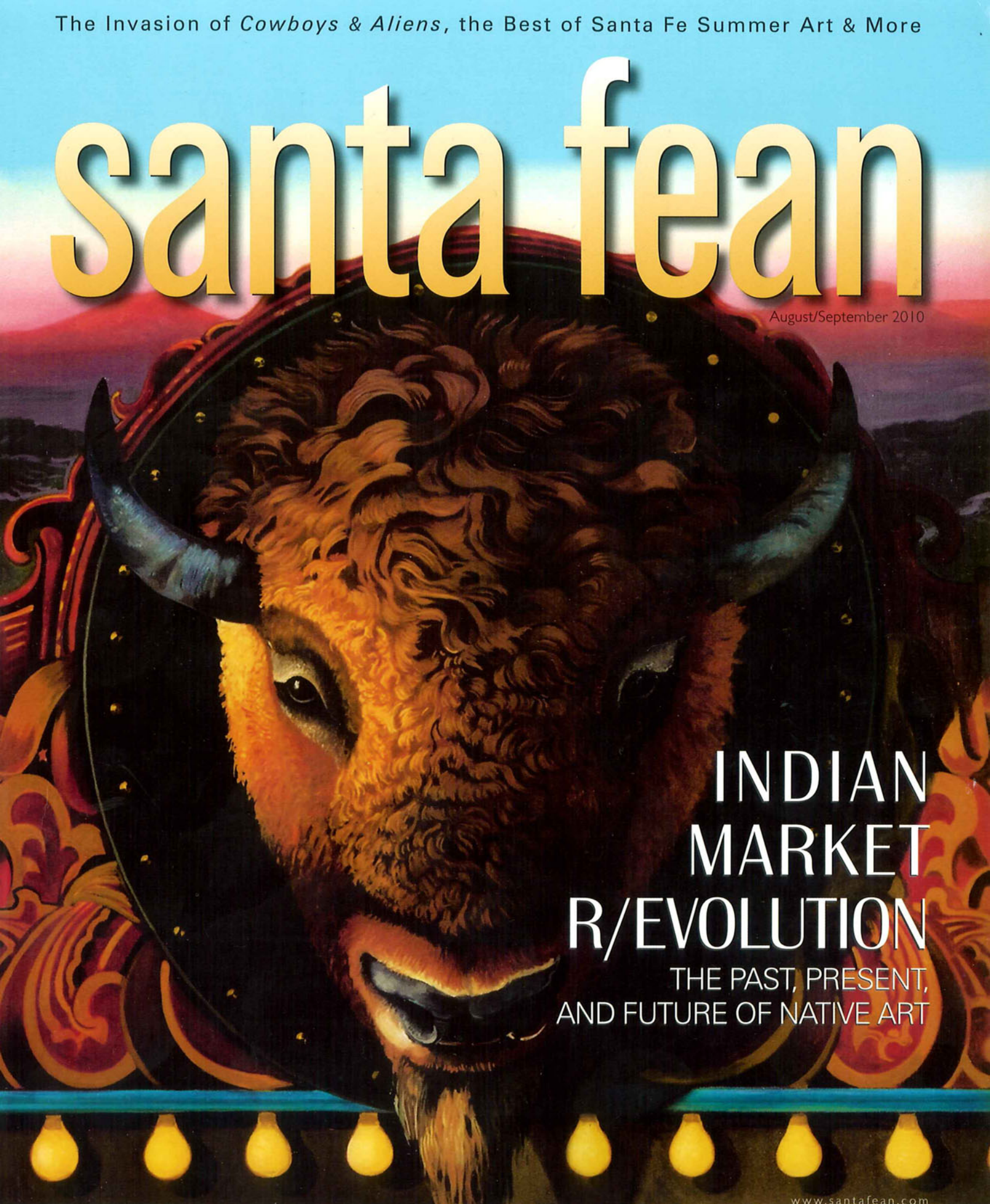


The Invasion of *Cowboys & Aliens*, the Best of Santa Fe Summer Art & More

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August/September 2010



INDIAN  
MARKET  
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THE PAST, PRESENT,  
AND FUTURE OF NATIVE ART

# native knowledge

indigenous-inspired spa treatments

by Marin Sardy

SANTA FE IS KNOWN as a center for Eastern health practices, but in recent years, equally ancient influences of a more Western sort have been making their way into local spas. There's good reason: Native American communities have strong health-care traditions based on some of the best resources avail-

able, like natural hot springs and local herbs. In searching for massages, wraps, masks, and scrubs inspired by regional Native practices, we looked beyond clever marketing to find local spas that offer treatments truly based in indigenous wisdom. These four options are among the most legit (and luxurious) around.



SPA AT ENCANTADO

Some of the all-natural ingredients used in the Spa at Encantado's Mountain Spirit Purification treatment.

## Native American Blue Corn and Prickly Pear Salt Scrub

50 minutes, \$85

Ojo Caliente Mineral Springs Resort and Spa

50 Los Baños, Ojo Caliente

505-583-2233, [ojospa.com](http://ojospa.com)

The 142-year-old Ojo Caliente Mineral Springs has earned its authentic, even sacred, vibe. The site was home to a Tewa pueblo, called P'osi-ouinge, long before the bathhouse opened in 1868, and the spa's logo was inspired by nearby petroglyphs that signify water. Be sure to soak in Ojo's legendary healing waters before your treatment. The spa's proprietors, who call themselves "stewards" of the place, keep it quiet and clean but not remotely whitewashed. "It will always be authentic," says spa director Jeannine Dolan. At her recommendation, I tried a body scrub with exfoliating blue corn and soothing prickly pear. Lead therapist Gwynne Uhrh massaged the bright purple mixture onto my skin, using shallow strokes to stimulate the detoxifying lymph. She then massaged it all off with hot towels soaked in local herb-infused Ojo water, followed with a scalp rub and herbal hair oil. The final touch: a cup of Cota, an "Indian tea" made by Santa Fe-based El Milagro Herbs.

## Mountain Spirit Purification

2 hours, \$300

Spa at Encantado, Encantado: An Auberge Resort

198 State Road 592

505-946-5700, [encantadoresort.com/spa](http://encantadoresort.com/spa)

The chic but natural look of the swanky Spa at Encantado—which was designed to encourage an open connection with the surrounding landscape—says everything you need to know about its signature therapy. Both design and treatment integrate respect for place with attention to every detail, capturing the interconnectedness of the indigenous worldview in the process. After lead therapist Farice Rezabek cleansed the area by burning white sage ("the most widely cherished" variety, he noted) as incense in a smudging ceremony, the multistep Mountain Purification began: mask, wrap, juniper-oil scalp and foot rub, rinse, and hot stone massage. The Adobe Clay Mud Body Mask was the highlight. The mixture of kaolin and bentonite clays, Rezabek told me, would draw out toxins and soften skin while I baked, sweatlodge-style, under hot towels. Afterwards I rinsed off outside, scrubbing down with a cloth of woven *ayate*—a rough agave-cactus fiber. "This entire package is meant to purify physically, energetically, emotionally, spiritually," says Rezabek. "All elements fit together to do that."

