

GREAT ESCAPES

We've scoured the globe for spas that suit every personality, whether you want an off-the-grid getaway or you've only got time for a quick facial **By** NING CHAO

Sometimes you just need to escape your life for a few days—or weeks, if your job/wallet can handle it—to recharge and rediscover your true self before your boss and family start monopolizing your mental health. (We get it.) Whether this means a fancy-schmancy pampering moment or multitasking while you're off-duty (beach chillin' + age-reversing skin massage = fewer antianxiety meds), we've uncovered these not-your-mother's retreats to help you look better and feel more like yourself again, so you can go back to kicking ass IRL.



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 Desert—one 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

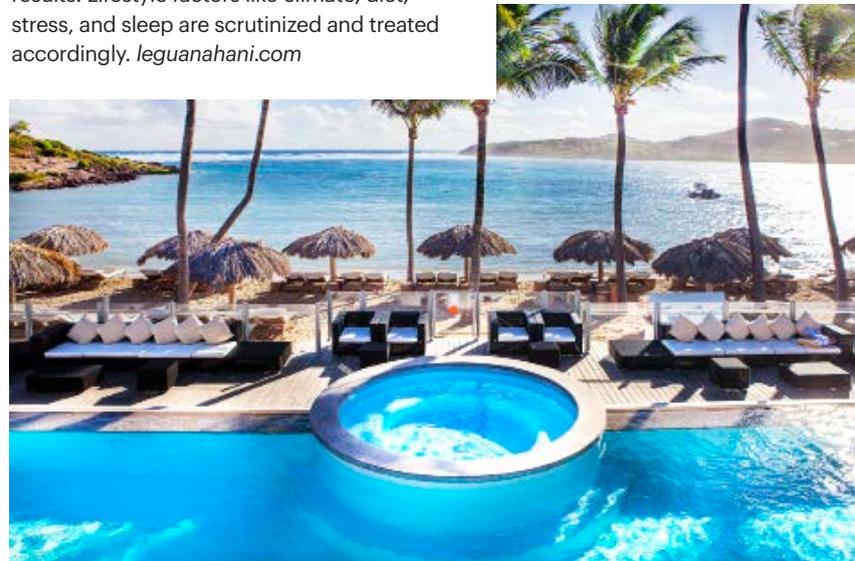
The place: SPA BY CLARINS AT LE GUANAHANI ON ST. BART'S, FRENCH WEST INDIES

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 active-ingredient boosters to maximize your facial results. Lifestyle factors like climate, diet, stress, and sleep are scrutinized and treated accordingly. leguanahani.com



SOUVENIR SUGGESTION
Clarins Double Serum, \$89.

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



The desert makes for a serene backdrop at the Tierra Atacama resort in Chile



A crazy-cool treatment room at the Chablé Resort in Mexico

For the SPIRITUALIST

The place: CHABLÉ RESORT NEAR MÉRIDA, MEXICO

The treatment: Maya Rebirth (\$330). **The lowdown:** Built around 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

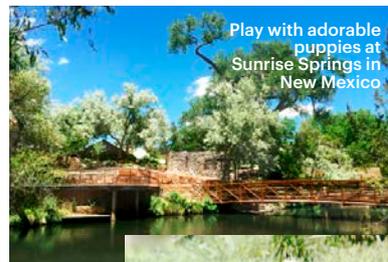
The place: CANYON RANCH WELLNESS RESORT IN KAPLANKAYA, TURKEY

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 sun-kissed 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. Win-win. sunrisesprings.com



Play with adorable puppies at Sunrise Springs in New Mexico



ALTERNATE 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 you'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

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Beauty GREAT ESCAPES



Historic Thai style rules at Zemi Beach House in Anguilla

For the NATURALIST

The place: ZEMI THAI HOUSE SPA AT ZEMI BEACH HOUSE IN SHOAL BAY EAST, ANGUILLA

The treatment: Taino Bathing Ritual (\$85).

The lowdown: Located in an ancient Thai house that was relocated from Thailand to Anguilla (!), Zemi Beach House resort's unique spa treatment was inspired by the indigenous Taíno Indians, who layered their bodies with a mud mix of salt, fruit, and herbs back in the day, then laid in the sun until the mud mask dried before bathing it off. In this 21st-century interpretation, scrub treatments using local plants and herbs are applied in a hot hammam to exfoliate and relax the body before it's layered with a mud mask, which detoxifies the skin as you chill on the sundeck. Rinse off in a rain shower, then chug coconut water in the Aty Vitality Pool—it pays homage to Atabeyra, the Taíno goddess of water and well-being. natch.zemibeach.com

For the DIVA

The place: DIOR INSTITUT AT THE PLAZA ATHÉNÉE IN PARIS

The treatment: Dior Prestige Grand Facial Treatment (\$250).

The lowdown: Ladies who live luxe (and those of us who want to treat ourselves for a job well done) will appreciate the special attention—and ornate treatment rooms—at the newly renovated spa at the Plaza Athénée hotel in Paris, where you may casually run into a local billionaire or two. Steps away from Dior's flagship on avenue Montaigne, the Institut's signature treatment spends 60 minutes on an indulgent facial massage using the brand's Rose de Granville-infused serums and creams, with 15 minutes focused on an area of your choice—lifting cheekbones or giving your jet-lagged eyes some extra TLC. They'll even toss in a posture-correcting back massage with some Dior treatments, so you'll walk out kneaded and sculpted to look—and feel—like a million bucks. dorchestercollection.com



SOUVENIR SUGGESTION
Dior Prestige Le Concentré Yeux, \$215.



The chic reception lounge at the Dior Institut in Paris

For information on where to buy, see Shopping Directory.

THE FAST TRACK

Sometimes you just want to get in, get treated, and get out. What these express spas save you in time and money, they make up for in speedy results

THE NOW: It doesn't matter if you want Swedish, sports, or energy-balancing, all the 25-minute massages cost just \$35 at this SoCal studio. Walk-ins are welcome, and if you spend an extra 10 bucks, you can get a Power Cleansing stomach rub that detoxifies and helps with digestion. thenowmassage.com

GIORGIO ARMANI BEAUTY: Shop till you drop at NYC's Bergdorf Goodman, and then enjoy some well-deserved pampering at the new Giorgio Armani beauty counter and facial spa. Spend \$200 on your favorite products and receive a complimentary 20- to 30-minute treatment of your choice. bergdorfgoodman.com

HEYDAY: Maintaining spotless skin is easy, thanks to this New York City facials-only spa. Thirty-minute treatments (cleansing, exfoliation, hydration) cost \$60; monthly memberships and facial packages get you extra discounts. thinkheyday.com