

PRIVATE Clubs

A C C E S S T H E L U X E L I F E

SUMMER 2017

Lake Tahoe

Not just for skiing anymore;
lots to do in summer, too

3 really cool
convertibles
for your driving
pleasure

Orange Wines

Gaining in popularity fast.
Why you should try 'em.

JAPAN

Many new developments make this
Asian land even more enchanting

Kiwi Golf

How You Can Tee It Up
on an Ultra-Exclusive
New Zealand Course

And more ...

Aboard Silversea's new *Muse*
Chicago: Why go this summer
Make-your-own ice cream





Main resort pool



Hacienda outdoor lounge

Health & Fitness

Maya-Inspired Wellness

In Mexico's Yucatán, put the focus on you at this new jungle retreat

BY JILL ROBINSON

JUST A 22-MILE DRIVE from the colonial city of Mérida on Mexico's Yucatán Peninsula, a 19th-century hacienda now charms as a modern wellness retreat tucked into lush gardens at the edge of the Maya jungle. **Chablé Resort & Spa**, which opened in December, tailors a complete

experience for each guest, blending spa treatments with a personal wellness program based on one's own goals, whether that be fitness, stress management, or merely overall relaxation.

Scattered across the 750-acre property sit 58 luxurious casitas and two spacious three-bedroom villas, all with swimming pools, outdoor living areas, and indoor/outdoor showers. Whatever your accommodations, you can expect tranquil views and privacy; buildings are separate enough that you'll feel alone in the jungle — until staffers deliver hot coffee and warm pastries each morning.

The 52,000-square-foot spa pampers with 15 treatment rooms perched on the edge of a cenote, one of the deep limestone sinkholes throughout the Yucatán that the ancient Maya used as water sources. Treatments stem from three themes inspired by elements of Maya culture — Fountain of Youth (flow), Tree of Life (balance), and Heaven on Earth (inspire) — and are balanced between traditional ritual elements and modern therapeutic methods. For example, Heaven on Earth treatments incorporate both vibrational therapies and the *temazcal*, a 90-minute Maya



Hacienda entrance



Yoga in the wellness area

sweat lodge experience that includes heat, rocks, chanting, and teas.

With Chablé's flexible wellness program, opt for physical activity or cultural immersion each day of your stay. Daily activities range from meditation, yoga, TRX, and muscle training to biking and tennis. One of the region's best cooks, Doña Eneida, a former restaurateur from the nearby town of Chocholá, leads traditional Maya cooking classes. She'll teach you how to make tortillas by hand, roast local chilies, and transform cacao seeds into chocolate. The resort also offers personalized excursions to ancient Maya sites and Mérida.

Acclaimed chef Jorge Vallejo, of Mexico City's popular Quintonil, designed the cuisine at all three restaurants, where the chefs source ingredients mostly from on-site Maya gardens. Don't miss the juice and smoothie bar at the Spa restaurant. In a relaxed poolside setting, savor both healthy and more indulgent dishes from breakfast to dinner at Ki'ol. Housed within the walls of an old hacienda structure, Ixi'im, the fine-dining restaurant, serves up dishes such as duck with huitlacoche (corn fungus) mole, and suckling pig with recado negro sauce and Ixchil onions.

After dinner, relax near the hacienda and sip house-label tequila while watching glittering fireflies on the lawn under the tamarind tree. Wellness and true relaxation require many different well-blended elements. From \$1,040. 844-424-2253; chableresort.com