

Health, Wellness & Modern Green Living

organic spaTM

MAGAZINE

WELLNESS TRAVEL GUIDE

165 GLOBAL RESORTS
& DESTINATIONS

► TRANSFORMATIVE TRAVEL

Serene Sri Lanka

Herbal Healing in Brazil

Zen Escapes in Vietnam

Mineral Soaks in New Mexico

+ **Goat Yoga**

+ *Spring Beauty Trends*

+ **Modern Mocktails**

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WELLNESS TRAVEL GUIDE

2018

Our Wellness Travel Guide—one of the first of its kind—offers 165 carefully curated destination spas and resorts with wellness programs, as well as thermal and mineral springs and healing waters around the globe.

- UNITED STATES -
RESORTS WITH WELLNESS PROGRAMS

THE ALLISON

Less than an hour's drive beyond Portland, The Allison focuses on guest health and wellness. Enjoy restorative yoga sessions in the fitness studio or relax in the spa with blends of natural elements inspired by Oregon's surroundings. theallison.com

ASPIRA SPA AT THE OSTHOFF RESORT

The focal point at Aspira Spa is a spectacular circular Meditation Sanctuary, with a large sunken copper vessel, and also uses herbs grown in the resort's organic garden. aspiraspa.com

AUBERGE DU SOLEIL

Overlooking the Napa Valley is where you will find wine tasting and great food, hiking and biking proliferate in the Valley. The Auberge du Soleil allows you to create a barrier from the outside world so you can focus inward while taking in the beauty of nature. aubergedusoleil.aubergeresorts.com

BARDESSONO

It's easy to breathe deeply at Bardessono. As a LEED Platinum-certified resort, every detail has been designed to put guests' minds at ease. The restaurant menu is based on organic produce from the on-site garden and nearby farms. The spa treatments are seasonal and feature organic oils and ingredients. bardessono.com

BERNARDUS LODGE & SPA

The Bernardus Lodge & Spa is set on 28 acres in the heart of the Carmel Valley. The plots around the resort include chardonnay and pinot noir vines, fruit and vegetable orchards, and colorful gardens, and the resort uses the natural bounty around it in spa treatments. bernarduslodge.com

BLACKBERRY FARM

The spa and wellness menu at Wellhouse Spa has been redesigned with new treatments inspired by the surrounding region, and offers an outdoor program that includes aerobic guided hikes, deep woods meditation, yoga and guided trail runs. blackberryfarm.com

THE BOULDERS

A labyrinth that takes cues from ancient Hopi medicine wheels, a fitness center, and an on-site café are just a few of the offerings at The Boulders. Experience the Native American-inspired Turquoise Wrap with a turquoise clay wrap and a pure honey mask. theboulders.com

THE BROADMOOR

This Colorado retreat puts the environment above all else with farm-fresh cuisine and on-site vegetable gardens. Its Fitness Center has an extensive selection of health and wellness programs, including a boot camp, yoga, tai-chi as well as other levels of personal fitness. broadmoor.com

CALISTOGA RANCH

Tucked into a private canyon, this resort has abundant vegetable and herb gardens. Calistoga Ranch offers hiking and horseback riding through the Napa Valley as well as fitness classes. The spa offers soothing soaking pools, restorative organic spa treatments and a heated mineral pool to relax. calistogaranch.aubergeresorts.com

CALLAWAY GARDENS

Surrounded by hundreds of acres of gardens you will find Callaway Gardens with a spa that is a sanctuary where services are consistent in the organic message—products are botanical-based and organic. The fine-dining Gardens restaurant at Callaway carries the "Slow Food" designation, meaning it emphasizes locally grown and raised foods. callawaygardens.com

CARILLON MIAMI WELLNESS RESORT

A luxury hotspot on Miami Beach, the Carillon also offers a stellar wellness program, overseen by a top Miami MD, who is board-certified in functional medicine. Programs include detox, regenerative medicine, IV vitamins and more, all in a stunning surrounding, with a spa that also offers energy healing and chakra-balancing. carillonhotel.com

CARMEL VALLEY RANCH

In the sunny foothills of the Santa Lucia Mountains is a casual camp-inspired resort with adventures that range from a daily hilltop meditation to the organic honey harvesting program. Guests may chant and meditate in sessions that take place at the top of the Huff 'n Puff hiking trail. carmelvalleyranch.com

CHATHAM BARS INN

On the shores of Cape Cod, Chatham Bars Inn offers fresh produce and dairy products from its own farm. Relax at the spa with hydrotherapy tubs, saunas, steam showers and aromatherapy massages. chathambarsinn.com

CLAREMONT RESORT

Located just outside San Francisco, the Claremont Resort offers ancient acupuncture, rejuvenating facials and relaxing massages. Experience the spa, which focuses on holistic health, well-being and an array of lifestyle choices. fairmont.com/claremont-berkeley

DEVIL'S THUMB RANCH

Devil's Thumb Ranch, a two-hour drive out of Denver, is set on 6,000 stunning acres. The resort offers a restorative treatment called Altitude Adjustment, a relaxing massage that relies on a mix of strategically placed hot towels and aromatherapy oils to relax and center guests. devilsthumbbranch.com

FARMHOUSE INN

Located in the tiny town of Forestville, CA, the Farmhouse Inn will get you back into nature. The food is all locally sourced and the spa uses honey from the ranch in facial treatments, and carrots from the grounds are used in a puréed carrot mask. farmhouseinn.com