



## Eco Spas Around the World

**Pampering yourself (and the planet) never felt so good.**

Imagine allowing yourself the pleasure to take the weekend and sleep in gloriously comfortable beds (donned with organic linens, of course), drink deliciously organic wine, be expertly massaged, and then let out a long exhale during a peaceful but stimulating yoga session. Oh, and by the way, as you do it, you're keeping the earth happy, reducing your carbon footprint, and scoring major sanity points. This can all be yours when you spend a weekend at a luxury green spa. Enjoy organic products, eat all-natural (and award-winning) cuisine, and bring your mind and body to a blissful connection at one of these eco-friendly havens of happiness.

**El Monte Sagrado Living Resort and Spa:** You've heard it before: Don't talk about the lifestyle you want to live, live the lifestyle, and talk about your life. That's exactly what the staff at El Monte Sagrado Living Resort and Spa in Taos, [New Mexico](#) does. Slipping into organic uniforms each morning, and making a firm commitment to sustainability and environmental sensitivity, the passionate team at this wonderfully green spa delivers a promise so green, you'll never be blue again.

As you hold yourself strongly in a Tai-Chi position, absorb the lush greenery in a nature walk, or lose yourself in a relaxing meditation, you'll understand the power of personal investment. A stay at El Monte Sagrado reinforces the importance of taking care of yourself, and in turn, caring for the planet. Ecologically aware on all fronts, this green spa specializes in the holistic integration of waters, energy, and green building systems to make sure that your stay is both soothing and rewarding.

As you calm the body and submit it to the hands of these expert men and women, you'll be happy to know that the entire treatment menu you experience here replaces chemicals like mineral oils, paraffin waxes, and synthetic ingredients with essential oils and soy products to further enhance its green spa status. Using only natural cleaning supplies that pose no threats to either the world's water supply or wildlife is just another way that these eco-loving people live the lifestyle. Experience this garden-like paradise, and come home with a new appreciation for just how rejuvenating green can be.