

marie claire

LOOK
HOT
NOW

SUMMER-
PROOF
YOUR HAIR

FLAWLESS SKIN
(NO FAKING IT)

PLUS
KATE MOSS'
BEAUTY
SECRETS

RITA
ORA

ON LOVE,
AMBITION
& HOW
A BREAKUP
MADE
HER BRAVE

MY DAD
WAS A
SERIAL
KILLER
P.122

HOW
LONG
CAN YOU
REALLY
PUT OFF
HAVING
KIDS?
P.128

Fashion
Gets
Fresh

PRETTY NEW TRENDS

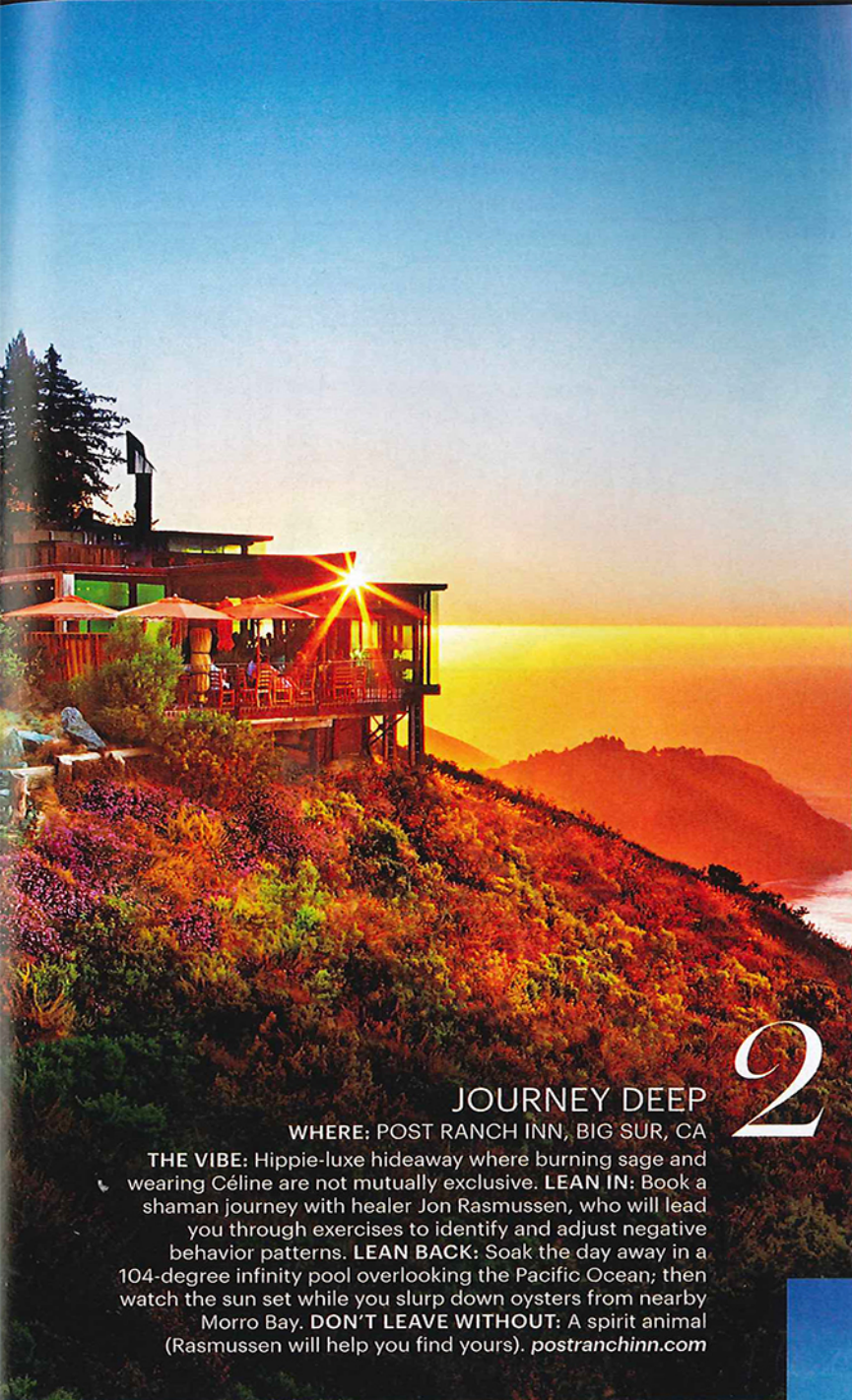


CHILL FACTOR

IN THE AGE OF LEANING IN, WHO WANTS TO LEAN BACK? WE DO—SOMETIMES. AND WHEN WE DO, THESE AMAZING SPAS LET US INDULGE OUR INNER SLACKER OR BE AN OVERACHIEVER (MASTER MEDITATION, DROP A FEW POUNDS). IT'S ABOUT OPTIONS, PEOPLE

