

# THE WALL STREET JOURNAL.

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November 22, 2002

## TRAVEL

### *The New Hands-Off Spa*

*Spas Try Touchless Treatment  
To Massage Bottom Line;  
Do-It-Yourself Mud Bath*

By RAFER GUZMAN

**D**URING A RECENT visit to a fancy spa resort, Ann Diederich spent an hour lying on a massage table while a therapist unlocked the tension in her upper body. It was everything she expected—except the therapist never laid a hand on her.

Instead, her attendant at Canyon Ranch in Tucson, Ariz., massaged her aura—with a series of arm movements inches away from her body. “It sounds like the goofiest thing in the world,” says the California software executive. “But it was oddly effective.”

Talk about a hands-off approach: The \$10.7 billion spa industry’s latest gambit is a range of treatments that involve little or no contact with staff. At one New York spa, guests pay to lie on a table surrounded by dried fruit. Staffers at San Diego’s Salus Heart and Wellness will place a lavender-infused pillow over customers’ eyes—then leave



Michelle Giani