

Wellness Living & Travel

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MAGAZINE

## Style & Wellness Living

2020 Wellness  
Travel Awards

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Mii Amo  
Sedona, Arizona



# SPECIAL AWARDS



Grand Velas Riviera Maya

## Best Girlfriend Getaway

### Sea Island Resort, United States

With its wide array of accommodation options (from hotel rooms and cottages to rental homes), activities (from the beach and golf course to environmental-focused fun) and dining choices (think fine dining to ice cream shops), it's easy to see why Georgia's Sea Island Resort has long been a favorite with families and groups. Add to that the extensive spa and fitness offerings, and it's also a perfect pick for a girlfriend's retreat—one that can be as healthy or indulgent as each guest wants. The vast wellness complex features lots of open areas—often stocked with homemade treats—while healthy cooking and cocktail sessions, a packed calendar of fitness classes, Naturopathica treatments and more encourage bonding. [seaisland.com](http://seaisland.com)

### Grand Velas Riviera Maya, Mexico

At all-inclusive Grand Velas, a chic beachside resort near Cancun, female friends have plenty of options for BFF reunions. Bustling, with abundant intimate crannies for secret chats, the resort has spacious suites, 24/7 room service (for that midnight guac craving), eight restaurants, three swimming pools and a karaoke bar. The highlight, SE Spa, encompassing 90,000 square feet, offers an eight-step, signature water journey to experience with friends, plus a variety of authentic Mexican spa treatments. [rivieramaya.grandvelas.com](http://rivieramaya.grandvelas.com)



## The Lodge & Spa at Brush Creek Ranch, United States

Wyoming's Sierra Madre mountain range, Medicine Bow National Forest and Platte River Valley form the breathtaking backdrop for this resort, which is also a working ranch that (in season) is home to thousands of cattle. Among the three accommodation options is The Lodge & Spa, a western-chic base for enjoying adventures like ATV rides, rock climbing, horseback riding, fly fishing, plus an array of games for all ages. Just opened this fall, The Farm will both provide ingredients for meals and host interactive experiences in farming, butchery, cheesemaking and wine and spirit blending. The Trailhead Spa celebrates organic ingredients in treatments like the Wyoming River Stone Massage and Spirit of Brush Creek Wrap. [brushcreekranch.com](http://brushcreekranch.com)

## The Broadmoor, United States

Like an American castle, the regal Broadmoor Resort in Colorado Springs looms large, competing companionably with the mountains that surround it. A family vacation destination since its opening in 1891, the vast, buzzy retreat keeps all ages occupied, from tots to seniors.

Expect boating, ziplining, swimming, hiking, fishing, bowling—even cattle drives at its affiliated Wilderness Property, The Ranch at Emerald Valley. In the chandelier-adorned Spa, 16-year-olds-plus have classic treatment options, while kiddos can sit for junior haircuts, princess updos and mani-pedis in the salon. [thebroadmoor.com](http://thebroadmoor.com)



The Broadmoor

## Cliff House, United States

The roaring surf and salty sea air at Cliff House, perched on a high bluff along the coast of southern Maine, has attracted nature-loving guests since it opened in 1872. With most rooms showcasing expansive views of an endless horizon, Cliff House evokes a wild beauty that can't help but bring guests into bloom, like the lovely sea roses that grow nearby.

The 9,000-square-foot Spa and Wellness Center, a true sanctuary, is inspired by the elements—wind, water, earth, fire, metal—which are all on display, in full force, along the rugged Maine landscape. Each treatment room frames a view of the boulder-strewn coast tumbling into the Atlantic. A cliff walk called the Marginal Way ends in the town of Ogunquit, where guests can take a stroll, then head back to Cliff House and tuck into—what else?—a Maine lobster at the restaurant or lobster shack. [cliffhousemaine.com](http://cliffhousemaine.com)



Cliff House

## Best Couples Getaways

### San Ysidro Ranch, United States

Resting in the foothills of the Santa Ynez Mountains, San Ysidro Ranch in Santa Barbara, California, is a true oasis. This peaceful haven features 41 cottages that dot 500 acres of lovely lush rolling hillsides, with bright, colorful gardens. Local herbs like lavender and rosemary fragrance the sun-kissed air, and each spacious cottage is beautifully landscaped.

