

A woman with long blonde hair, wearing a dark robe, is reclining on a wooden lounge chair with a light-colored cushion. She is holding a magazine and looking at it. The room has a modern, minimalist design with light blue walls and a dark blue ceiling. In the background, there is a wooden sauna with glass doors. The floor is made of light-colored wood. There are several potted plants and decorative objects in the room.

ULTIMATE *Luxury*

FOR A WEEKEND GETAWAY OR A
RELAXATION DESTINATION, NOTHING
HELPS YOU RECHARGE AND
REJUVENATE QUITE LIKE A VISIT TO
ONE OF THE SIX SERENITY-BOOSTING
LOCATIONS ALONG THE ROBERT
TRENT JONES SPA TRAIL.

TEXT BY THOMAS M. LITTLE
PHOTOGRAPHY BY ART MERIPOL

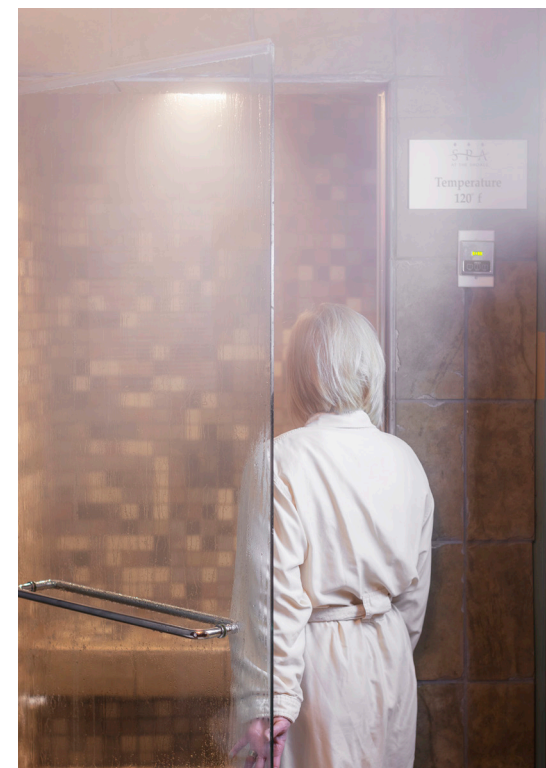


The Robert Trent Jones Golf Trail is internationally renowned for its championship-level courses, but guests can have an unforgettable experience on the Trail even if they never set foot on the greens. In addition to its courses, the RTJ Golf Trail also features a family of world-class resorts and spas.

Whether you want to take it easy after a day on the fairways, or just treat yourself to an afternoon in the lap of luxury, the Robert Trent Jones Spa Trail offers six unique destinations across Alabama. From the coast to the Shoals, you can expect a world-class spa treatment at the Battle House in Mobile, Grand Hotel in Point Clear, Grand National in Opelika, Renaissance in Montgomery, Ross Bridge in Birmingham, and Marriott in Florence.

While each spa makes for an ideal travel destination, locals have found them to be perfect weekend retreats as well. “We have guests from right here in Birmingham come to Ross Bridge all the time,” says Taylor Fields, the Trail’s corporate spa director. When they arrive at Ross Bridge, they’ll pass stunning mosaics by Alabama artist Nall in the lobby before descending a sloping corridor to the spa. They may glance out the windows to see staff grilling by the pool, or spot vacationers letting their cares simmer away in the sun. Within the spa, recessed lighting casts a warm glow over sandstone hues, and

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CAN ACHIEVE.



ambient music lulls the senses into serenity.

In January, Spas of America released their annual list of Top 100 spas. This year's lineup featured three RTJ destinations: Birmingham, Florence, and Opelika. While the rejuvenating massages, saunas, and other luxuries will no doubt leave a lasting impression, the experience always begins with a warm greeting. "The Spa Trail embodies and embraces genuine Southern hospitality as we interact with each and every guest," says Fields.

Fields gladly recommends a few don't-miss specialties unique to specific locations. "The Spa at Grand National, our newly inducted sixth spa into the RTJ Spa Trail, offers a warm poultice massage and facial service using ancient herbs from Thailand," he says.

Known as the "Queen of Southern Resorts," the Grand Hotel recently underwent extensive renovations across its 405 guest rooms, golf course, pier, and spa. The bayfront resort features a unique Ashiatsu massage, a centuries-old method administered in the spa's tranquil sanctuary. "The Ashiatsu massage service begins with your therapist barefoot," says Fields, "using maximum pressure with deep gliding strokes for those who crave the deep-tissue experience."

Across the bay at Battle House, guests may enjoy the organic sugar scrub with spicy cellulite treatment. Paprika and





other potent agents stimulate the skin for a healthy, refreshed glow. At Ross Bridge, the highly sought-after HydraFacial blends advanced medicinal technology with invigorating treatment to exfoliate and revitalize the complexion. At the spa in Montgomery, you can refresh your hands and feet via manicure and pedicure sessions with FarmHouse Fresh scrubs and oils.

Fields encourages guests to arrive early for their scheduled appointments to take advantage of the spas' hydrotherapy Jacuzzies, lounges, and steam rooms. "Not only do these unique attributes ease you into a state of relaxation," he explains, "but also various health benefits can be achieved, such as improved circulation, reduced blood pressure, loosening stiff muscles, recovery from a workout or game of golf, and even calorie burning."

Each resort also has its own signature event, a special moment at the end of the day that imparts a sense of place. Styled after a Scottish castle, Ross Bridge features a resident bag-piper who plays each evening. "You can hear him call in the golfers at sunset," says Fields. "At the Grand Hotel, they fire a cannon, and in Opelika, they sound a train signal."

From the extraordinary hospitality to the distinctive offerings, every stop on the Spa Trail promises its own unforgettable character. "We want every experience to be unique," says Fields. "You'll never forget where you were."

