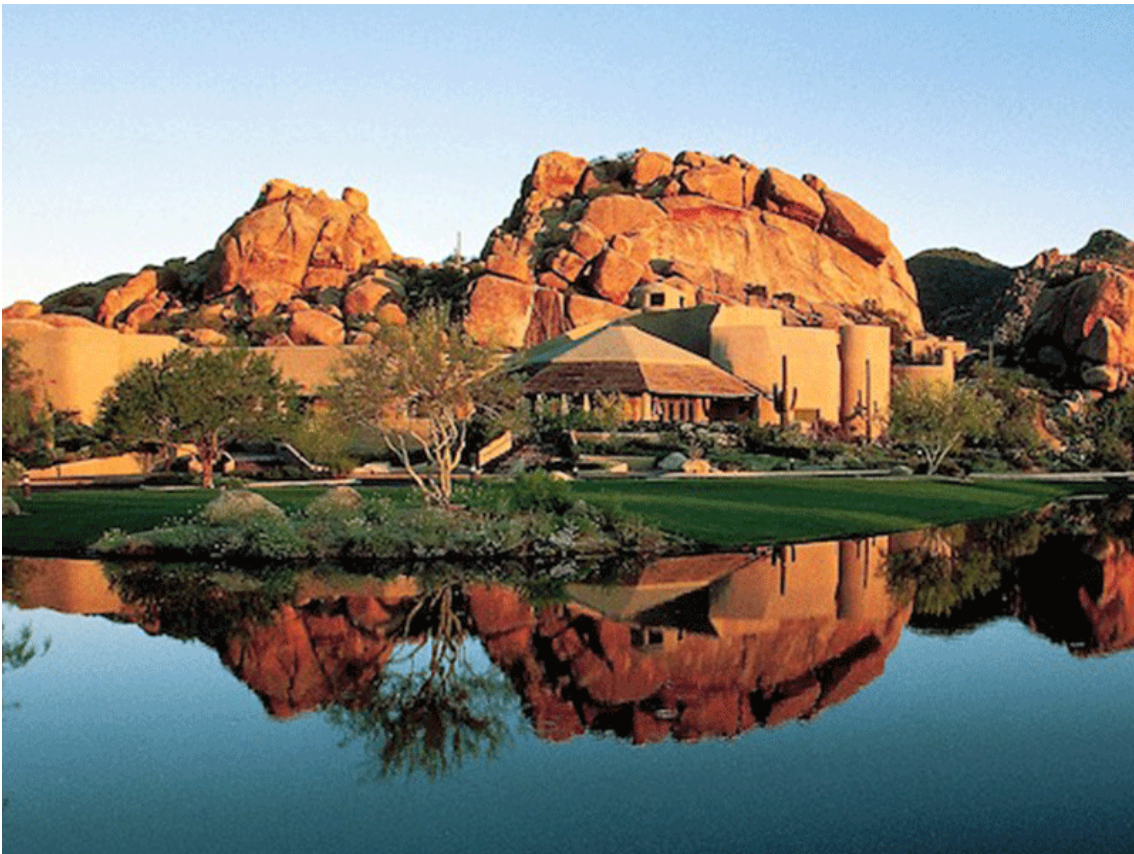


📍 » Blog » Lifestyle » Hot Spots » **Pampering Among the Boulders**

Pampering Among the Boulders

July 21, 2018 - by Melody Wren



Whether heading to or from your houseboat adventure, a stop at the Boulders Resort and Spa is worth a stop, if only for the tour of the property.

On my way to Lake Powell, I stopped at Boulders for a few days of tranquility and pampering. Surrounded by lush desert landscape, the backdrop of the resort is home to gigantic mountains of boulders dating back 12 million years. Sitting on 1300 acres are casitas, (small Adobe style cottages), suites, haciendas and villas, five restaurants and a bounty of outdoor activities including hiking, biking, rock climbing, pickle ball, tennis and swimming. Two championship level golf courses have sweeping views on the Sonoran Desert landscape and listed among the finest in the US.

The size of the resort is so immense that there are golf carts available and sometimes necessary to take guests from one end to the other.

A tranquil oasis is the 33,000 square foot spa where I spent quite a bit of time. With its own pool and café, as well as a gym with a roster of fitness classes and spa treatments, you can spend a day at the spa and crave more time. I took part in a water fitness class where I was the only participant, enjoyed poolside reading and lunch with many happy hours in a "cell phone free zone" sharing with only a handful of guests. I indulged in an Avocado oil treatment; I was covered in sugared exfoliation and avocado oil, and fully wrapped on a table that was mobile so it could be run under shower heads similar to a car wash. Incredibly warm and soothing, I was then swaddled like a baby in warm towels. The overall effect was one of feeling nurtured, safe and pampered.

Dining on the patio at Palo Verde restaurant was a treat because of the extensive menu as well as a view one of the golf courses, with swans gliding over a large pond and a bevy of hummingbirds flitting through the abundant blossoms on the cacti. Chef Kyle Lapynsky took care of my extensive food allergies and intolerances with aplomb, creating a meal centered on organic vegetables from the onsite garden.

Boulders truly has something for everyone and you can spend a holiday on the property and never leave, but it's the tranquility and natural beauty that I will remember.



Navigate this Website...

[Terms of Use](#) | [Privacy Policy](#) |

Copyright © 2018 Adastra Media Inc. in association with Kerrwil Publications Limited