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T&C TRAVEL SPA AWARDS

The ultimate guide to the wellness escapes of your dreams.

By Jennifer Murphy

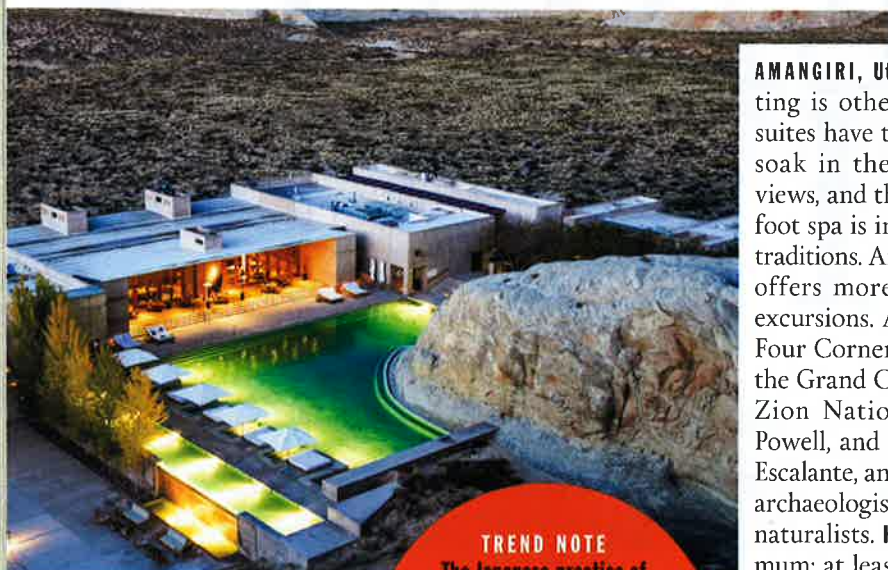
INNER SANCTUM

The treatments at Switzerland's La Réserve Genève are, our reporter says, "as close as you'll come to the fountain of youth."

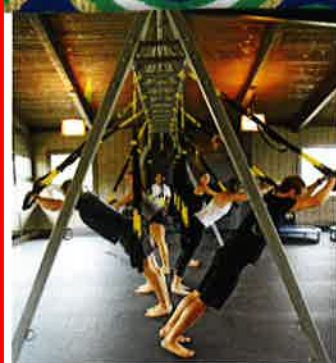
Tis the season...for fitness resolutions. Our mission: to identify the best places around the world to tune up, or be transformed—spas that not only deliver a mean massage but over time seem to rearrange our very molecules. (And, since we're all multitaskers, ones that throw in some cultural highs as well.) On the pages that follow are wellness retreats in California and Nepal, Italy and Indonesia, Mexico and Massachusetts. Among them: boot camps and pleasure domes, places medical and mystical, Western and Eastern. But what they all share (we know because we've been there) are top therapists, state-of-the-art facilities, good (often superlative) food, pleasing (often outstanding) decor, lovely locations (as mood-altering as Tabata training), and a take-home educational component—because we all want to make the feel-good last. Here's to that.

NATURE CURES

Spas that use the great outdoors to get you going.



AMANGIRI, Utah The desert setting is otherworldly, the 34 suites have terraces to let you soak in the mesa and dune views, and the 25,000-square-foot spa is inspired by Navajo traditions. And no other Aman offers more beyond-the-spa excursions. Amangiri is in the Four Corners, surrounded by the Grand Canyon, Bryce and Zion National Parks, Lake Powell, and Grand Staircase-Escalante, and its staff includes archaeologists, geologists, and naturalists. **HOW LONG** No minimum; at least a long weekend suggested. **WHO GOES** Aman junkies; adventurers who want to sleep in luxury. **DON'T MISS** Visiting Grand Staircase-Escalante with a paleontologist. AMAN.COM/RESORTS/AMANGIRI



THE RANCH MALIBU, California Tough hikes on 200 miles of trail and tiny portions of delicious food characterize this no-nonsense 18-cottage retreat in the Santa Monica Mountains. Expect: 5:30 a.m. wake-up calls, four-hour hikes, four hours of low-impact exercise, and falling into bed by 8:30, dreaming of your next vegan meal. **HOW LONG** Seven days. **WHO GOES** Type A's who want guaranteed weight loss (3 to 7 percent of body weight on average) and sweaty selfies against Instagrammable vistas. **DON'T MISS** Sunning at Malibu Lagoon State Beach. THERANCHMALIBU.COM

TREND NOTE
The Japanese practice of *shinrin-yoku* (forest "bathing") has caught on stateside at Montana's Ranch at Rock Creek, the Grace Mayflower Inn & Spa in Connecticut, and L'Auberge de Sedona. The therapy is thought to boost the immune system and reduce blood pressure.



NIHI SUMBA ISLAND, Indonesia At a luxury resort 250 miles east of Bali known for Occy's Left, the most exclusive surf break in the world (only 10 guests are allowed on it per day), a spa day sounds like a snooze. Until you experience the Robinson Crusoe-esque "spa safari." A 90-minute sunrise trek through misty rice paddies and local villages to a secluded valley is followed by a full day of unlimited treatments (truly) in a private ocean-view balé, punctuated with swims along your own stretch of beach. **HOW LONG** The spa safari is a single day; most visitors stay one week. **WHO GOES** Honeymooners into private pampering; surfers; those who prefer being active to exercising. **DON'T MISS** A bush-to-beach horseback ride that ends with a canter in the waves. NIHIHOTELS.COM



CAL-A-VIE, San Diego This 500-acre retreat with windmills and 32 antiques-filled rooms could be mistaken for Provence. Even the restaurant has a French no-asceticism philosophy. Typical regimen: a predawn power hike followed by four more workouts (there are 120 classes, plus 20 types of yoga) and lots of spa time (vinothrapy treatments are a specialty). **HOW LONG** Three, four, or seven nights. **WHO GOES** Francophiles; those who would rather be coddled than commanded. **DON'T MISS** A candlelit yoga session in the 18th-century chapel from Dijon. CAL-A-VIE.COM



MII AMO, Sedona The town's mystic vibe has lured some of the world's top healers to this 16-casita retreat, which specializes in Native American treatments and is located on sacred ground in Boynton Canyon. Most healing "journeys" include two daily spa treatments. Traditional therapies (pedicures, Swedish massage) are available, but try the alternatives: interactive aura readings, energy cleansing. **HOW LONG** Three, four, or seven nights. **WHO GOES** Hikers with hippie souls; wellness seekers who prefer buffalo burgers to tofu. **DON'T MISS** A guided vortex (concentrated energy area) hike to Cathedral Rock. MIIAMO.COM



RANCHO VALENCIA, California A work hard, play hard mentality prevails at this SoCal sanctuary amid trees and lush gardens. Mornings are devoted to classes, from spin to TRX, afternoons to indulgent spa therapies (desert fig facials, citrus-infused soaks), plus poolside champagne. Tennis pros teach on 18 championship-level courts. At night Ralph Lauren and Tory Burch replace Nike and Athleta, and lobster tacos are on the menu. **HOW LONG** Three-, five-, or seven-night retreats in partnership with San Diego's Lifewellness Institute. **WHO GOES** Fitness class junkies, tennis enthusiasts, and a country club set that likes to detox to retox. **DON'T MISS** Torrey Pines State Natural Reserve. RANCHOVALENCIA.COM