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FIND
YOUR
CHILL
EASY SUMMER
DRESSES
HOW TO AVOID
BURNOUT
CAN A
SPA SAVE
YOUR
LIFE?

marie claire

POWER, PURPOSE & STYLE

JULY 2011

BEAUTY

One of the elevated beach huts at GoldenEye, in Jamaica

CAN A Spa SAVE YOUR LIFE?

These retreats and resorts offer solutions for (almost) all of your problems

YOUR PROBLEM:

"I spend so much time at my office, I'm beginning to look like a hermit."

WHERE TO GO: GoldenEye, Oracabessa Bay, Jamaica

THE PRESCRIPTION: Fifty-plus-hour workweeks can leave you looking like Queen of the Mole People, but GoldenEye, a secluded playground on the north coast of Jamaica, has the cure. There you'll find some much-needed sun as well as the true luminizers: exercise and skin-renewing spa treatments. Start the day snorkeling through a coral reef just offshore, slice through the aquamarine water of the resort's private lagoon on a kayak, and then take a stand-up paddleboard across Oracabessa Bay to James Bond Beach. (The villa where author Ian Fleming created the 007 character still stands on the eastern end of the property.) Once you're flush with endorphins, walk—or, better yet, swim—to the lagoon-side FieldSpa, settle on the porch facing an electric sunset, and soak your feet while you wait for your treatments: a full-body scrub with coconut oil, sugar, and ground coffee from Jamaica's Blue Mountains, followed by a massage with anti-inflammatory oils of ginger and allspice (both local plants), which will leave you radiant.

THE DETAILS: Rooms from \$315 per night (includes water sports and activities; spa treatments are separate); goldeneye.com. —Jennifer Goldstein

YOUR PROBLEM:
"Managing and problem-solving 24/7 has given me decision fatigue."



The Treehouse cottage at Twin Farms.

WHERE TO GO: Twin Farms, Barnard, Vermont

THE PRESCRIPTION: Forgo the research and planning (you already do enough of that) and hand vacation control to the experts at Twin Farms. This Vermont hideaway is not so much an all-inclusive resort as a place where you can pretend you own a fully staffed weekend home on a 300-acre bucolic estate. Book a cottage and hole up in the woods for days on end, with all the cooking and cleaning handled by your super-discreet staff. Antsy for an outing?

Borrow a cruiser and bike downhill to nearby Woodstock, then call for a ride back to the resort. Want some QT with nature? Grab poles and gear to fish the pond. Mealtime is when the real magic happens: Twin Farms doesn't have menus because the chef already knows your preferences and prepares in-season multicourse meals to your liking using local ingredients. Eat wherever (the lodge, your porch, a picnic blanket outside) you choose, and know that the food will come with a perfectly paired wine from your—sorry, *its*—15,000-bottle cellar.

THE DETAILS: From \$1,700 per night (all food and activities included); twinfarms.com. —J.G.

YOUR PROBLEM:
"If I get one more CNN notification, I'll scream."



SwaSwara overlooks the Arabian Sea.

WHERE TO GO: SwaSwara, Karnataka, India

THE PRESCRIPTION: This Ayurvedic retreat on the coast of the Arabian Sea is a digital detox by default. Wi-Fi is restricted to the property's library, making your personal villa a phone-free zone. But you won't miss Twitter or your endless inbox at this haven. Slip into the provided (and chic) cotton tee and pants and engage in the property's guided meditations and preferred Hatha-yoga practice, which focuses on physical suppleness and flexibility. The philosophy? Strengthening the body helps strengthen the mind. The cleansing doesn't stop when it's time to eat: If you sign up for the Ayurveda program, doctors identify your *dosha*, or energy type, and create a custom meal plan based around organic indigenous vegetables. And don't worry, your presence isn't messing with the biosphere: Much of the property's 26 acres remains untouched to protect the ecosystem, and the on-site farm is kept lush with fertilizer made from kitchen waste.

THE DETAILS: From \$2,800 for a seven-night stay; cghearth.com/swaswara. —Taylore Glynn

YOUR PROBLEM:

"I need a break from toxic masculinity."

