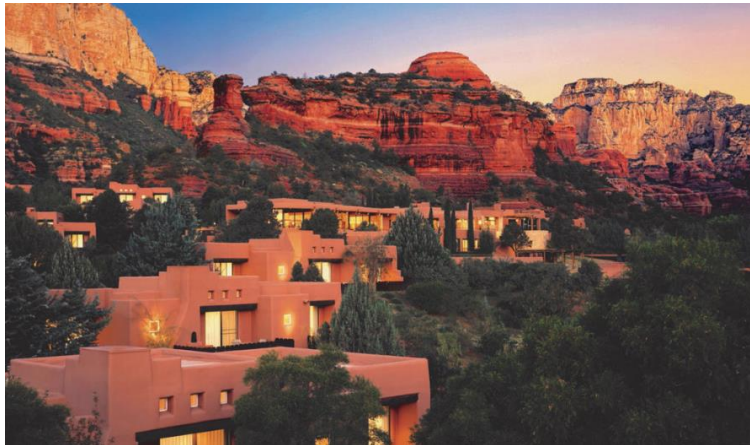


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9 Wellness Resorts to Help You Reset & Recharge



The new year is a chance to step back, reflect and recalibrate. One of the best ways to jump start healthy living in 2019 is to check into a wellness resort, whether you are looking to destress, detox or simply learn new ways to incorporate exercise and mindful eating into your daily routine. These resorts around the world range from pampering experiences to hard core boot camps. Take your pick you're your preferred way of breaking a sweat, whether it's surfing, hiking or exploring ancient ruins. Whether you prefer to work out indoors, outdoors, at the beach or in the mountains, we have you covered.



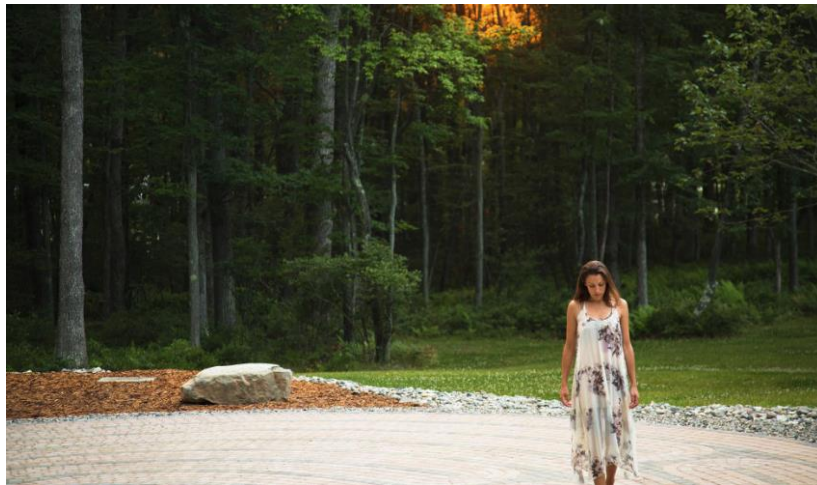
ENCHANTMENT RESORT, SEDONA

Formerly a private ranch, this resort is tucked among the iconic red rocks of Sedona, Arizona. Enchantment guests can shake off negative energy with a hike to one of the area's energy vortexes or sign up for a fitness classes, ranging from sunrise yoga and barre, to HIIT boot camp and strength training. The resort's Mii Amo spa offers treatments designed to recharge, reset and relax, such as the Native American-inspired "The Spirit of the New Moon" to hone your intentions, "Reiki Healing Attunement," a cleansing of physical and emotional toxins, and "Soul Seeker," a massage that offers heightened awareness and new perspective.



SANSARA SURF & YOGA RESORT, PANAMA

For anyone who would rather work up a sweat in nature than in a gym, consider a surf and yoga retreat. Located in Cambutal, a small village where the jungle meets the sea in Los Santos, Panama, Sansara Surf & Yoga Resort offers a mix of yoga, health and wellness, with a strong emphasis on female empowerment. Guests can spend days learning how to surf as well as practicing yoga in a beachfront, open-air yoga shala. Sansara's Buddha Bar specializes in farm-to-table food with a majority of the ingredients made in-house. Sansara also features a saltwater pool, an onsite spa, and complimentary bicycles, SUP boards and kayaks.



