

# SO SCOTTSDALE!

## **KEEP CALM**

Celebrations for  
National Relaxation  
Month

## **DRIVEN BY GLAMBITION**

Entrepreneur coach  
Ali Brown supports  
women business  
owners at the top of  
their game

**LOCAL  
ACTIVITIES  
TO STAY COOL**

**+  
GETAWAYS BY  
THE WATER**



200,000 square feet. Beyond strolling around, consider taking advantage of one or more of its enhanced OdySea enrichment programs, notably SeaTrek. The wettest and wildest activity at the aquarium, SeaTrek permits guests to pull on a wetsuit and jump into an actual underwater environment with the help of a certified guide and an official SeaTrek helmet, which allows for easy breathing while walking across the bottom of the aquarium. While staying dry from the shoulders up, expect to come face-to-face with fish and other marine life. The tour features a professional photographer shooting images throughout, all of which are available once back on the surface. [www.odyseaaquarium.com](http://www.odyseaaquarium.com).

### **LON's Underground Wine Cellar**

Each summer, LON's at The Hermosa Inn welcomes both its hotel guests and Valley residents alike to journey down the stairs from the main restaurant into its 57-degree subterranean wine cellar for one of the coolest – literally and figuratively – dining experiences of the year. Normally only available to private parties, now through mid-September, guests may book dinner in the wine cellar Thursday through Sunday weekly, where they will enjoy a five-course tasting menu by chef de cuisine Sam Anderson and his team, with the option to add wine pairings or to order from the regular cocktail menu. The wine cellar is draped in rich fabrics with dark wood and stone throughout with intimate tables and dim lighting. [www.hermosainn.com](http://www.hermosainn.com).

### **Westin Kierland Resort & Spa Adventure Water Park**

The Westin's Water Park is built as much for adults as it is for kids. For one, the 900-foot lazy river has a bar conveniently located along the waterway. There is also a 110-foot waterslide for all ages, an adult pool and the FlowRider, a full-scale, free-standing surfing and wakeboarding simulation where both novices and experts alike can attempt to show their skills, learn some tricks and (the best part) hilariously wipeout while their friends cheer. There is also the Tommy Bahama Relaxation Reef, which is available for bookings daily. This private island on property includes its own reserved lounge chairs, dining tables, yard games, coolers, storage spaces, umbrellas, a dedicated server and even a private section of the lazy river to enjoy. [www.westinkierland.com](http://www.westinkierland.com).

### **CIVANA Spa**

The wellness resort's two-story, 22,000-square-foot spa centers around the theme of "healing through water." Beyond 23 unique treatment areas, which include one Watsu therapy pool, two couples treatment rooms, three wet treatment rooms including a Vichy shower, five facial rooms, and 14 massage rooms, there is an indoor coed space that offers everyone – couples, take note – the chance to enjoy healing waters together. This Aqua Vitality circuit is included with any spa treatment and features a European-designed Kneipp hot/cold wading pool, a therapeutic soaking pool, a cold deluge shower and the five-climate KLAFS Sanarium. [www.civanacarefree.com](http://www.civanacarefree.com).

