

Wellness Living & Travel

organic spa[™]

MAGAZINE

Wellness Living & Style

2021 Wellness
Travel Awards

**FOOD
IS MEDICINE**

Brain Boosters

**SOUND
HEALING**

OCTOBER 2021
organicspamagazine.com



*What is
Ethical Fashion?*

Blue Lagoon, Iceland



Best Detox

Deer Lake Lodge

USA

With 50 piney acres outside Houston, Deer Lake will take care of all your wellness needs—from relaxation at the spa to a more intensive detox and reset experience. Many of the services are created to cleanse, detox and rebalance the body, from colon hydrotherapy and ionic foot baths to Conscious Cleansing sessions aimed at “detoxing the mind.” From a Fasting Lounge to Breath Work and Meditation, Nutrition and Raw Food Classes, as well as nutritional counseling and intermittent fasting, Deer Lake’s fasting, juicing, cleansing and colonics programs are geared to energize and cleanse.

The Ranch, Malibu

USA

Early to bed and early to rise at The Ranch supports the likelihood of a loss of three to six percent body weight, an enhanced mood, refocused mind and more salubrious habits. Off the grid on 200 remote acres above Malibu, the original bootcamp for celebrities and glitterati offers reset programs of seven or nine days, as well as private coaching at the mother facility. Four-day jumpstart initiatives at Four Seasons Westlake also can be accessed. Guests follow a rigorous daily schedule, which consists of a daily morning hike, weight training, yoga and massage. Menus present creatively healthy and fulfilling meals with this caveat: vegan, no sugar, gluten-free, dairy-free and satisfying.