By JENNIFER GOLDSTEIN *and* JOY HERNON

WHETHER IT'S TURQUOISE beaches off the Caribbean Sea or woodsy retreats in the foothills of the Great Smoky Mountains, Ayurveda or colonics, we've uncovered some of the most innovative destinations around the globe that offer a completely fresh take on your run-of-the-mill spa services. These standout locations are the perfect places to rebel against been-there-done-that hot-stone massages and routine facial extractions, and to experience as much, or as little, that you're game for (cue the cannabis). Reserve a window seat—we've got the spot for you.



JOURNEY DEEP

WHERE: POST RANCH INN, BIG SUR, CA

THE VIBE: Hippie-luxe hideaway where burning sage and wearing Céline are not mutually exclusive. **LEAN IN:** Book a shaman journey with healer Jon Rasmussen, who will lead you through exercises to identify and adjust negative behavior patterns. **LEAN BACK:** Soak the day away in a 104-degree infinity pool overlooking the Pacific Ocean; then watch the sun set while you slurp down oysters from nearby Morro Bay. **DON'T LEAVE WITHOUT:** A spirit animal (Rasmussen will help you find yours). postranchinn.com

2

TURN BACK TIME

WHERE: CORAL REEF CLUB, BARBADOS

THE VIBE: Old-school elegance that's basically the opposite of a trashy, flashy all-inclusive. **LEAN IN:** Want to come back from vacay looking five years younger? Try the Diamond Experience facial, featuring Natura Bissé's luxurious antiaging products. It includes a sunspot-annihilating peel, a facial massage that softens brow muscles and firms up your jawline, and a restorative mask that'll leave you shining bright like a diamond (this is Rihanna's native home, after all). **LEAN BACK:** If trolling the property's beach for seashells takes a toll on polished toes, treat yourself to an Elements Pedicure, complete with foot massage. **DON'T LEAVE WITHOUT:** Stuffing your face at the weekly BBQ, then sitting (far) back to enjoy the fire-eating performance. coralreefbarbados.com

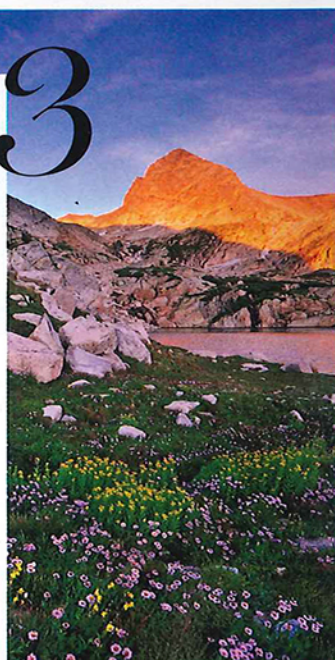


REACH A NEW HIGH

WHERE: PRIMAL WELLNESS CO. DAY SPA & STUDIO, ENGLEWOOD, CO

THE VIBE: Unassuming day spa ideal for the cannabis-curious. **LEAN IN:** Take an introductory class to meditation and reap the benefits that come with practice (heightened creativity, improved immune function). **LEAN BACK:** Now that recreational marijuana use is legal in Colorado for those 21 and older, a massage with cannabis-infused oil is a no-brainer. The oil won't get you high, but its anti-inflammatory effects help with joint aches. **DON'T LEAVE WITHOUT:** A complimentary session using a vaping pen loaded with soothing (non-psychoactive) hemp oil. primalwellness.co

