

## 10 great places to recycle yourself

*After the holidays, most of us could use a little R&R. Help yourself and the planet by visiting a "green spa," an eco-friendly resort that doesn't harm nature as it nurtures you. "This is probably the next step in eco-travel, with the cool new destinations being these green spas," says Jeanie Pyun, editor of Organic Style magazine, which features green spas in its January issue. "It's wonderful to be able to indulge in a completely luxurious, pampered situation" without hurting Mother Nature. Pyun shares with USA TODAY's Shawn Sell some favorite feel-good getaways.*

### **The Crossings**

Austin, TX

"Designed to be healthy inside and out, The Crossings features scenic pathways surrounded by native plants that transport people and supplies throughout the facility without vehicles. Windows and skylights bring the natural Texas environment indoors." 866-533-2318; [thecrossingsaustin.com](http://thecrossingsaustin.com)

### **The Rock Spa**

Frégate Island Private, Seychelles

"At this cliff-top sanctuary near the Indian Ocean, visitors can harvest ingredients for their own scrumptious spa treatments." Innovative programs "protect and increase the rare and endangered plants and birds on the island. This year, ecology weeks will be offered for guests to enjoy the spa's luxury while participating in island conservation programs." 800-225-4255; [fregate.com](http://fregate.com)

### **El Monte Sagrado Living Resort and Spa**

Taos, N.M.

"With every environmentally friendly detail, from fabrics to cleaning supplies to treatment ingredients, this spa was designed to go 'beyond organic.' Spa treatments are crafted from an intoxicating blend of indigenous plants, flowers and minerals. A 'biolarium,' or giant greenhouse, contains an aquatic treatment system that filters the water." 800-828-8267; [elmontesagrado.com](http://elmontesagrado.com)

### **Daintree Eco Lodge & Spa**

Daintree, Queensland, Australia

Set in a rain forest, "this tree house-style spa and lodge pampers the environment almost

as lavishly as it does its guests. Skin-soothing treatments prepared from lillypilly berries, wattleseeds and desert salts honor the indigenous Aboriginal heritage of the region. In addition to standard eco-practices, such as recycling and water conservation, the resort's entire business plan revolves around its environmental, social and ethical impacts." 011-61-7-4098-6100; [daintree-ecolodge.com.au](http://daintree-ecolodge.com.au)

### **Golden Door**

Escondido, Calif.

"A taste of the Orient — California style. Energy efficiency permeates this luxury spa that caters to your every whim, whether you're looking for a week of light exercise and relaxation or a full-scale fitness boot camp. Gourmet meals are prepared in your preferred portion size using fresh ingredients from a 4-acre organic garden." 800-424-0777; [goldendoor.com](http://goldendoor.com)

### **Rancho La Puerta**

Tecate, Baja California

"A 'summer camp for adults' set in the high desert just 4 miles from the Mexican border. Scents of wild rosemary and sage waft through the windows in the evening as coyotes howl in the distance. The lush 6-acre organic garden and orchard supplies the ranch with an abundance of fruits and vegetables." 800-443-7565; [www.rancholapuerta.com](http://www.rancholapuerta.com)

### **New Age Health Spa**

Neversink, N.Y.

"Two chemical-free greenhouses and a large garden are the centerpieces of cuisine at this woodland spa. Herbs from the greenhouses also are incorporated into the spa's signature purification treatments." 800-682-4348; [newagehealthspa.com](http://newagehealthspa.com)

### **El Santuario**

Valle de Bravo, Mexico

"Located in a 16th-century village 2½ hours west of Mexico City, El Santuario is surrounded by more than 400 acres of nature preserves. When you're not indulging in the spa's organic meals or spa treatments, you can choose from a variety of eco-adventures — from hiking and biking to treetop 'zip line' tours." 866-896-7727; [elsantuariospa.com](http://elsantuariospa.com)

### **Spa at Sundance**

Sundance, Utah

"Treatment blends of honey, cornmeal, sage and sweetgrass are a luxurious reminder of the spa's Native American roots. Buildings crafted with eco-friendly materials create a rustic, handcrafted look." 800-892-1600; [sundanceresort.com](http://sundanceresort.com)

**Sundara Inn & Spa**  
Wisconsin Dells, Wis.

Set in a forest, it offers "organic cuisine prepared from ingredients grown on Midwest family farms. The sandstone body polish, containing powdered remnants of ancient Cambrian sandstone, is harvested on site." 888-735-8181; [sundarasp.com](http://sundarasp.com)!