WHERE TO GO: Escape Haven, Bali, Indonesia

THE PRESCRIPTION: If the men in your life (or those in power) are stressing you out, this retreat could be the antidote. Escape Haven's founder, Janine Hall, says she noticed many of her female friends were too busy with their jobs to find time for self-care. Her idea: a retreat where women (on average, 12 at a time) could put their physical and mental well-being first, away from patriarchal pressure. During your stay, you'll visit Bali's famous Tanah Lot Temple, lounge on the dreamy beaches of nearby Lembongan Island, and take meditation, jewelry-making, and cooking classes. Meals are customized to your preferences, and the spa offers more than 30 treatments, including Kati Vasti, a pain-relieving back massage, during which an herb-infused dough is shaped into a bowl on your back and filled with warm oil (looks crazy; feels wonderful). You'll leave recharged and empowered, with a sisterhood of new friends to boot.

THE DETAILS: From \$2,295 per seven-day retreat; escapehaven.com. —Emily Cavanagh



It's ladies only at Escape Haven.

BEAUTY

YOUR PROBLEM:

"I'm exhausted, but I can never fall asleep."

WHERE TO GO: Lanserhof Tegernsee Resort, Tegernsee, Germany

THE PRESCRIPTION: If your insomnia has gotten out of hand and medical intervention is in order, you might as well do it in style at this prestigious property in the Bavarian Alps. The clinic's



The pool at Lanserhof Tegernsee Resort

doctors and therapists offer the same care as a medical center with the feel of a luxury retreat. (Think plush hotel robes instead of flimsy hospital gowns.) Sign up for the Lans Better Sleep Programme 2.0: To get to the root of your problem, a therapist monitors your heart rate for 24 hours and assesses everything from your stress to your hormone levels in order to create a customized treatment plan. You may be in need of respiratory therapy or a custom-fitted snoring splint (it's like a mouth guard) to adjust your breathing, or perhaps the fix is a diet adjustment to balance micronutrient levels. Rest assured, by the time you leave the Alpine sanctuary, you'll be sleeping soundly through the night.

THE DETAILS: The Better Sleep Programme 2.0, including a seven-night stay in the sleep suite, is \$8,300; lanserhof.com. —T.G.

Eremito is a throw-back to simpler times.



YOUR PROBLEM:

"My roommates/family/coworkers are driving me crazy."

WHERE TO GO: Eremito, Umbria, Italy

THE PRESCRIPTION: Need to get away from everyone—or just a particular someone? Surrounded by forests on all sides, the Eremito resort houses guests in simple, solitary rooms, called *celuzze*, that are designed to invoke a monk's quarters from the Middle Ages. In fact, the entire property has an austere aesthetic and minimal furnishings to help you escape from crowds and reconnect with yourself. The kitchen serves a vegetarian menu inspired by monastic traditions, and there are no televisions, Wi-Fi, or scheduled activities, so you're free to live in the moment. Relax in the stone-lined steam room, hike through pristine woods, or read for hours without fear of interruption. Think of it as your own private (pious) paradise.

THE DETAILS: From \$280 per night; designhotels.com/eremito. —Hana Hong

Tierra del Volcán in the shadow of Cotopaxi Volcano



YOUR PROBLEM:

"I have serious imposter syndrome."

WHERE TO GO: Tierra del Volcán, Hacienda El Porvenir, Ecuador

THE PRESCRIPTION: An adrenaline-fueled adventure in the Andes will boost your confidence and help you relish your accomplishments. This family-owned resort, located next to one of the world's highest active volcanoes, challenges you to step outside your comfort zone with the help of patient instructors. Founder Jorge Pérez says guests regularly overcome fears while staying at the hacienda. Try the high ropes course with a view of the rolling hills or a horse-back ride through the landscape, littered with the rocky remains of ancient volcano eruptions. Those who prefer to take things a little slower can enjoy hiking trails, mountain biking, and cooking classes. How's that for personal empowerment?

THE DETAILS: From \$99 per night (activities range from \$20 to \$200); tierradelvolcan.com. —H.H.