

ELLE

JUNE 2018

THE
ULTIMATE
WELLNESS
GUIDE
FEEL BETTER
& LOOK
YOUR BEST

KENDALL JENNER
OPENS UP TO LANA DEL REY

\$4.99 ELLE.COM

06 >



0 272081 6

TRAVEL

ESCAPE the GYM

For a total-body reboot that feels like vacation, sign up for one of these wellness getaways led by world-class instructors. By April Long





FROM FAR LEFT:
HIKING THE
DOLOMITES;
QUINTA BONITA
HOTEL IN LAGOS;
TOOMEY STRIKING
A SIGNATURE POSE
ON THE BEACH.



THE RETREATMENT BY TARYN TOOMEY MARTHA'S VINEYARD

July 8–14

Fashion alum-turned-wellness guru Taryn Toomey's signature invention, The Class—a hybrid of cardio, yoga, and cathartic screaming—has such an avid following that she's added extra retreat weeks to accommodate the demand. This summer's weeklong get-together at the charming Vineyard Arts Project in Edgartown (a cultural center with boutique-hotel-worthy bedrooms) channels the challenging vibe of Toomey's Tribeca, New York, studio while also allowing guests to unwind with bike rides, gentle yoga with guest instructor Kevin Courtney, and acupuncture with herbal medicine expert Thomas Droge. Daily sessions of The Class, which promises to purge stress and emotional blockages (as well as tone everything from triceps to glutes), are followed by afternoon workshops on topics such as crystal healing, farm-to-table cooking, and natural skin care. Days end with family-style dinners with a view of the setting sun.

(taryntoomey.com; from \$2,500, all-inclusive for seven days/six nights)

YOGA FOR BAD PEOPLE LAGOS, PORTUGAL

July 9–16

The ethos behind NYC-based cool-girl instructors Heather Lilleston and Katelin Sisson's Yoga for Bad People is that life

gets messy, and that's okay—as long as indulgence is balanced by an equal amount of discipline. This July, the partners take their lighthearted, democratic practice (anyone is welcome, regardless of fitness level or yogic ability) to the golden sands of southern Portugal, where the goal is to focus on form and breath work while also letting loose. Days kick off with morning meditation, followed by a heart-rate-raising vinyasa class; afternoons are for surfing, hammock dozing, or lounging by the pool at the retreat's HQ, boutique hotel Quinta Bonita, with a wind-down yoga session before dinner. Spontaneity is encouraged, as is sampling the local nightlife. After all, there's no hangover a few sun salutations can't cure.

(yogaforbadpeople.com; from \$2,400, all-inclusive for eight days/seven nights)

THE RANCH DOLOMITES, ITALY

August 19–September 29

Since 2010, guests at The Ranch Malibu have been hiking the California coast in the luxury boot camp's famously rigorous but effective fitness program. Later this summer, the company decamps to the Dolomites, the dramatic mountain range in northeastern Italy, for its first European pop-up retreat. Mornings spent hiking the UNESCO World Heritage region, through lush green meadows with panoramic views of snow-capped Alpine peaks, will be followed by

afternoons devoted to strength training, yoga, meditation, and massages. The seven-day programs, running consecutively within the dates above, are based at the five-star Hotel Rosa Alpina, where participants can expect the same emphasis on locally grown, plant-based fare as at The Ranch's California HQ—only with a (gluten-free) Italian twist.

(theranchmalibu.com; \$8,500, all-inclusive for seven days/six nights)

AKT MAUI, HAWAII

September 26–October 1

Charismatic fitness pro Anna Kaiser's AKT method—a mash-up of circuit training, Pilates, yoga, and high-energy dance—is beloved by devotees for being as fun as it is body-transforming. This fall's intensive six-day tropical retreat, hosted by the plush Ritz-Carlton, Kapalua, resort, will lure habitués of Kaiser's three East Coast studios, as well as fans of her online streaming sessions, eager to experience one-on-one time with the inspirational founder. Each day begins with sunrise yoga and includes two strength- and flexibility-building workouts led by Kaiser. Between sweat sessions, participants can attend optional talks by a roster of wellness experts, explore the island's vast nature preserves, or just hang out at the beach.

(aktinmotion.com; from \$4,950, all-inclusive for six days/five nights)