

Lake Austin Spa, Texas

Restful and restorative, Lake Austin Spa is the grande dame of the Texas Hill Country. With the warmth of a dear friend's lake house –and the amenities of a world-class spa – the resort charms guests, new and old, with its incredible accoutrements. Visitors tuck in to 40 lakeside guest rooms, while considering which of the myriad indoor and outdoor fitness classes and activities to choose first. Three gourmet meals are served daily, in between a lineup of the some of the country's most imaginative spa treatments - consider the jasmine java body scrub or the delicious pear and fig body polish.

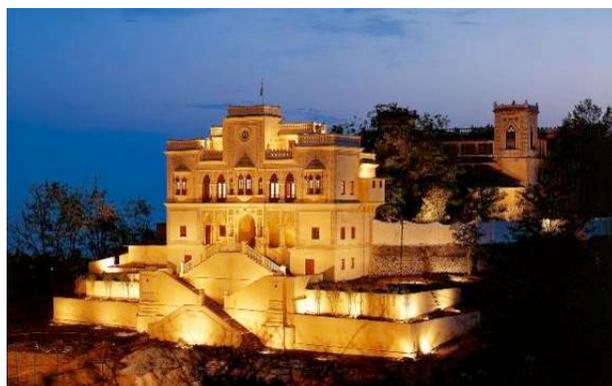


Aja Malibu, California

Located in the Malibu Mountains on 23 ocean-view acres, Aja Malibu is a luxury “boutique retreat-meets-ashram” for the health and wellness-seeking connoisseur, a modern reprieve from the stressors of modern day living, designed to help guests restore, rejuvenate, transform and re-activate the spark within. Aja Malibu is a lifelong dream realized for its owner, Australian mystic and artist Inannya Magick. Aja mixes the natural and the mystical to form its signature seven-night residential program, “The Magick Process,™” an immersive mind-body-spirit getaway and restorative cleanse designed to support the re-alignment and balancing of the body's seven energy systems known as ‘chakras’.

Ananda – In the Himalayas, India

Located in the foothills of the Himalayas in India, Ananda features 78 rooms, suites, and villas, the property is set amongst 100 acres of virgin forest around the majestic palace estate of the Maharaja of Tehri-Garhwal offering breathtaking views of the Himalayan foothills, the valley of the holy town of Rishikesh, and the Ganges River. Offering an array of outdoor activities and a diverse range of Wellness Retreats and delicious Spa Cuisine, combined with the ancient regimes and philosophies of Ayurveda, Yoga and Vedanta, Ananda is the ultimate escape to the spiritual side of wellness travel.



Chablé Destination Spa, Mexico

Yucatan's much-anticipated Chablé Destination Spa welcomes spa aficionados to 40 deluxe villas with private pools in the heart of the Mayan forest, 25 minutes by car from historic Mérida in the Yucatan. Imagined as a hedonistic and utterly private retreat, the hacienda's centerpiece will be its incredible spa, the first to be built inside a cenote – natural cave formations believed to be sacred to the Mayans. In addition to the spa, the resort boasts five-star service, seasonal and organic cuisine, the world's largest tequila collection and – soon – an 18-hole championship golf course.

Rancho La Puerta, Tecate, Baja California, Mexico

The original fitness resort and spa founded in 1940, Rancho La Puerta welcomes 100 guests each week amongst 87 guest rooms on over 3,000 private acres of gardens, mountains and meadows. Only an hour's drive from San Diego, California located in tranquil Tecate, Baja California, The Ranch is located at 1,700 feet and enjoys an ideal year-round climate. Guided hikes and outdoor pursuits are coupled with over 50 different fitness classes. Weeklong packages include accommodations, gourmet organic meals, a wide array of fitness classes, use of all facilities, daily learning workshops and seminars, nightly entertainment, and roundtrip transportation to/from San Diego airport.



Chiva-Som, Hua Hin, Thailand

Beachfront Destination Spa dedicated to revitalizing mind, body, and spirit for total well being and vitality. The 57-room Chiva-Som offers extensive fitness, spa, and holistic health facilities over seven acres of lush tropical gardens less than three hours by car south of Bangkok in the royal city of Hua Hin. Chiva-Som translates to mean “Haven of Life” where therapists take a holistic approach to well being with personalized programs and treatments that blend Eastern philosophies with Western diagnostic skills.

The Ranch at Live Oak / Malibu, Malibu, California

New weeklong, results-oriented, intensive fitness and wellness program in Malibu, California on 120 acres of native grounds and accommodating up to 16 guests per week. All-inclusive wellness retreat supports guests through outdoor physical activity, exercise sessions, and a structured nutritional diet of homegrown, fresh organic vegetarian fare. In one intensive week guests will gain physical endurance, shed unwanted pounds, tone up and detoxify in a healthy and sustainable way. With a “no-options” philosophy, the low-impact weeklong program includes 10 hours of exercise daily. R4.0 4-day program also available.



Mukul Beach, Golf & Spa, Nicaragua

Opened in 2013, Mukul on Nicaragua’s Emerald Coast is an eco friendly wellness paradise with a warm, family-run atmosphere. Thirty-seven spacious, free standing accommodations, each with an ocean view, pool and private staff. The crowning jewel is the unique spa, with its six individual spa suites, each offering a distinct spa experience and set of treatments and guaranteeing guests’ utmost privacy. Reserve a spa casita for several hours, for a series of treatments, relaxation in the private garden with monsoon shower – all without ever crossing or meeting any other guest at all.