delicate balance between nature and the built environment. "When building, the owner's mandate was to preserve every tree that wasn't just scrub brush and to also work within the vernacular type of southern architecture that includes metal roofs and large porches with overhangs and terraces," says Henry. Local, natural materials—large Douglas fir timbers left uncovered, white ash, and slate—were employed for the spa's interior. Henry describes his design inspiration for the spa as "the lightness of being." In addition to natural materials, he utilized soundproof walls with white draping over them; white-upholstered, classic furniture; wooden side tables and accessories; and an interplay of soft lighting.

The spa complex includes a 4,500-square-foot main spa building with a spa reception area, men's and women's locker rooms, a retail area, and a salon reception area; two twin treatment buildings; and an additional two-level structure with a Watsu pool that's located on what's known as the "Watsu Island." It is connected to the main spa complex by an elevated walkway over the lagoonlike area of Red Maple Lake. Two couples massage rooms are located on the top floor of the Watsu Island building. Located in an alcove between the main spa building and the two twin treatment buildings is a meditation garden that looks out onto the water.

Says spa director Liz Hutto, "One of the things that makes it so nice is that there are two identical wings. It gives [each space] a more intimate feel. Some of our guests have never had a spa experience before, and it helps to walk into a small environment." Open to the public as well as resort guests, visiting the spa is like visiting a nature sanctuary. "The philosophy of the whole resort is 'in harmony with nature,'" says Hutto.

"I wanted to give spa guests a different experience," says Henry. "When they come in, I want them to give off a sigh, an expression of splendor and delight. By being in these environments, it puts one in a more serene state of mind."—Julie Sinclair

THIS PAGE, TOP: The use of natural ash, slate, and white fabric and paint throughout the spa evokes a light-and-airy feel. CENTER: The women's spa waiting area. BOTTOM: To get to the Watsu pool, guests walk to a separate building across a boardwalk-like path. OPPOSITE: A clerestory ceiling, rough-hewn structural beams, and a custom light fixture highlight the spa's reception area.





## THE SPA AT AMELIA ISLAND PLANTATION

Owner: Amelia Island Company  
Opened: July 2001

### • CLIENT BASE

70% female  
30% male  
ages 35 to 55

### • SPACE

13,200 square feet,  
26 treatment rooms

### • COST OF SPA

N/A

### • SPA SERVICES

- aromatherapy
- body treatments
- facials
- hydrotherapy
- manicures and pedicures
- massage
- paraffin treatments
- reflexology
- salon
- Watsu
- waxing

### • MOST POPULAR

**Relaxing Massage (\$80, 50 minutes)** and  
**Aromatherapy Massage (\$85, 50 minutes)**

### • PRICE RANGE

**\$15** for an eyebrow arch or lip or chin waxing to  
**\$315** for a Full Day Spa Retreat, which includes a body polish or salt glow, Vichy shower, body massage, facial treatment, spa pedicure, and spa lunch

### • PRODUCT LINES

Aveda, Pevonia

### • EQUIPMENT

Cosmopro, European Touch

### • ARCHITECT AND INTERIOR DESIGNER

Robert D. Henry Architects (New York City)

### • SPA CONSULTANTS

Michael McCaffrey and Hugh Jones of Pevonia ISCG (Deerfield Beach, FL), Dan Fryda of Spa Technologies (New York City)