

HEALTHY TRAVEL SPECIAL!

Outdoor adventures,
zen spas + cozy retreats

SHAPE

Kristen Bell

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November 2017
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WHAT YOU NEED NOW
Speedy self-care +
miniworkouts

2017
SHAPE
HEALTHY TRAVEL
AWARDS

Best/HOTEL SPA

SOAK IN THE OUTDOORS

Como Shambhala Retreat at Como Parrot Cay; Turks and Caicos

You'll start to feel the stress melt away as soon as you catch sight of this spa, situated in pavilions overlooking the serene North Caicos Channel. If the holistic treatments—Ayurveda, aromatherapy, Pilates, Japanese baths—don't leave you completely relaxed, a soak in the outdoor Jacuzzi garden certainly will. Bonus: Pros like a Thai massage therapist and an Ayurvedic wellness consultant offer one-on-one sessions. (Rooms from \$600 a night, comohotels.com/parrotcay)

TAILORED-TO-YOU TREATMENTS

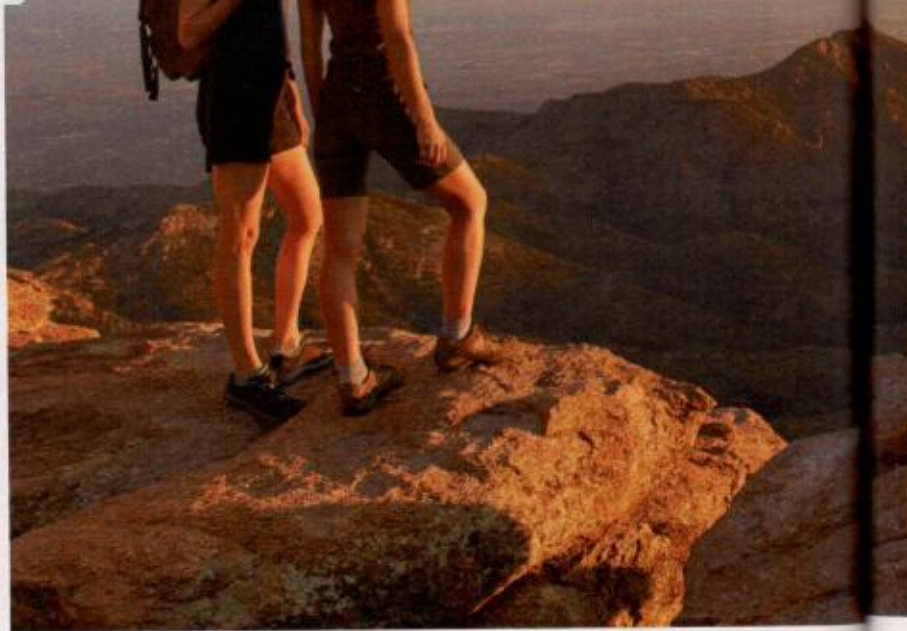
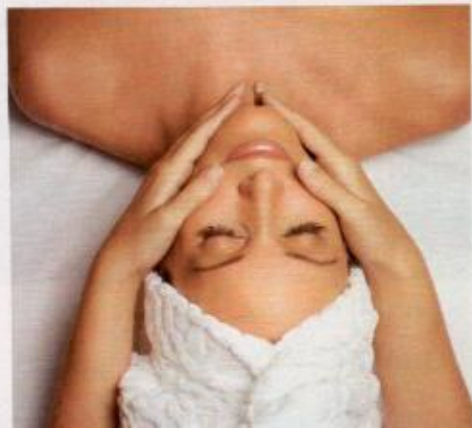
Spa Montage Beverly Hills; Beverly Hills, California

Every offering at this spa is customized to your lifestyle and wellness goals. Therapies include massage, aromatherapy, reflexology, or thalassotherapy using seaweed and salt water. Or opt for one of the L. Raphael treatments—high-tech skin-care and beauty therapies that incorporate oxygen, ultrasound, and antigravity techniques. (Rooms from \$740 a night, montagehotels.com/beverlyhills)

MODERNIZE YOUR MASSAGE

The Spa at the Omni Grove Park Inn; Asheville, North Carolina

This year, the subterranean spa added the Relax Well Treatment Pod, which has 12 programs meant to enhance traditional therapies. So after you get a detoxifying clay body wrap, for instance, the pod will surround you with mood-boosting colored light. The pod also has a thermal sauna, aromatherapy, salt mist, and massage vibration. (Rooms from \$199 a night, omnihotels.com)



BEST KIDS' PROGRAMS

FAMILY NIRVANA

Franklyn D. Resort and Spa; Runaway Bay, Jamaica

With access to a personal nanny, plus a kids' club that offers sports, arts and crafts, beach games, and nightly dance shows, little ones will never want to leave. (Rooms from \$340, fdrholidays.com)

ENDLESS ADVENTURES

The Ritz-Carlton, Lake Tahoe; Truckee, California

Ritz Kids offers adventure hikes and scavenger hunts. And try the Kids Indoor Campout, with a luxe in-room tent and a s'mores kit. (Rooms from \$229 a night, ritzcarlton.com/laketahoe)

SEASIDE FUN

Wequassett Resort and Golf Club; Cape Cod, Massachusetts

The new children's center features a pirate-ship playground, an outdoor amphitheater, and an old-fashioned ice cream truck that stops by daily. (Rooms from \$425 a night, wequassett.com)

Best/HOTEL GYMS

FITNESS BONANZA

Kimpton Glover Park Hotel; Washington, D.C.

