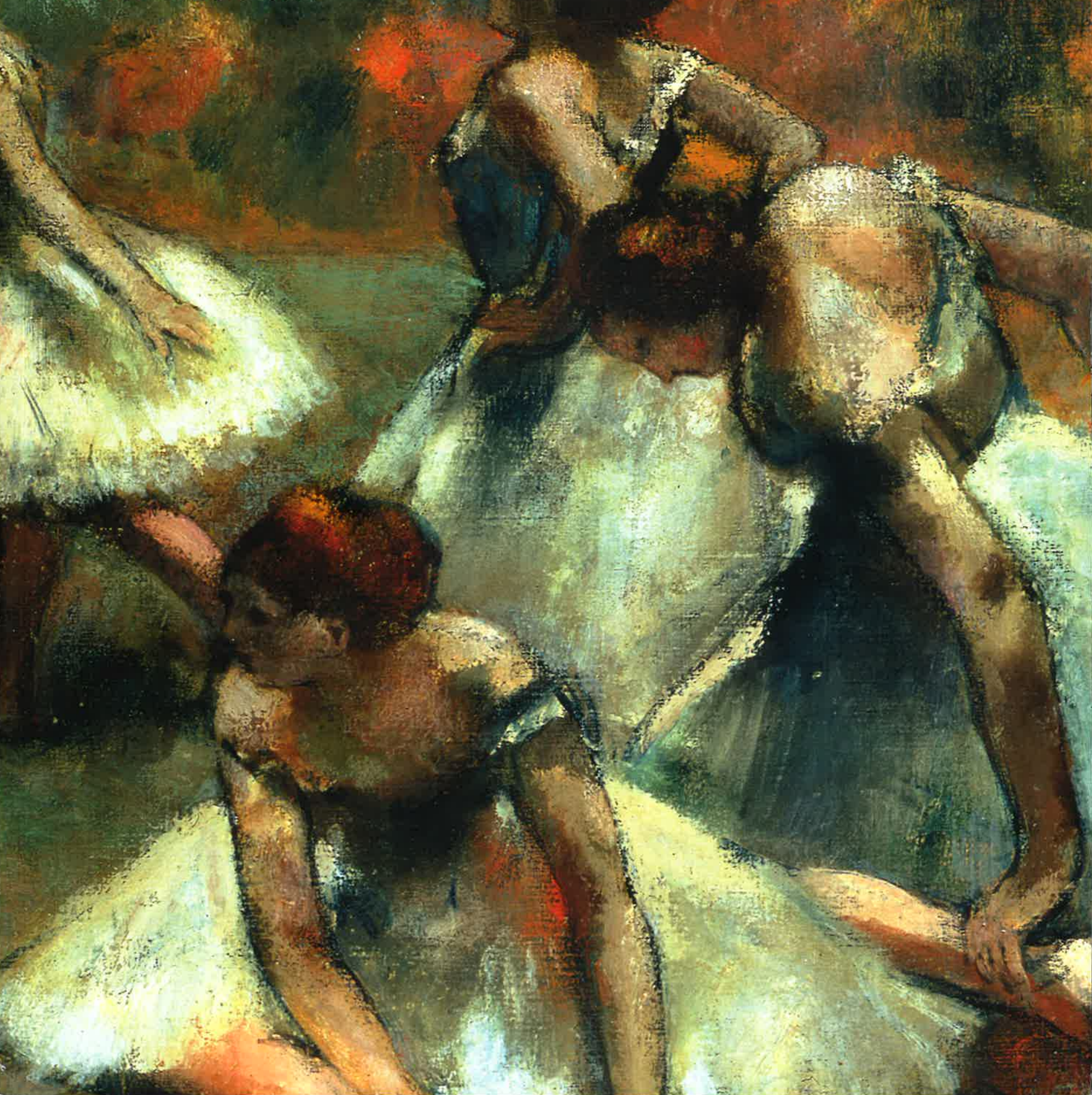


LUXURY

LUXURY MAGAZINE

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Wellness Weekends



Sign up for **Acqualina Resort & Spa's** monthly health-and-wellness talks, which include all-day access to the Sunny Isles, Florida spa's water rituals, ice fountains, experience showers, steam rooms, and relaxation lounges (above). acqualinaresort.com

Go behind the scenes with **Leslie Bennetts** as she shares stories from her new book, *Last Girl Before Freeway* (about trailblazing comedian Joan Rivers). February 10-11, 2017. Sign up for skin-repairing, fatigue-fighting spa treatments. Lake Austin Spa Resort (below), Austin, TX. lakeaustin.com



The newest **Green Shelters** is in Essaouira, a UNESCO World Heritage Site on Morocco's west coast. Yoga in the walled garden, guided meditation, hammam, and just slowing down. thegreenshelters.com

Rancho La Puerta (below) in Baja California, debuts a Running Program (to train for marathons or just for fun) and a Running Concierge who plans your workout and even runs with you. rancholapuerta.com



Hike to the source of **Evian Spring Water**. Line up with locals to fill your water bottle. Take the hydro-circuit through whirlpools, water currents, and jets at the Hotel Royal, opened in 1909 for travelers coming to "take the waters." Evian-Bains, France. evianresort.com

Experience the **Immerse + Thrive Package** at Sunrise Springs, tranquility on more than 70 acres near Santa Fe, New Mexico. Yoga. Meditation. And the new Ojitos open-air soaking experience. sunrisesprings.com

Wanderlust Oahu Festival. February 23-26, 2017. Yoga with the world's top teachers. Meditation with real ocean waves. Hiking in Banyan tree groves. Eco-kayaking with sea turtles. Turtle Bay Resort, Oahu (below). wanderlust.com



From HIIT circuits on the beach to yoga, team cycling, and mindful eating, Holistic Hideaways at **Le Soleil d'Or** (below) in the Cayman Islands offers personalized attention from a great lineup of wellness experts including Nikki Sharp and Rainbeau Mars. lesoleildor.com. >

