

TREND WATCH | Jet Lag Treatments

Aches on a plane? That's nothing these spas can't handle.



HEADACHE, FATIGUE, INSOMNIA, IRRITABILITY—the symptoms of jet lag can put a major damper on vacation plans and business trips. All the more reason why spas in cities with major airports are creating unique treatments that offer guests the perfect antidote to time-zone turbulence.

The **Calm & Tranquil** treatment (50/80/110 min./\$170/\$255/\$340) at **Sahra Spa** at the Cosmopolitan hotel in Las Vegas (cosmopolitanlasvegas.com/explore/spa-treatments.aspx) takes a multilayered approach to combat jet lag. The service starts with an exfoliating scrub using aromatherapy salts, followed by a luxurious rinse in the suite's giant steam shower. Next comes a totally novel experience: As the guest lies on the table, the therapist wields a large, handheld buffing machine (the device resembles an oscillating car-wax buffer), gently sweeping the vibrating polisher across arms, legs and back to smooth skin and revive circulation. The service ends with a light, relaxing massage using essential oils along the chakras; a reflexology treatment focusing on the kidney, liver and spleen pressure points; and a few minutes of aroma-infused oxygen therapy. The result is a balanced sense of calm awareness—clearing the way for pre- or post-boarding.



YeloSpa's Jetlag Nap takes place in the popular YeloCab treatment room where guests lounge on a zero-gravity experience YeloChair.

The **Spa at the Grand Del Mar** in San Diego (thegrandedelmar.com/san-diego-day-spa-resort) offers a jet lag–reducing treatment called **Between Two Worlds** (75 min./\$225), a massage targeting the nerve pathways with light-touch therapy and aromatic oils. A sweet-grass compress made of Alpine hay, known for its detoxifying benefits, is placed on the client's lower back and abdomen during the treatment and is presented to the guest at the end of the service (it can be heated in a microwave and reused at any time for a spot of aromatic relaxation). To help relieve the sinus congestion and puffy eyes common with long flights, the spa recommends manual lymph drainage massage (30 min./\$110) as an add-on. The whole experience is difficult to describe: somewhere between sleep and awake states, or as my therapist noted, "You were between two worlds."

At New York City's **YeloSpa** (yelonyc.com), the new **Jetlag Nap** (30 min./\$55) is the perfect express service for corporate warriors on the go. Once inside Yelo's popular YeloCab treatment room, guests lie down in a zero-gravity experience YeloChair (knees are raised above the chest to lower heart rate), while the therapist covers the guest with a cashmere blanket and adjusts the sound, lighting and aromatherapy to the client's liking. After performing acupressure massage on the client's ears and neck, the therapist quietly leaves the room. After a 20-minute power nap, the guest awakens slowly to a simulated sunrise as the lighting changes from a warm, orange-red to yellow and then natural light. The therapist revives the guest with a soothing beverage and a spritz of jet leg–easing homeopathic spray. "People get off the plane and come straight to us for this treatment," says Yelo's director of operations Michael Hazel. "You walk out practically floating, feeling better and clearer." —*Lisa Sweetingham*

The Between Two Worlds treatment at the Spa at the Grand Del Mar leaves clients feeling relaxed and clear-headed.

TOP: COURTESY YELOSPA; BOTTOM: COURTESY THE GRAND DEL MAR