

# R H A P S O D Y

January 2018

## THE SOUND OF SALZBURG

A musical trip in the von Trapp family's footsteps

## GAME ON

The year's ultimate sports events

## THE 2018 WELLNESS TRAVEL GUIDE

## BEYOND DIM SUM

Chinatown dining goes upscale

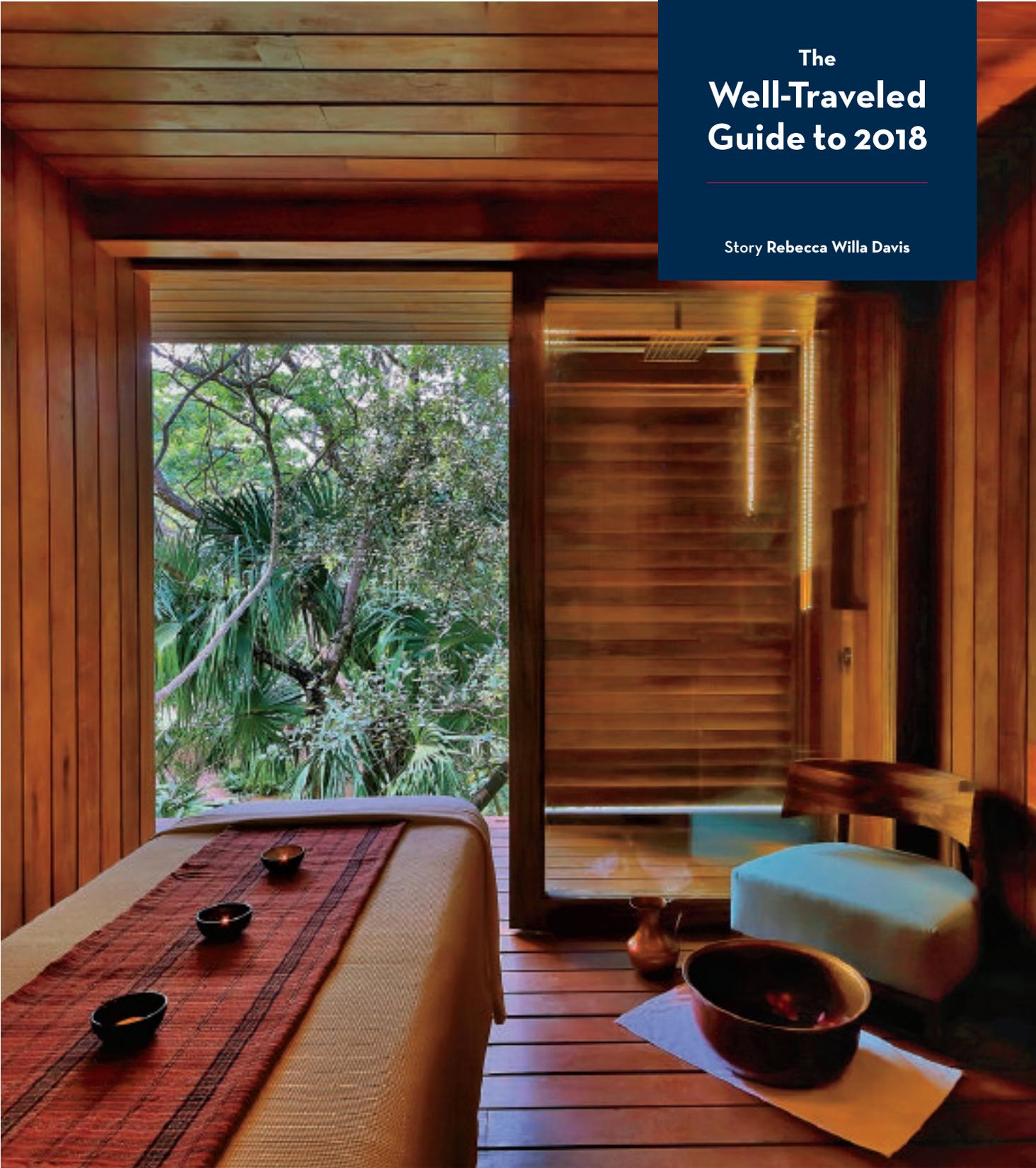
## Helen Mirren

In her prime

UNITED



A STAR ALLIANCE MEMBER



## The Well-Traveled Guide to 2018

Story Rebecca Willa Davis

**A**s wellness enters the mainstream, the tourism industry is doubling down on ways travelers can take their healthy habits on the road. And we're not just talking about hotel gyms and in-room massages; destinations around the globe are including cutting-edge treatments, holistic practices, and even mystical modalities (hello, shamanic healing) in their offerings. Whether you're seeking a really good sweat or want to experience truly restful sleep, here are five emerging wellness trends that will have you feeling good—no matter where you go.

## Shamanic Healing Leaves the Fringe



**Opening page:**  
a spa treatment  
room at  
Chablé Resort

**Clockwise  
from left:**  
the peaceful  
cenote-side digs  
at Chablé Resort;  
a singing bowl  
treatment at  
Faena Hotel Miami  
Beach; the healing  
waters at Chablé

It's not just people backpacking through South America who are raving about shamanic ceremonies; today, some of the most elevated spa programs in the world are incorporating the ancient practice into their menus for next-level healing.

The Yucatán Peninsula's recently opened **Chablé Resort** (built around a cenote, a natural sinkhole believed by the Mayans to be a sacred power source) brought in a shaman to devise its wellness treatments, which include *janzu* water massages and *temazcal* (or Mayan sweat lodge) ceremonies alongside more Western-style facials and body work—all performed by therapists clad in linen jumpsuits from Mexico City-based designer Bianca Bejos. “What makes shamanism such a powerful wellness tool is that it's rooted in nature,” says Chablé's spa director, Carmelina Montelongo. “The main reaction from our guests to shamanic treatments is curiosity at the



beginning and the feeling of surprise by the end, when they discover another way of life and guidance to go back to the original form of all things.”

Stateside, the **Tierra Santa Healing House** at **Faena Hotel Miami Beach** also consulted with a shaman while drawing up its wellness menu. The brightly decorated 22,000-square-foot sanctuary offers *palo santo* and singing bowl treatments and a fully appointed wet spa whose centerpiece is a *göbek taşı*—a raised platform

common in Turkish baths—made of Amazonite stone.

For a complete energy reboot, book a session with Jon Rasmussen, the resident shaman at **Post Ranch Inn**. Drums, feathers, and chanting abound, yes, but the mystical tools he uses differ depending on the “journey.” No matter the implements on hand, don't be surprised if your 90 minutes ends with a tear-filled breakthrough—or just the uncanny feeling that an invisible weight's been lifted off your shoulders.

Alfredo Azar Photography (Chablé Resort exterior); Kenny Viese Photography (cenote-side room); Maison St. Pierre/Tim Friesen; D'Arcy St. Pierre, and Patrick Lighthouse (Faena Hotel)