

Wellness Living & Travel

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MAGAZINE

WELLNESS TRAVEL GUIDE

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in Thailand*

ASTRAL-GAZING
Expert Sleep Tips

The Wilderness Cure

Spas are opening, but don't forget about the spa within

By Becca Hensley

With the lockdown's unexpected gift of "pause," nature became a needed healing replacement for our beloved brick-and-mortar spas. And so, as we plunged into wilderness' largesse, we sought the spa within. Human-powered activities, from hiking to biking, became our metaphorical spa treatments.

Though spas are opening again, let's keep the gains of slow travel alive with wellness forays that combine the gamut: physical activities, the outdoors and bona fide, duly missed, old-school spa visits. →





Cycle and Mud

As apt a pairing as wine to cheese, Backroad's California Wine Country Bike Tour, a cycling jaunt amidst the redwoods, through vineyards and down the coast, couples well with a grand finale visit to Solage, Auberge Resorts Collection. At 20,000-square-foot Spa Solage, created to evoke Calistoga's historic mud and mineral water therapies, indulge in The Bathhouse's geothermal pools. After hours, have the place to yourself with Starlight at the Bathhouse, a private experience, which includes a candlelit rose petal bath and a detoxifying Mudslide treatment, a three-part modern twist on the region's iconic mud bath rituals.



Trees and Wandering

Go to the woods and live deliberately in the mode of consummate nature lover Henry David Thoreau. At Lake Kora, a legendary Great Camp in the leafy Adirondacks, a thousand acres and an immense lake lull you to tranquility. Once the playground of aristocrats, the grounds and intimate lakeside lodges provide the ideal setting for receiving the outdoor's own medicine. Take a forest bathing walk with guide Ed Kanze, who skillfully unveils the nuances of the curative landscape. All he asks is that you breathe deeply, savor the verdant spectacle and relax into the moment. The result? Total recalibration.

Hike and Restore

Keep calm and carry on the British way—on a trail with the promise of tea afterward. Join one of Country Walkers' group hiking trips to the UK (Cornwall's Coast? The Cotswolds?) to be suffused in nature's bucolic quietude.

Bookend your weeklong walk in opulence at Dorchester Collection's Coworth Park, a regal country estate in Ascot, surrounded by lavender and wildflower-flecked grounds and gardens. While the whole resort has been refurbished as a sustainable haven, The Spa at Coworth Park features particularly exemplary energy-saving design elements, and offers organic treatments by brands such as ishga and Aromatherapy Associates.



Cast and Meditate

Aficionados often describe fly fishing as a religion. Its repetitive movements, requirements of patience and trust in the universe, slow pace and al fresco setting invoke a meditative state like no other. Cast with the able guides from Salmon Falls Resort, located in splendorous southeastern Alaska—the ultimate spa treatment for the soul. The scenic 51-room retreat offers guided and self-guided fly fishing excursions sure to sharpen the senses and recharge the spirit. In addition, a slew of other locally intoned adventures—including Bear Watching, Eco-Kayaking and Rainforest Walking—debut in 2021.

Moonlight and Glamping

Long a refuge for Hollywood's heyday silver screen clan, oasis-like La Quinta Resort & Club stretches across 45 acres of desert beside the Santa Rosa Mountains. A member of Hilton Worldwide's Waldorf Astoria Hotels & Resorts, it boasts fragrant gardens, citrus orchards, romantic nooks, 41 swimming pools and the impressive Spa La Quinta, with 38 treatment rooms. Just walking the grounds yields consummate repose. But, La Quinta's novel Camp'd Out Joshua Tree Experience ups the salubrious ante in style. Created in collaboration with Camp'd Out, the package (booked with a minimum three-night stay) facilitates a luxury, one-night camping excursion in nearby Joshua Tree National Park, complete with overnight butler service.

Cacti and Horses

The horse-human bond dates back centuries. Deep interaction between the two seems to benefit humans emotionally and physically, with many individuals applying the lessons they learn from horses to real life. So, get horsey at Tanque Verde Ranch, the oldest dude ranch in the United States, and still a working facility. Located adjacent to Saguaro National Park near Tucson, its 60,000 acres of wide open desertscape exude oodles of rustic, Western romance. Beyond its La Sonora Spa, guests can get centered with wrangler-led Harmony with Horses, which gives guests the chance to horse whisper and experience equine care from A-Z.



