





### For the ADVENTURER

The place: UMA SPA AT TIERRA ATACAMA IN SAN PEDRO DE ATACAMA, CHILE

The treatment: Tierra ritual and Reiki + Crystal therapy (all-inclusive packages from \$1,750 for two nights). The lowdown: The backdrop of the Atacama Desertone of the highest and driest spots on Earth, known for serious stargazing-ups the adrenaline factor of every activity offered at this all-inclusive resort and fitness retreat, from hiking and biking through the lunar landscapes of nearby Death Valley to climbing the (active!) Lascar volcano. Added bonus: The elevation alone may help you slim down, as research shows that spending time at high altitudes (Tierra Atacama is located 8,000 feet above sea level, and excursions take place on mountains up to 18,000 feet high) may induce weight loss, even if you don't exercise or change your eating habits. If it all sounds exhausting-not to mention dehydrating—don't forget the spa part of the equation. Take a few hours to soak in nearby hot springs, or recover from your daily workouts with a full-body wrap of moisturizing, locally sourced volcanic mud, followed by a shiatsu massage and chakra reboot with Chilean crystals, tierrahotels.com

### For the **OVERACHIEVER**

The place: SPA BY CLARINS AT LE GUANAHANI ON ST. BART'S, FRENCH WEST INDIES

The treatment: Expressément My Blend Treatment (\$313). The lowdown: Spread out over 18 acres on its own private peninsula, this resort will make you want to relax, even if you're prone to anxiety on white-sand, Wi-Fi-less beaches. Kick back at the shoreside swimming pool, or indulge in a five-star facial that will help satisfy your need to achieve results during your island getaway. Completely customized, this 90-minute treatment uses exclusive diagnostic software to analyze each client's skin before recommending activeingredient boosters to maximize your facial results. Lifestyle factors like climate, diet, stress, and sleep are scrutinized and treated



SUGGESTION Clarins Double Serum, \$89.

The pool area at Le Guanahani resort on St. Bart's





a cenote (natural sinkholes in the Yucatán that Mayans consider sacred) and spread across 750 acres of Mayan forest, Chablé Resort, opening next month, sounds like the perfect place for contemplating your future or seeking a fresh start. After using the womblike saltwater floatrium, you can indulge in the spa's signature treatment, which includes body brushing, a massage, a banana-leaf body wrap, and an aromatic bath soak. Native plants such as mint and rosemary are used during the aptly named Maya Rebirth, along with healing stones and pink salt, which aim to detoxify, rebalance your energy, and exfoliate. chableresort.com



### SOUVENIR SUGGESTION Canyon Ranch

Calming Bath Salts, \$30.

A suite with a view of the Aegean Sea at Canyon Ranch in Turkey



### For the HEALTH-MINDED The place: CANYON RANCH WELLNESS RESORT IN KAPLANKAYA, TURKEY

The treatment: Nutrition, Prevention & Healing (packages from \$150). The lowdown: The newest Canyon Ranch is nestled on the South Aegean coast of Turkey, with secluded beaches dotting more than three miles of uninterrupted coastline. You can sail, kayak, or windsurf in the turquoise lagoons, or take advantage of Canyon Ranch's world-famous health and wellness classes. Stress eaters will benefit most from the renowned nutrition program, with cooking demonstrations, farmers market excursions, and an individual diet consult to boost your digestive wellness. Return home with a flatter stomach, healthier eating habits, and a sunkissed glow. canyonranchdestinations.com

## For the ANIMAL LOVER

The place: SUNRISE SPRINGS RESORT IN SANTA FE. NEW MEXICO

The treatment: Puppies + Silkies (all-inclusive rates from \$289 per person per night). The lowdown: This wellness oasis offers everything from New Age spiritual counseling to Native American prickly pear salt scrubs. But the most-talked-about amenity is the Puppies + Silkies program, where you can feed-and take care of-service dogs and Silkie chickens, which can help relieve stress, boost confidence, and build communication skills. How you interact with an animal can say a lot about your character: That's why the resort uses the chickens living on-site to help guests overcome certain behavior patterns and communication blocks. Even cuddling with a puppy has proven cardiovascular benefits; plus, you're doing your part by helping to socialize future service animals. Winwin. sunrisesprings.com



# ALTERNA-RETREATS

Spa-cations don't have to mean juice fasts and massages. These trips will help you get your mind off the daily grind with not a cucumber eye mask in sight

#### **GET A BETTER BODY:**

Breaking the mold on the typical yoga getaway, Eat Pray Move's trips include gourmet vegetarian cuisine in famous foodie cities such as Puglia and Tuscany, Italy, and Marrakech, Morocco, Cultural excursions are the norm but if it's a tropical escape vou're after how does a week of asanas and oms in Goa, India, sound? We thought so: eatpraymove.com

#### EARN KARMIC POINTS:

For those who want to do good during their downtime, the nonprofit Onwards hosts trips to Haiti and the Dominican Republic, where your tourism dollars will go back to building and supporting the local communities: Snorkeling excursions, organic-farm visits, and a stay in a guesthouse that benefits orphaned Haitian children are all on the itinerary. onwardsinc.org

#### **UNPLUG AND** UNWIND:

Digital detox is mandatory at Camp Grounded, a summer camp for adults where phones and cameras are forbidden while you indulge in arts and crafts, capture the flag, campfires, and dances. Three-day sessions are held across the country until early October Kool-Aid is optional campgrounded.org