THE LODGE AT WOODLOCH, POCONO MOUNTAINS

If you live near New York City and need to recharge and rejuvenate, head to The Lodge at Woodloch. Tucked among 500 acres in the heart of the Pocono Mountains, this spa resort offers a mix of pampering and fitness classes. Take your pick from classes like Healing Sounds Meditation to soothe and quiet the mind, Forest Bathing or maybe a little Barry White Yoga to feel energized and groovy. Woodloch has its own garden that supplies the resort's restaurants with fresh produce. Kick off your day with a sweet potato, kale and butternut squash hash while dinner options include seared sea scallops and filet mignon.



MOUNTAIN TREK, BRITISH COLUMBIA

Mountain Trek, an all-inclusive fitness and health retreat, is perfect for anyone who believes that nature is the best way to reset the mind and body. Mountain Trek is set among the lush forests of British Columbia, and is home to a stunning contemporary lodge and countless trails. Every day guests will set off on a three to four hike Nordic fitness trekking hike — also known as Nordic pole walking, this technique can exercise up to 80% of the body’s muscles when done properly. When not hiking, guests can enjoy yoga, massage therapy, detox treatments, and a variety of classes on stress management, nutrition, sleep health and goal setting and personal will power. If you can’t make it to BC, this February Mountain Trek will offer two week-long retreats hosted at Hotel Domestique in South Carolina.



RED MOUNTAIN RESORT, UTAH

Nestled among southern Utah’s red rocks, Red Mountain Resort encourages guests to recharge by getting out into nature, challenging themselves and finding balance. The focus is on healthy living through exercise and mental well-being. Every day there are guided hikes, as well as fitness classes and excursions to nearby National Parks such as Zion and Bryce. Horseback riding and canyoneering is also available. To unwind, there’s a full-service spa, pools and hot tubs. The food at the restaurants is flavorful and healthy — expect mesquite flour pancakes and seafood paella.



ANANDA, INDIA

Ananda is a luxury destination spa tucked into the foothills of the Himalayas in India, near the spiritual cities of Rishikesh and Haridwar. This area is considered the birthplace of yoga. The all-inclusive program is customized to meet guests' goals, whether that is to detox or destress. Ananda is housed in the 19th century Viceregal Palace, and offers a mix of Ayurveda, yoga and meditation along with healthy cuisine—all in a serene, beautiful setting. The newest offering is the Ananda rebalancing program which helps guests assess their Circadian cycle with an aim towards “harmonizing the natural biological clock and enabling systemic health across digestive and neuro-muscular systems.” Ananda’s cuisine incorporates key principles from Ayurveda, and food options could include star anise scented beetroot poached pears and coconut flavored vegetable stew.



THE RANCH MALIBU

The Ranch Malibu has plenty of corporate and celebrity fans, and will appeal to anyone looking for a hardcore, boot camp style fitness class. There are three options- a four day The Ranch 4.0 at Four Seasons Westlake Village in Los Angeles, the classic seven day program and The Ranch 10.0, which is a 10 days detox. The Ranch programs are designed to recalibrate the mind and body through intense fitness and wellness regimens, along with a highly structured, plant-based diet. Every day guests will do eight hours of low impact exercise such as hiking, along with fitness classes, yoga and daily massage. Time for an afternoon nap is also carved into the schedule.



THE BODYHOLIDAY, ST LUCIA

The BodyHoliday has a swoon worthy setting along Caribblue Beach, but the main reason guests come here is to reset and recharge. This luxurious all-inclusive resort is centered around a temple-like wellness center which offers a mix of spa, wellness and beauty offerings. There's an Ayurvedic Temple and skin care clinic as well as fitness studios. The BodyScience clinic combines Western technology and advanced physiological analysis with an Eastern approach to wellness. To break a sweat, guests can take their pick from yoga, sailing or scuba. Much of the produce served in the restaurant's comes from the resort's own organic garden.



EXPLORA SACRED VALLEY, PERU

Explora has luxury lodges in Chile, Patagonia, Argentina and Bolivia, and the brand is known for combining cutting edge accommodation with challenging excursions — all while exploring the surroundings. So if you want to break a sweat while sightseeing, Explora is for you. Explora's newest lodge is in the Sacred Valley in Peru, the former heart of the Inca Empire. Guests can choose from 37 excursions on foot and on bike that range from moderate to challenging. There are half day hikes through Incan ruins and colonial towns, or full-day high altitude hikes through farmlands to see lagoons. A half day bike tour along the Urubamba River takes in of cornfields and old haciendas. Meals are designed to fuel active bodies and be nourishing without leaving anyone feeling heavy.