

# TOWN & COUNTRY TRAVEL

SPRING/SUMMER 2015

## Surfing SAFARI

An Inside Guide  
to the World's  
Best Breaks

& TOP SURF  
CAMPS FOR  
BEGINNERS

## Thrilla in the VILLA

Vacation  
Rental Excess!

*PLUS:* 10  
TOP VILLA  
EXPERTS

8 GREAT  
DETOX  
SPAS

ITALY's  
Beachy Secret  
AFRICA  
For Gastronomes  
HAWAIIAN  
Getaway  
MOROCCAN  
Mystique



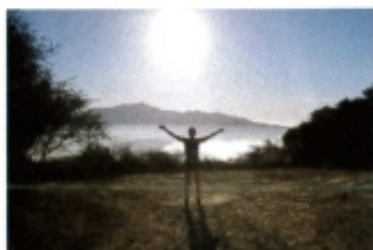


# THE DETOX DESTINATIONS

## SHA WELLNESS CLINIC

ALICANTE, SPAIN

In this Mediterranean shrine to macrobiotics, calorie counts are notoriously low (the most spartan regime clocks in at a mere 500 to 700 a day), so it's no surprise that guests put weight loss at the top of their wish lists. Classes in tai chi and laughter therapy help to distract from the deprivation. [shawellnessclinic.com](http://shawellnessclinic.com)



## THE ASHRAM

CALABASAS, CA

There's loads of *omm-ing* at this legendary house of holism. The Ashram stays hot by not bending with the times too much. Still, the fitness program is much tougher than it used to be—the hikes are longer, the hills higher—to accommodate the superfit guests. [theashram.com](http://theashram.com)



## WE CARE

DESERT HOT SPRINGS, CA

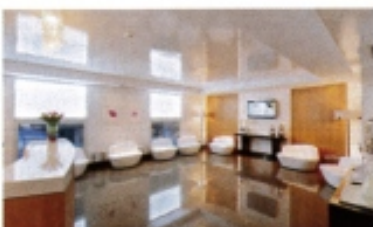
With a return rate of 85 percent, and booked up a year out, We Care is the mack daddy of destination cleansing spas. It's starry—guests are used to seeing Cameron Diaz or Matt Damon in their bathrobes—but in a low-key way. [wecarespa.com](http://wecarespa.com)



## RANCHO LA PUERTA

BAJA CALIFORNIA, MEXICO

One clear sign a boot camp has got it going on? Wellness guru Frank Lipman makes it his destination for a yearly reset. Farm-to-table classes—offered in the buzzy culinary school, on the property's six-acre organic farm—teach all the organic essentials. [rancholapuerta.com](http://rancholapuerta.com)



## PALACE MERANO

MERANO, ITALY

Following the principle that everyone is at least a little toxic, the staff doctors at the Espace Henri Chenot at Palace Merano restore order via anti-allergen diets and bioenergy treatments such as cupping and tendon-muscle massage. [palace.it](http://palace.it)



## RANCH AT LIVE OAK

MALIBU, CA

There's more than one way to skin a detox cat, and for the Ranch it isn't through colonics. The path to clean and lean includes 1,400 "nutritionally dense" calories and up to 10 hours of exercise per day. The mantra here is about habits you can take home. [theranchmalibu.com](http://theranchmalibu.com)



## VIVA MAYR

MARIA WOERTH, AUSTRIA

Food allergies are enemy *nummer eins* at this fashion flock fave, which just underwent an extensive renovation. Viva Mayr puts guests through rigorous testing to determine sensitivity to things like histamine-generating red wine and cheese. Once they're removed, you can get slim, trim, and gorgeous. [viva-mayr.com](http://viva-mayr.com) D.W.