

SHAPE

RIDING HIGH WITH MANDY MOORE

Her energized
outlook for 2018

Hit Refresh!

Amazing ideas
for whole-body
health

It's Winter. Your Skin Needs Love

We have lots

Plus:

The Smarter Way to Build Core Strength

Live Your

Adventure

The Life, the Look, the Leaders

#shapetsquad



THE SWEAT LIFE

Clean slate getaways

These healthy retreats help you customize a personal reset plan.

By REBECCA DANCER

Multiday wellness immersion experiences (at resorts, lodges, and the like) are seizing their moment. Typically, a crack team of professionals whips up personalized fitness plans and offers daily spa treatments, digital detox time, meditation sessions, and nutritionist-approved farm-to-table fare. No wonder the market

for such mind-body tourism grew 14 percent just in the past few years, according to the Global Wellness Institute. These hip holidays let you rip the Band-Aid off any bad daily habits and unplug at the same time. "The goal is for guests to return to their daily lives rejuvenated and refreshed, with the skills to make lasting changes,"

says Alex Glasscock, a cofounder and the CEO of the Ranch Malibu, a retreat popular with celebrities. Options abound: Reconnect with nature at Skyterra Wellness Retreat in Lake Toxaway, North Carolina, go forest bathing with Mountain Trek in British Columbia, or head to BodyHoliday in St. Lucia for Ayurvedic pampering. ★