3



FIND BLISS

WHERE: SIX SENSES, YAO NOI, THAILAND

THE VIBE: New Agey glamour in a paradise setting (*The Beach* was filmed close by). **LEAN IN:** Take advantage of spa director Dr. Ranjan Kapoor's training: The Ayurvedic physician can diagnose that nagging heel pain or persistent bloat during a consultation in a breezy thatched hut, and then put you on a course to fix it. **LEAN BACK:** Set sail on a *Cast Away* cruise (literally, that's the boat's name) in the turquoise Andaman Sea. **DON'T LEAVE WITHOUT:** The Four-Hand Massage. Enough said. sixsenses.com



4

5 SLIM DOWN

WHERE: SHA WELLNESS CLINIC, ALICANTE, SPAIN

THE VIBE: Where fashionistas go for tough love when they want to fit into their Lisa Marie Fernandez bikinis. **LEAN IN:** The seven-day Intensive Detox and Weight Loss program starts with a total physical and psychological workup from on-staff doctors, who prescribe an intense workout schedule of circuit training and Pilates accompanied by a macrobiotic diet low on carbs and heavy on algae (!). **LEAN BACK:** Indulge in daily treatments like facials and massages, and don't miss the colon hydrotherapy, which keeps things moving, so to speak, while you relax. **DON'T LEAVE WITHOUT:** Loading up on agar-agar tea, a high-fiber, mineral-rich brew that helps you feel sated. shawellnessclinic.com



6

FLOAT AWAY

WHERE: LE SERENO, ST. BART'S

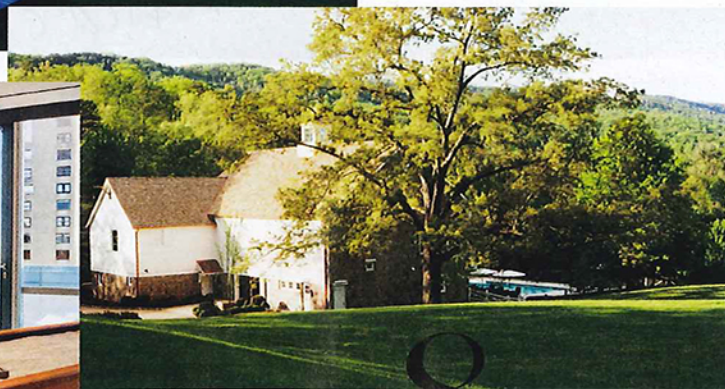
THE VIBE: All the perks of a French thalassotherapy spa—in the Caribbean. **LEAN IN:** Get more out of a massage with less: The 60-minute Eau de Rêve treatment forgoes the padded table in favor of warm, shallow water (the pool, the ocean—up to you), where a therapist guides you through stretches and kneads your muscles as you experience the mega relaxation that comes with weightlessness. **LEAN BACK:** Sometimes the best thing about water is just lying in the sun next to it. Between the 600-foot beach and the five pools (several are private), there's no shortage of options here. **DON'T LEAVE WITHOUT:** Kitesurfing. A protected cove and consistent wind make this look-cool-but-impossible sport feasible, even for a beginner. lesereno.com



7 ROCK OUT

WHERE: PARK HYATT NEW YORK SPA NALAI, NEW YORK CITY

THE VIBE: A sleek oasis in the city where the well-heeled kick up their Jimmy Choos. **LEAN IN:** Tone up during a swim in the 65-foot pool, complete with underwater speakers that play a soundtrack inspired by the spa's neighbor, Carnegie Hall. **LEAN BACK:** The signature treatment takes place on a bed of warm, crushed sand quartz, a mineral known for its healing properties. After nestling in, you get an exfoliating scrub, detoxifying green tea wrap, and heated-poultice massage. **DON'T LEAVE WITHOUT:** Lush bath products from the Le Labo boutique. newyork.parkhyatt.com



FOREST BATHE

WHERE: BLACKBERRY FARM, WALLAND, TN

THE VIBE: Where Nashville's Rayna Jaymes would go to "recover from exhaustion." **LEAN IN:** Try the Japanese practice of "forest bathing" during the Deep Healing Woods program of expert-led yoga classes, set among the hickories at the base of the Great Smoky Mountains. **LEAN BACK:** Plan ahead for dinner and a listening session with Country Music Association Award-winning Little Big Town in December. **DON'T LEAVE WITHOUT:** Meeting George, one of the llamas who protects the property's sheep herd from predators. blackberryfarm.com