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Relax all over the state

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Lying on a marble shelf, wrapped in a thick, warm robe and surrounded by steam and the heady aroma of eucalyptus, I whisper to my friend just loud enough to be heard over the whoosh that announces the arrival of more warm air.

"If everyone in the world went to spas, there would be no wars." "Right," she mumbles as another blast of steam and eucalyptus envelops her and the marble shelf she has chosen.

This is indeed the way life was meant to be - steam rooms, massages, whirlpools, quiet areas, people to bring you lemon water and fresh fruit.

Forget everything you've ever known about trails. Forget hiking trails, biking trails, the Lewis and Clark Trail. Forget Roy and Dale's "Happy Trails."

Remember this - Spa Trail. Five of these incredible spots scattered from the shores of Mobile Bay to Montgomery, where my friend and I currently are being steamed, through Birmingham to Florence, where we are heading next.

Years ago, someone came up with the idea of the Robert Trent Jones Golf Trail. Only a few months ago, those brains really kicked into high gear and they created the RTJ Spa Trail.

"From stone massages to caviar facials, the five spas offer innovative treatments," said Steve Solberg, president and CEO of PCH Hotels & Resorts. "With 57,000 square feet of space collectively, the trail locations feature 38 treatment rooms and more than 130 employees."

A Spa Trail Card offers discounts and perks to frequent visitors, whether they go to all the spas or make repeat visits to the ones near home.

As far as I'm concerned, there's just one thing to say as you reluctantly leave one of these wonderful places - "Stamp my card, pour me into my car and point me to the next one."

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