

HOLIDAY SOCIETY SECRETS!

TOWN & COUNTRY

DECEMBER 2017/JANUARY 2018

JESSICA
CHASTAIN
HOW TO
WIN IT ALL

THE WORST
DADS OF 2017

HOW RICH IS
TOO RICH?

FIVE STAR
DETOX
THE ULTIMATE
FITNESS
ESCAPES

134
PERFECT
GIFTS FOR
IMPOSSIBLE
PEOPLE

CORONADO
MANSION
MURDER
MYSTERY

DOES YOUR
HOUSEKEEPER
SECRETLY
HATE YOU?



T&C TRAVEL SPA AWARDS

The ultimate guide to the wellness escapes of your dreams.

By Jennifer Murphy

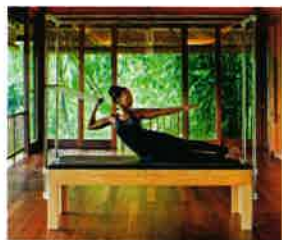
Tis the season...for fitness resolutions. Our mission: to identify the best places around the world to tune up, or be transformed—spas that not only deliver a mean massage but over time seem to rearrange our very molecules. (And, since we're all multitaskers, ones that throw in some cultural highs as well.) On the pages that follow are wellness retreats in California and Nepal, Italy and Indonesia, Mexico and Massachusetts. Among them: boot camps and pleasure domes, places medical and mystical, Western and Eastern. But what they all share (we know because we've been there) are top therapists, state-of-the-art facilities, good (often superlative) food, pleasing (often outstanding) decor, lovely locations (as mood-altering as Tabata training), and a take-home educational component—because we all want to make the feel-good last. Here's to that.

INNER SANCTUM

The treatments at Switzerland's La Réserve Genève are, our reporter says, "as close as you'll come to the fountain of youth."

RESTORATIVE LUXURY

Where the regimen energizes your mind (and palate) as much as your muscles.



COMO SHAMBHALA ESTATE, Bali There are its riverbank seclusion (it feels like a secret temple of wellness), its design (it's one of the most beautiful hotels on Bali, incorporating traditional Indonesian architecture), and its nutrient-dense cuisine, a COMO signature. But what really gets people coming back to the COMO Shambhala is its army of experts. Visiting wellness masters specialize in everything from adrenal massage to hydrotherapy, and local guides lead off-property adventures like rice field cycling and Ayung River rafting. **HOW LONG** Programs average three to 14 nights. **WHO GOES** Celebrities like John Legend; *Eat, Pray, Love* fans; travelers who want spa time and sightseeing. **DON'T MISS** A water purification ceremony at a 10th-century temple. COMO.HOTELS.COM/COMOSHAMBHALAESTATE

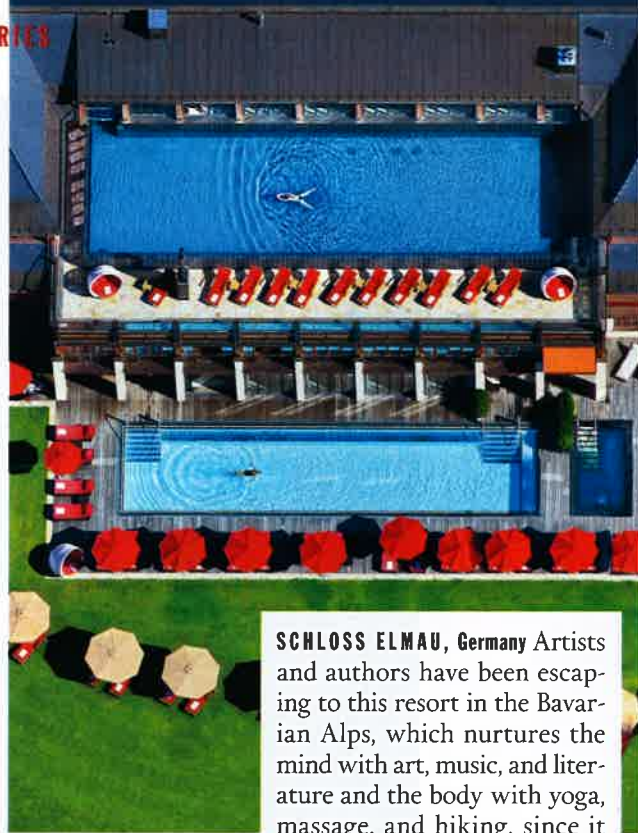


CHABLE RESORT, Mexico The 32,000-square-foot spa at this 19th-century Yucatán hacienda is centered on a cenote and surrounded by Mayan ruins, and the therapies are rooted in ancient practices. There's a resident shaman, detoxifying sweat lodge sessions, and full moon bathing rituals. The menu includes mouthwatering

dishes like suckling pig with pickled Ixchil onions. **HOW LONG** No minimum stay. **WHO GOES** Travelers who want an alternative to Tulum and prefer jungle to beach. **DON'T MISS** Stone crabs at Los Pamponos, in the village of Celestún. CHABLERESORT.COM



SIX SENSES DOURO VALLEY, Portugal Wellness and pleasure go together at this Asian brand's first European outpost, in Portugal's destination wine region. The programs, based on biomarkers (metabolism, body composition), are serious, and high-tech skin treatments are available, but most guests come to destress with wine tastings and vinotherapy treatments in the 10-room spa. **HOW LONG** Three-day minimum for



SCHLOSS ELMAU, Germany Artists and authors have been escaping to this resort in the Bavarian Alps, which nurtures the mind with art, music, and literature and the body with yoga, massage, and hiking, since it opened in 1916. Today it hosts political symposiums (the 2015 G7 Summit), renowned musicians (cellist Gautier Capuçon), literary stars (Ian McEwan), and master yogis (Timo Wahl), in addition to non-prodigies looking to jump-start their diets, workouts, and creativity. The 162-room, family-friendly hotel has five spas, six restaurants, three libraries, and a concert hall. A new 47-suite retreat, with its own spa and jivamukti yoga center, is for those into serious R&R. **HOW LONG** One week is suggested. **WHO GOES** See above. **DON'T MISS** Hikes to King Ludwig's famous summer lodge. SCHLOSS-ELMAU.DE

TREND NOTE
Once seen as too woo-woo, shamans have replaced facialists as the star attractions at spas like Cavallo Point in Sausalito, Miraval in Arizona, and the Tierra Santa Healing House at Faena Miami Beach.

dedicated wellness programs. **WHO GOES** Health devotees who believe in hearty doses of hedonism. **DON'T MISS** The medieval town of Lamego. SIXSENSES.COM/RESORTS/DOURO-VALLEY



BORGO EGNAZIA, Italy Perhaps best known for hosting Justin Timberlake's wedding, this low-key hotel was designed to look like a traditional Puglia village, with 29 villas. Vair Spa, a modern take on a traditional Roman bath house, employs "artist therapists": a psychologist-composer, a scent master, a hair doctor. Spa programs might include a candlelit soak, a scrub using garden produce, and a music therapy session. **HOW LONG** Three-day minimum suggested. **WHO GOES** The Milan fashion set; wellness seekers who embrace carbs. **DON'T MISS** Grottaglie, an important pottery center. BORGUEGNAZIA.COM