

american spa

Immune Boosting Travel

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Like many of the wellness-minded folks, I got a flu vaccine in the fall in hopes of protecting myself from one of the common winter illnesses. Unfortunately, the CDC reports those vaccines are only 23 percent effective and the flu season is already in high gear hitting 46 states hard. Luckily spas and resorts are here to help weary travelers fight off the flu and boost immune systems with a host of healthy offerings and services; including in-room

amenities, anti-virus ingredients, and spa remedies. Here are a few sure to work wellness wonders:

Guests staying in the Towers of the Waldorf Astoria New York have a Personal Concierge, who can arrange doctor visits and run pharmacy errands, at their beck and call. Everyone can benefit from the detoxifying teas sweetened with the property's rooftop honey, known for its natural medicinal properties. At [Guerlain Spa](#), the Winter Warm-Up (\$195, 50 minutes) keeps the body warm, hydrated, and soothed with optional detoxifying add-ons to boost benefits.

In-room humidifiers are available upon request for guests at the [Library Hotel Collection](#) properties. They can also order healthful soups from room service.

Another property offering soup is the [Kitano New York](#), where the Energy Boost Geoki Soup helps keep sickness at bay. This concoction made by chef Yukihiro Sato fuses a traditional Japanese steamed egg and potheb soup with a triple threat of plum paste, garlic, and onion. Anthocyanins in plum paste act as anti-inflammatories, while the quercetin in onion is a natural anti-histamine and garlic relieves fatigue.

[The Westin La Paloma Resort & Spa](#) (Tuscon, AZ) helps jumpstart guests' immune systems with its SuperFoodsRx dishes at Azul Restaurant and the off-menu Ginger Essence Chicken Noodle Soup. If that doesn't do the trick, a dip in the outdoor hot mineral bath containing imported salt from the Dead Sea helps open airway.

[Spa Sandos](#) at [Sandos Caracol Eco Experience Resort](#) (Playa del Carmen, Mexico) offers an authentic cultural experience to purify and bring healing to guests. The Temazcal treatment set in the Mayan jungle relies on Mayan tradition to help eliminate toxins, purify the body systems, and stimulate circulation with heat and steam generated by volcanic rocks and medicinal herbs.



Guests can return to their tropical vacation quickly after a reviving Poulitice Massage (\$160, 55 minutes) at [Biras Creek Resort](#) (British Virgin Islands). The entire body is massaged with herbal compresses for an all-over rejuvenation. If that's not enough they can add on the Sinus Care (\$160, 85 minutes), which is a one or three day treatment that includes breathing exercises, a steam head and face massage, and acupuncture.

Who needs a flu vaccine (specifically one that's not especially effective) when these lovely services are available!

Tags: [biras creek resort](#), [waldorf astoria new york](#), [flu season](#), [sandos caracol](#), [westin la paloma](#), [kitano new york](#), [library hotel collection](#)