

7 BEST SPA GETAWAYS FOR ATHLETIC TRAVELERS

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As summer nears, athletic travelers are embracing outdoor workouts to train for their next marathon or group bike ride. From extreme sports massages with spasm-soothing oil and manicures that fight calluses to sunburn-soothing facials, destination spas are providing sports enthusiasts with innovative and customized experiences to ease the aches and pains after a great workout. Here's where to go:

Fatigued Muscles: Extreme Sports Massage at Bliss Spa at [W South Beach](#) pinpoints overworked muscles with a parafango pack, deep tissue work with spasm-soothing oil, and an application of instant refreshing gel.



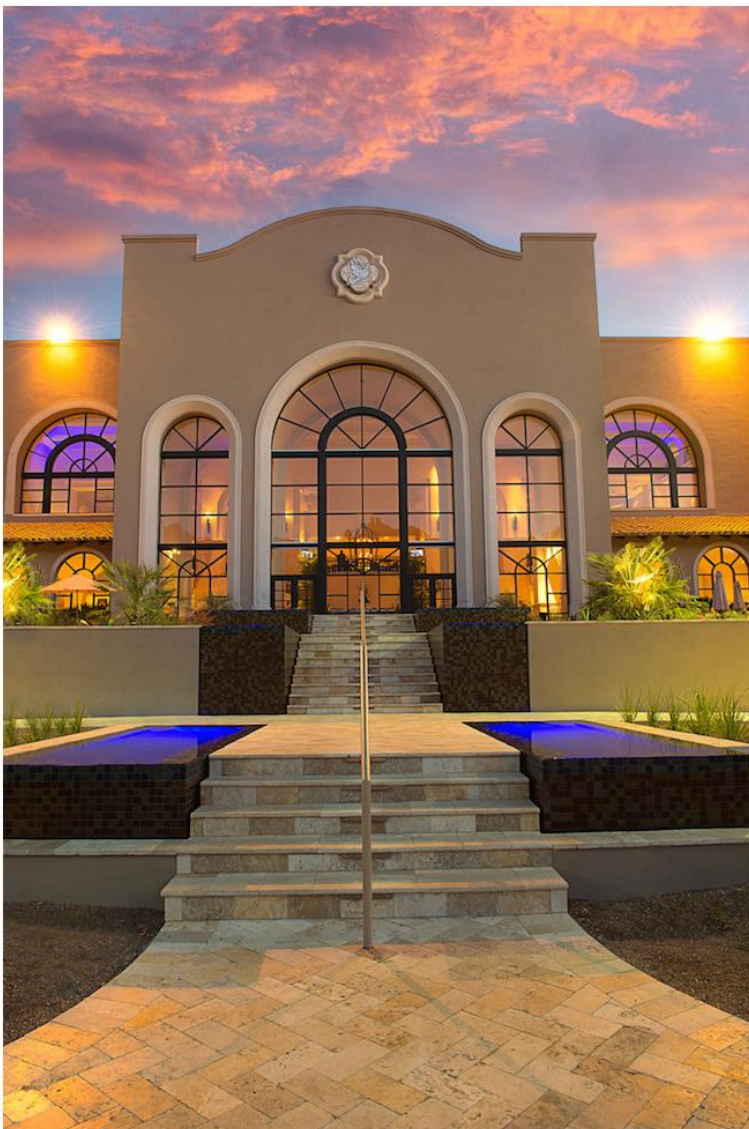
Windburn & Sunburn: Men's Fitness Facial at Well & Being at the Four Seasons Resort and Club Dallas at Las Colinas removes impurities and neutralizes free radicals from the playing field, using soothing aloe to combat sunburn and environmental exposure, so skin is re-nourished.



Muscle Tightness: Thai Qi Fusion at Zemi Beach House involves stretches, acupressure and vigorous massage to warm and invigorate the muscles. Thai herbal compresses help energize the body's flow of Qi, release tight muscles and promote a feeling of optimum well-being.



Breakouts: The three-enzyme Elemis Tri-Enzyme Resurfacing Facial at The Wyndham Grand Rio Mar Beach Resort & Spa's Mandara Spa is clinically proven to reduce the appearance of sweat-induced acne, superficial facial scarring and uneven skin pigmentation.



Poor Circulation: Reflexology at The Westin La Paloma Resort & Spa's Elizabeth Arden Red Door Spa uses specialized pressure techniques applied to wellness-related reflex points on the feet to release blocked energy, relieve stress and boost circulation.



Calluses: For athletes suffering from calluses and sun damage, the Double Happiness Manicure and Pedicure at The Spa at Fort Lauderdale Marriott Harbor Beach features a lactic acid peel and gentle skin resurfacing procedure that leaves rough skin silky and renewed.



Sore All Over: During a Fitness Massage at Acqualina Spa by ESPA at [Acqualina Resort & Spa](#), ESPA trained therapists penetrate deep into athlete's tightest areas, while assisted stretching and compressions aid in muscle relief.

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