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# TIMESONLINE



“ There is a strange vulnerability about the sporting narcissist in action ” Simon Barnes

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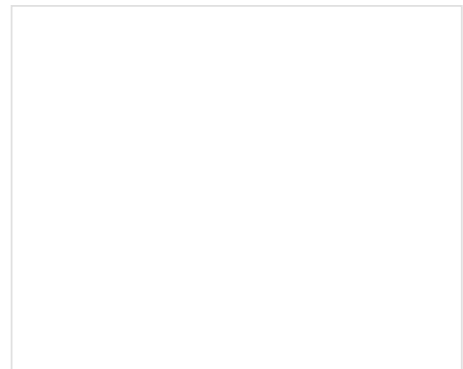
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From Times Online

May 29, 2008

## Canyon Ranch SpaClub, Las Vegas

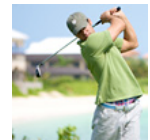
Where else would they be building the world's biggest spa... Sin City, of course



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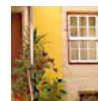
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CARS



IMAGE :1 of 3

Rachael Scott

**USP** The spa equivalent of Bluewater Shopping Centre – great deals on everything you need from a spa and leisure facility - soon to be the biggest spa in the world, apparently.

The spa currently covers 64,000 sq ft but will expand to more than double its size by the autumn. Once complete it will serve both the Venetian Hotel and the Palazzo next door.

**AMBIENCE** As it stands the spa is functional and efficient and staff refreshingly non-glam, untouched by the Las Vegas craze for plastic surgery.

The wicker themed room where I waited for my therapist doubles up as the relaxation room. With people coming in and out asking questions and a therapist who calls your name from around a corner, it's anything but tranquil. Wellness slogans adorn the walls and despite the calming incense aroma the spa is more geared towards fitness than relaxation at the moment. A sign for a serenity suite led nowhere.



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We've hand-picked five of the Manhattan's best spas  
 The high guide to New York nightlife  
 Cut-price New York fashion  
 Dorit Baxter's spa, Manhattan, New York



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one.

**EXPERIENCE** Tackling the 40-foot indoor rock-climbing wall looked far too much like hard work for me. Even a 30-minute session in the Kinesis studio where "yoga meets pilates" sounded exhausting. I could only muster enough energy to lie down on a treatment bed while the lovely Jesse gave me a Deep Tissue Massage.

Jesse had been a therapist for nine years and her background concentrated on the therapeutic massage as opposed to the pampering type. I prefer this because then I feel like something good is actually being done to my body. She asked me if I had any specific areas I wanted her to work with, so I told her I had bad circulation, especially in my legs. Canyon Ranch allows her to tailor the massage to the clients' needs and what she feels is

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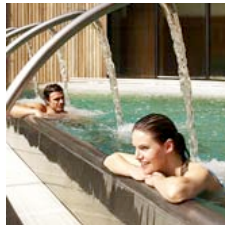
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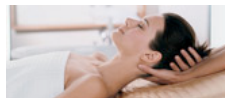
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**“You can eat the herbal teabags if you get peckish - my therapist said that they're high in fibre”**

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Claire McDonald

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appropriate.

She laid a hot towel over me to bring the blood to the surface of my body. This way she could massage that little bit deeper. During her initial assessment she found huge knots in both shoulders, but particularly on the side I carry my enormous handbag. She used "trigger point" work on the beginning, then the end and then the middle of the muscles, holding firm to release tension.

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