

# Retreat and Refresh

## Phoenix



### **Country Inn & Suites By Carlson, Tempe**

1660 West Elliot Road  
Tempe, AZ 85283  
(480) 345-8585

### **Country Inn & Suites By Carlson, Deer Valley**

20221 North 29th Avenue  
Phoenix, AZ 85027  
(623) 879-9000

### **Country Inn & Suites By Carlson Mesa**

6650 E. Superstition Springs Boulevard  
Mesa, AZ 85206  
(480) 641-8000

### **Country Inn & Suites By Carlson, Phoenix Airport at Tempe**

808 North Scottsdale Road  
Tempe, AZ 85281  
(480) 858-9898

### **Country Inn & Suites By Carlson, Scottsdale**

10801 North 89th Place  
Scottsdale, AZ 85260  
(480) 314-1200

## **Indulge in the Arts**

The Mesa Arts Center is the largest in the state at 212,755 square feet. Wander through galleries, studios and workshops, or take in a show at one of its four theaters. The center schedules performances of every conceivable variety in every price range, from high school drama club shows to professional symphony orchestras. Mesa Contemporary Arts is an art museum and gallery that supports and promotes contemporary artists with regularly changing exhibits.

[mesaartscenter.com](http://mesaartscenter.com)

## **Eat, Drink and Be Merry**

Now you can serve your own private-label Syrah or Chardonnay at dinner parties without a big real-estate investment. Visit the Su Vino Winery, where not only can you sample and buy available wines, but you can actually make your own!

[suvinowineryaz.com](http://suvinowineryaz.com)

After a day of shopping or relaxing at the spa, slow down with the "slow food" experts who run Rancho Pinot Grill. All the meals are made with organic, local and ecologically sound ingredients, and their motto of "pleasure, culture and community" is evident in every aspect, from the service to ambiance.

[ranchopinot.com](http://ranchopinot.com)

## **Take a Breath of Fresh Air**

A 30-acre oasis, the Park of the Canals is home to Brinton Desert Botanical Garden, which boasts approximately 150 species of cacti and other desert plants.

[mesaaz.gov/parksrec/parks/park\\_canals.aspx](http://mesaaz.gov/parksrec/parks/park_canals.aspx)

Pinnacle Peak Park boasts a popular 3.5-mile round-trip hike, which winds past north Scottsdale's boulder-strewn landmark and among saguaros, creosote and jojoba. You'll catch plenty of desert— and city views. Peer down at the rolling golf greens and some of the town's swankiest mansions where, no doubt, the caterer carves the turkey.

[scottsdaleaz.gov/parks/pinnacle.asp](http://scottsdaleaz.gov/parks/pinnacle.asp)

## Relax and Rejuvenate

After a day of shopping, dining and taking in the scenery, relax with a massage, a facial or a sun salutation. The below spas and yoga studios will leave you breathing deeply and thinking clearly.

[carolynnandcompany.com](http://carolynnandcompany.com)

[kierlandresort.com](http://kierlandresort.com)

[massageenvy.com](http://massageenvy.com)

[yogapura.com](http://yogapura.com)

[yogavillage.net](http://yogavillage.net)

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