Salmon Falls Resort



La Quinta Resort & Club



Tanque Verde Ranch



Contemplate and Cure

An ancient spiritual practice, labyrinth walking brings clarity and quiets the mind. Not a maze meant to obfuscate, but a path to a visible center, a labyrinth represents life's own journey. Its serpentine, unicursal route allows walkers to go forward and backward (as in real life), with its heart (and your heart) as the goal. Most walkers report feelings of relief, lightened emotional loads, mental lucidity and physical release after a session. One of the best, located at The Boulders Resort & Spa Scottsdale, draws gravitas from its restorative desert environs, replete with otherworldly red rocks and cacti. Team guided meditation classes at the labyrinth encourage deep renewal and inner focus.

Water and Paddling

Just being around water promotes well-being. What better place to dive into H₂O's zen vibe than on the Big Island, where you can learn to surf but also take volcano hikes, slide through rainforests and stargaze. Kona, on the west side, is ideal for beginner oceansports. Suit up for surfing lessons with Kahalu'u Bay Surf & Sea for its low student-to-teacher ratio. After you master hanging ten, check into Fairmont Orchid-Hawaii, a gem on the Kohala Coast. Its open-air Spa Without Walls features eight waterfall hailes (huts), wedged between lily ponds and palm trees. Sunrise outrigger canoe experiences and Flo-Yo (floating yoga) add to watery, fitness-fueled, soul-searching fun.

Raft and Reaffirm

It is said that the Grand Canyon casts a spell on all who enter it. Take enchantment to the next level when you float through the famous monument, propelled by the moods of the mighty Colorado River. Enjoy this bucket list adventure's rushes under the tutelage of Western River Expeditions. You'll raft by day and sleep under the stars at night. Complete your spa vacation two hours away in spectacular Sedona, known for its mysterious energy vortex.

Channel peace at L'Auberge de Sedona, situated on the banks of Oak Creek amid the towering canyons. At the L'Apothecary spa partake of earthy, grounding rituals such as the aromatic Flower Essence Massage.





Organic Spa Media Co.

WELLNESS TRAVEL GUIDE 2021

Granted, it's been a tough year for travel. But as wellness travel begins to open up, our fourth annual Wellness Travel Guide—featuring expertly curated top wellness destination spas, resorts with wellness programs, and thermal and mineral springs and healing waters—will help guide you to glorious destinations around the globe.

- NORTH AMERICA -

RESORTS WITH WELLNESS PROGRAMS

UNITED STATES

ALILA MAREA BEACH RESORT ENCINITAS

The surfer-favorite beaches outside of San Diego set the backdrop for this oceanfront resort, opened in 2021. Enjoy complimentary daily wellness activities (from yoga to lagoon hikes), biking along the beach and spa treatments that harness the power of the ocean and of natural ingredients. alilahotels.com

THE ALLISON

Less than an hour's drive beyond Portland, The Allison focuses on guest health and wellness. Enjoy restorative yoga sessions in the fitness studio or relax in the spa with blends of natural elements inspired by Oregon's surroundings. theallison.com

ASPIRA SPA AT THE OSTHOFF RESORT

The focal point at Aspira Spa is a spectacular circular Meditation Sanctuary, with a large sunken copper vessel, and herbs grown in the resort's organic garden. aspiraspaspa.com

AUBERGE DU SOLEIL

Overlooking the Napa Valley is where you will find wine tasting and great food, hiking and biking proliferate in the Valley. The Auberge du Soleil allows you to create a barrier from the outside world so you can focus inward while taking in the beauty of nature. aubergedusoleil.aubergeresorts.com

BARDESSONO

It's easy to breathe deeply at Bardessono. As a LEED Platinum-certified resort, every detail has been designed to put guests' minds at ease. The restaurant menu is based on organic produce from the on-site garden and nearby farms. The spa treatments are seasonal and feature organic oils and ingredients. bardessono.com

BERNARDUS LODGE & SPA

The Bernardus Lodge & Spa is set on 28 acres in the heart of the Carmel Valley. The plots around the resort include chardonnay and pinot noir vines, fruit and vegetable orchards, and colorful gardens, and the resort uses the natural bounty around it in spa treatments. bernarduslodge.com

BLACKBERRY FARM

The spa and wellness menu at Wellhouse Spa has been redesigned with new treatments inspired by the surrounding region, and offers an outdoor program that includes aerobic guided hikes, deep woods meditation, yoga and guided trail runs. Blackberry Mountain, opened more recently, is a sister property. blackberryfarm.com

THE BOULDERS

A labyrinth that takes cues from ancient Hopi medicine wheels, a fitness center and an on-site café are just a few of the offerings at The Boulders in Scottsdale, Arizona. Experience the Native American-inspired Turquoise Wrap with a turquoise clay wrap and a pure honey mask at the 33,000-square-foot spa. theboulders.com

