

SHAPE

Take a "Hot Spring" Break Vacation

May 30, 2016

Cari Wira Dineen

Take a "Hot Spring" Break

Hydrate, hydrate, hydrate. We all know how important—and even healing—water is for our body. In addition to guzzling down several glasses a way, you can also give your system a beneficial boost by booking some time at hot spring. A [recent study published in the *Annals of Dermatology*](#) found that thermal spa waters may help reduce inflammation in skin cells, which may improve skin health (hello clear complexion!).

But the benes of taking a dip in hot or warm thermal waters aren't just skin deep; hot or thermal waters also help to improve circulation to muscles and joints and may also help decrease blood pressure, says [Dr. Cyndi Gilbert](#), a naturopathic doctor on staff at the Canadian College of Naturopathic Medicine and the author of *The Essential Guide to Women's Herbal Medicine*. "By soaking in a natural thermal spring, you'll also absorb trace minerals, such as magnesium, calcium, and potassium, which can help to ease tense and sore muscles, relieve anxiety and even soften your skin," says Gilbert. Get ready to relax and rejuvenate by "taking the waters" at one of these locales. (Can't make it to any of the below? Here's [how to create your own spa bath at home](#).)



Glen Ivy Hot Springs, Corona, CA

[Glen Ivy Hot Springs](#), a historic 156-year old day spa in Southern California, is predominantly designed to be a social experience, where you can bring your friends in for the day and lounge in the 19 pools, all filled with healing hot spring water, natural sulfur or saline, so that your skin is constantly being pampered. Our fave feature of this hot spot: The subterranean chamber body moisturizing treatment—called "The Grotto"—where you're escorted underground and painted from neck to toe with a warm body masque of hydrating aloe vera, coconut oil, shea butter, eucalyptus, and lavender. (Love traveling with friends? Book one of these [Once-In-a-Lifetime Fitness Retreats for Women](#).)

<http://www.shape.com/lifestyle/fit-getaways/take-hot-spring-break-vacation>