

TRAVEL+
LEISURE

Editors' Choice Awards: The Hot 30

Travel + Leisure Staff 8/20/2018



25/31 SLIDES © Courtesy of Grand Solmar Land's End Resort & Spa

Full screen

The Most Far-out Spa Service in the Western Hemisphere

An experience that really wowed me was the *temazcal* ceremony at [Playa Grande Resort & Spa](#) (*doubles from \$120*) in Cabo San Lucas, Mexico, last year. It's an ancient Mayan ritual that involves crawling into a tiny, igloo-like hut filled with molten-hot rocks and having a shaman splash you with water and rub herbs all over your body. Sound crazy, but it left me feeling more relaxed than 99 percent of the other spa treatments I've had. (*Temazcal ceremony from \$120.*) —*Siobhan Reid*