The Spa at San Ysidro Ranch is a lovely spot where guests are not only well taken care of, they are cosseted in a cocoon of tranquility. Signature treatments nurture mind, body and spirit. The Couple's Suite is pure enchantment, and the spa decor features flickering fireplaces and walls hand-painted with natural scenes of beautiful birds that bring the outside in. San Ysidro Ranch is a magical, romantic retreat where guests can immerse themselves in a warm glow! [sanysidroranch.com](http://sanysidroranch.com)

## Twin Farms, United States

According to one study, couples coordinate their heartbeats and breathing patterns when falling in love. Recalibrate that state of synchronicity at pastoral Twin Farms, in Vermont, a tony place to return to the land—and reap its rewards. Amongst 300 rolling woodland acres, with idyllic wildflower fields, this adults-only refuge has just 20 cottages, each artfully designed with privacy in mind. After canoeing or picnicking, the elegant Bridge House Spa (and its Japanese ofuro tub) beckons—or enjoy a fireside treatment in the privacy of your room.

Try Love In Bloom, a romantic in-room treatment that includes a couple's massage with an Intentional Aromatherapy Love blend and an aroma-enhanced warm bath complete with rose petals and champagne. Peruse the extensive private art collection, and enjoy extraordinary dining with a superb wine selection. Enjoy a Bee Tour, with the resident apiarist and learn about the pollen-to-pallet process and just how all of that delicious Twin Farms honey is harvested. Go enjoy biking, canoeing, skiing and trail riding. Or enjoy doing nothing—together! [twinfarms.com](http://twinfarms.com)

## Phulay Bay, A Ritz-Carlton Reserve, Thailand

An expansive beach and endless views of the Andaman Sea set the scene for romance at this gorgeous island retreat—as do the spacious villas with perks like outdoor showers, plunge pools, private terraces and custom-designed, extra-long beds. Resort activities like complimentary boat rides to Hong Island, cocktail-making classes and Thai cultural workshops can be enjoyed with your partner, as can relaxing rituals at the spa. Book the three-hour Private Spa Suite for Two to enjoy your pick of custom treatments, followed by time in a couple's room equipped with double steam showers, al fresco massage pavilion and lagoon-view loungers. [ritzcarlton.com](http://ritzcarlton.com)



## Malliouhana, Auberge Resorts Collection, Anguilla

First opened over 30 years ago, this beachside gem underwent a multimillion-dollar refresh in late-2019, ensuring its status as a glamorous—and romance-ready—getaway. Along with new accommodations (some with plunge pools and freestanding tubs) and fun dining options (like a toes-in-the-sand eatery and a legendary sunset-view bar), you'll find a spa upgraded with six new rooms for enjoying treatments like the two-hour Tropical Euphoria, featuring a foot ritual, custom-blended scrub and coconut milk bath and massage. In between the relaxing, take a ceviche class, explore the island in an eco-friendly Moke vehicle, or book a “beach-fari” to seven of Anguilla's top beaches. [aubergeresorts.com/malliouhana](http://aubergeresorts.com/malliouhana)

## Ladera, St. Lucia

St. Lucia's majestic Piton mountains watch over this intimate, eco-friendly resort located on a former cocoa plantation, in what's now part of a UNESCO World Heritage Site. Each of the 37 rooms has an “open wall” to draw in the ocean, while activities like rainforest tours, beachfront horseback riding, sunset cruises and sunrise meditation further connect you to the surroundings. Head to the spa for a couple's soak in the garden-set hot tubs, followed by nourishing treatments performed on a private deck—surrounded by views of those emerald-hued hills. [ladera.com](http://ladera.com)

# Best Mineral Bathing/Hot Springs

## Tabacon Thermal Resort & Spa, Costa Rica

Costa Rica is home to 67 volcanoes—including six that are still active. Due to all this geothermal activity, the country is known for its natural hot springs areas, most notably around the Arenal Volcano in the northwest. There, at the award-winning Tabacon Resort, guests can soak in over a dozen pools, each composed of a mix of rainwater and magma that has sunk to the earth's core—where it gets heated—then risen back up to the surface, infused with hydrothermal flora (good for the skin's defense system) and minerals from the “resting” volcano. Ranging from 77 to 122 degrees, and low in sulphur, the pools are open to resort and spa guests, or through a number of day-spa packages. The resort's Grand Spa offers a long list of treatments, including body scrubs using local coffee and wraps using volcanic mud. [tabacon.com](http://tabacon.com)

## Villa Stephanie, Germany

Since Roman times, the Black Forest town of Baden-Baden has drawn wellness seekers with its famous mineral-rich hot springs. Building on that healthy tradition, a few years back the 140-year-old Brenners Park Hotel & Spa launched Villa Stephanie, an intimate hotel-within-a-hotel focused on spa, fitness and well-being. Check in to one of the lovely rooms (which—with a flick of a switch—can be disconnected from the internet) to enjoy a la carte services or expert- and doctor-run programs that focus on immune-boosting, skin health, weight loss, detox and more. Swim or take a fitness class in the park-view pool or ask the spa concierge to set up a visit to the historic mineral bath complex in town. [oetkercollection.com](http://oetkercollection.com)