THE BROADMOOR

This Colorado retreat puts the environment above all else with farm-fresh cuisine and on-site vegetable gardens. Its Fitness Center has an extensive selection of health and wellness programs, including a boot camp, yoga, Tai Chi as well as other levels of personal fitness. broadmoor.com

CALISTOGA RANCH

Closed indefinitely: Tucked into a private canyon, this resort has abundant vegetable and herb gardens. Calistoga Ranch offers hiking and horseback riding through the Napa Valley as well as fitness classes. The spa offers soothing soaking pools, restorative organic spa treatments and a heated mineral pool to relax. calistogaranch.aubergeresorts.com

CALLAWAY RESORT & GARDENS

Surrounded by hundreds of acres of gardens you will find Callaway Gardens with a spa that is a sanctuary where services are consistent in the organic message—products are botanical-based and organic. The fine-dining Gardens restaurant at Callaway carries the "Slow Food" designation, meaning it emphasizes locally grown and raised foods. callawaygardens.com

CARILLON MIAMI WELLNESS RESORT

A luxury hotspot on Miami Beach, the Carillon also offers a wellness program, overseen by a top Miami MD, who is board-certified in functional medicine. Programs include detox, regenerative medicine, IV vitamins and more, all in a stunning surrounding, with a spa that also offers energy healing and chakra-balancing. carillonhotel.com

CARMEL VALLEY RANCH

In the sunny foothills of the Santa Lucia Mountains is a casual camp-inspired resort with adventures that range from a daily hilltop meditation to the organic honey harvesting program. Guests may chant and meditate in sessions that take place at the top of the Huff 'n Puff hiking trail. carmelvalleyranch.com

CHATHAM BARS INN

On the shores of Cape Cod, Chatham Bars Inn offers fresh produce and dairy products from its own farm. Relax at the spa with hydrotherapy tubs, saunas, steam showers and aromatherapy massages and stay in a beautifully appointed spa suite. chathambarsinn.com



CLAREMONT CLUB & SPA

Located just outside San Francisco, the Claremont offers ancient acupuncture, rejuvenating facials and relaxing massages. Experience the spa, which focuses on holistic health, well-being and an array of lifestyle choices. fairmont.com/claremont-berkeley

CLIFF HOUSE

Treatments at the 9000-square-foot Spa & Wellness Center at Cliff House, along the coast of southern Maine, are inspired by the elements—wind, water, earth, fire, metal, and a powerful connection with nature. destinationhotels.com/cliff-house

DEVIL'S THUMB RANCH

Devil's Thumb Ranch, a two-hour drive out of Denver, is set on 6,000 stunning acres. The resort offers a restorative treatment called Altitude Adjustment, a relaxing massage that relies on a mix of strategically placed hot towels and aromatherapy oils to relax and center guests. devilsthumbbranch.com

EL MONTE SAGRADO

El Monte Sagrado, in Taos, New Mexico, was an early wellness adapter. Spa treatment rooms and grounds are designed for meditation and deep relaxation and the entire property is imbued with a strong commitment to sustainability, health and healing. elmontesagrado.com

EMERSON RESORT & SPA

Set in the scenic Catskill Mountains in upstate New York, the Emerson, named after the writer and thinker Ralph Waldo Emerson, is a great spot for rest and repose, with a beautiful spa and nature-based wellness offerings. emersonresort.com

FAIRMONT KEA LANI

Beautifully situated on Maui's Wailea coast, Fairmont Kea Lani is one of Hawaii's only all-suite and villa luxury oceanfront resorts. Resort amenities feature the award-winning Willow Stream Spa with a full menu of locally inspired experiences. Its comprehensive "Inspire Your Energy" fitness and wellness program focuses on fitness, well-being, mindfulness and nutrition while connecting travelers to the distinct mana of the island. fairmont.com/kea-lani-maui

FAIRMONT SCOTTSDALE PRINCESS

Located in Arizona's blooming Sonoran Desert, Fairmont Scottsdale Princess is the ultimate desert oasis. It offers robust fitness services from Pilates to TRX, aerial yoga to Surfset, as well as a wellness program with tailored nutrition, healing therapies and lifestyle plan. Its Well & Being Spa blends wellness and spa with treatments designed to help you along a path to "Find Your Energy." fairmont.com/scottsdale

FARMHOUSE INN

Located in the tiny town of Forestville, California, the Farmhouse Inn will get you back into nature. The food is all locally sourced and the spa uses honey from the ranch in facial treatments, and carrots from the grounds are used in a puréed carrot mask. farmhouseinn.com