This new property has an Urban Athletic Club, a 2,000-square-foot gym with all the equipment you could possibly imagine: Spinning bikes, air bikes, boxing bags, rowing machines, Kiss the Sky yoga mats and gear, TRX bands, rings, power racks, Prowlers and pulling ropes, plyo boxes, and more. Early risers can sign up for the gym's signature class, a 50-minute combo of sports conditioning and strength training. (Rooms from \$145, gym classes from \$10, gloverparkhotel.com)

OLYMPIC OFFERINGS

The Hotel at the Los Angeles Athletic Club Hotel; Los Angeles

This athletic-club-cum-hotel has fitness facilities that span five floors and include an Olympic-size indoor pool (sometimes used by actual Olympic athletes in training) and basketball and squash courts. Book a one-on-one training session to fine-tune your backstroke or jump shot, or sign up for





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TO REBOOT
YOUR HEALTH

Canyon Ranch; Arizona; Massachusetts

For wellness expertise, you can't beat Canyon Ranch. Both properties work with top experts, including physicians, nutritionists, and exercise physiologists who host workshops, lectures, and private sessions to help you come up with a plan for a healthier, happier life. That's in addition to the luxurious massage and body-work therapies, year-round outdoor sports, and personalized private fitness training. (Stays from \$800 a night, canyonranch.com)



a group exercise class like kickboxing, Pilates, circuit training, aerobics, or tai chi. (Rooms from \$229, laac.com)

GROUP CLASSES GALORE

The Four Seasons Resort and Club Dallas at Los Colinas; Dallas

Everything is bigger in Texas, and the fitness facilities at this resort are no exception. We're talking more than 60 classes a week, including MMA training and AntiGravity Aerial Yoga. Nutrition coaches are available, and there's an exclusive Muscle Activation Technique specialist who can help assess and correct any muscular issues. (Rooms from \$300, fourseasons.com/dallas)

HEALTHIEST CRUISES

RESTORE AND EXPLORE

Holland America Line

Jump-start a morning yoga and meditation routine with the just-Breathe programming offered onboard. Follow your serenity session with a little adventure: The cruise line's Exploration Central program tells you what to visit at each stop and books you tours for snorkeling, swimming, and tubing. (Cruises from \$749 for seven days, hollandamerica.com)

FIT AND FUN

Silversea Expeditions

These smaller Expedition ships are designed to take you to spots that larger ships can't reach. The Wellness Expeditions have classes like yoga, Pilates, and aqua-gym workouts, plus spa treatments, healthy meals, and nutritional counseling. Or book an Adventure & Exploration Expedition for an up-close look at awe-inspiring local wildlife like Antarctic penguins. (Cruises from \$4,900 for seven days, silversea.com)

HIP SHIP

Uniworld

During the frequent stops on this river cruise, you can bike or kayak with a guide or a naturalist. Back on the ship, get your fitness fix at the gym, which offers classes like yoga and Five Tibetan Rites, or sign up for private sessions. Then indulge in some pampering at the ship's Serenity River Spa, which features luxe Hermès and L'Occitane products. (Cruises from \$2,799 for eight days, uniworld.com)



Best/HOTEL RESTAURANTS

RUSTIC GARDEN DINING

Earth at Hidden Pond; Kennebunkport, Maine

The signature restaurant at this tranquil New England resort brings the outdoors in. Seasonally inspired dishes are made from fresh-picked ingredients like herbs and heirloom veggies, many of them from the two on-site organic gardens. Even the restaurant itself is locally sourced: The walls were built from the forest's trees. (Rooms from \$349 a night, hiddenpondmaine.com)

ECO-FRIENDLY EATS

Natural Epicurean at the Broadmoor; Colorado Springs

This healthy, earth-friendly restaurant serves delicious, energizing fare. Kick off your day with a cold-pressed juice like the Antioxidant Infusion (pomegranate, blueberry, and Japanese green tea); later, try one of the colorful creative salads, like the Vietnamese kale. And feel good knowing that the tables, glassware, china, and place settings are all made from recycled materials. (Rooms from \$445 a night, broadmoor.com)

REFRESHING AND REFINED

Citrus & Palm at Miramonte Indian Wells Resort & Spa; Indian Wells, California

This restaurant is all about balance: healthy food, creative combos, and total satisfaction. That means handcrafted cocktails made with herbs grown on property, innovative bites like bluefin poke, and elevated comfort food favorites like pumpkinseed French toast. (Rooms from \$109 a night, miramonteresort.com)