FOUR SEASONS LANAI

The Four Seasons Resort on the former pineapple plantation island Lanai offers private life coaching, guided meditation, Reiki and sleep health sessions under the Sensei Lanai program. Signature three-hour rituals feature ingredients that honor Hawaiian roots. fourseasons.com/lanai

FOUR SEASONS MAUI

Following a renovation, this beachfront resort now features the largest guest rooms and bathrooms on Maui, three of the island's top restaurants, and an award-winning wellness spa. fourseasons.com/maui

FOUR SEASONS NEW YORK DOWNTOWN

The spa at Four Seasons New York Downtown features Resident Healers, who offer Chakra Crystal Energy Clearing, and an in-depth Crystal Healing Experience, along with meditation, and visualization to target a guest's individual needs, incorporating healing crystals along the way. fourseasons.com

GATEWAY CANYONS

Located in the secluded Canyons of Western Colorado, Gateway Canyons offers hiking, climbing and mountain biking in the canyons. Relax with yoga classes or at the spa, which only uses products packed with restorative natural ingredients. gatewaycanyons.com

GRANDE LAKES ORLANDO

The spa at The Ritz-Carlton Grande Lakes has 40 treatment rooms and a saltwater pool. It offers Grande Experiences, such as the Zero Gravity Massage. The treatments are multilayered and supremely relaxing. The property overlooks the headwaters of the Everglades and guided kayak or canoe trips are available. grandelakes.com

HALEKULANI

Closed until August, the historic Halekulani has long been one of Hawaii's top resorts. The hotel recently launched a Living-Well program, which is centered around a series of hour-long lectures. Each lecture focuses on a specific topic such as work-life balance or the power of positive psychology. Lifestyle Coach Kamala Skipper leads the lectures, which are free for guests or \$25 for outside visitors. halekulani.com

INN AND SPA AT LORETTO

The Inn and Spa at Loretto, in the heart of Santa Fe, offers a spa that includes energy work like Craniosacral Massage, Reiki and Chakra Balancing. The spa features spacious treatment rooms and a range of beautiful natural and organic products, including Elemental, the spa's hand-crafted aromatherapy blend. innatloretto.com

INNISBROOK GOLF & SPA RESORT

The 18,000-square-foot Salamander Spa in Florida, with a tranquil golf-course view, spotlights signature wellness treatments designed for Balance, Reflection, Grounding and Clearing. innisbrookgolfresort.com

JW MARRIOTT SAN ANTONIO HILL COUNTRY RESORT & SPA

The healing customs of Latin American Curanderos and the power of natural products fuel the spa experience at this Texas Hill Country resort, which also offers golf and other outdoor fun. Each service starts with Seven Knots ritual during which guests set the intention for their wellness journey. marriott.com

KOHLER WATERS SPA

This turn-of-the-century Tudor estate offers lounge areas, a rooftop deck, sauna and steam room, and more. Experience the Water Experiential Area, which offers a waterfall, whirlpool and several different types of therapeutic showers. americanclubresort.com/spa

LAS ALCOBAS NAPA VALLEY

Nestled in St. Helena, the heart of the Napa Valley wine country, this one-of-a-kind Luxury Collection Hotel offers a transformative spa retreat opportunity for relaxation and renewal. During their stay, guests are invited to experience a signature massage treatment at the Atrio Spa and enjoy the dedicated yoga/meditation studio overlooking the banks of a small creek and a neighboring winery. lasalcobasnapavalley.com

L'AUBERGE DE SEDONA

In the midst of Sedona's renowned spiritual and healing vortex sites, L'Auberge is a calming oasis. The spa offers guests the chance to custom-blend local organic botanicals. The clean desert air and serene mystical setting provide a perfect backdrop for yoga, desert hikes or transformation. lauberge.com

LODGE AT WOODLOCH

The Outdoor Adventure program features hiking on property and off, in the Pennsylvania lake region and the peaceful Pennsylvania Mountains nearby, along with fishing, kayaking, wildlife viewing, forest bathing. Enjoy a visit to the 27-treatment room spa to unwind. thelodgeatwoodloch.com

LOMA DE VIDA AT LA CANTERA RESORT & SPA

Loma de Vida is a destination spa in San Antonio, Texas, which boasts 25,000 square feet of indoor and outdoor space, 15 treatment rooms, a grotto with a private saline pool, and a juice bar with handcrafted cold-pressed juices. A treatment called Silence Biorhythm will help remove toxins, energize the skin and balance the nervous system. lacanteraresort.com

LUMERIA MAUI

This peaceful spot in Maui is surrounded by lush, tropical gardens and it's a great place to get your mindfulness mojo back. Meditate, take an aromatherapy class or a horticulture workshop, and practice yoga—there are many workshops and retreats on offer. lumeriamaui.com