

LUX LIFE

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10 Best Dressed
women of 2018

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Spa hideaways

Yoga in India, spirituality in Sedona or hot-spring healing in Austria? Take your pick with our resort hit list

By BECCA HENSLEY



In a world rife with external noise, oftentimes, we can barely hear our internal song — let alone realize how much we need interior harmony. It's never too late to start listening, though. Getting away from the bustle can help. Want to let the banter of technology, stress and gross abundance dissipate for a spell? Find illumination — or just some classic rest and repose — at these destination spa resorts, 10 of the best wellness getaways across the globe.

Lake Austin Spa Resort AUSTIN

Edged by a verdant nature reserve on the banks of the Lake Austin, this easy-to-reach retreat has a casual sophistication with a design-minded lakehouse vibe. Check into one of 40 rooms with a view, then explore 19 acres that include boat docks and water toys galore (stand-up paddleboards, kayaks), hammocks strung between trees, several

swimming pools, an organic garden, high-tech gym, pathways to hike, two restaurants and an expansive spa complex offering 100-plus treatments, from wraps to energy work. Healthful meals, dozens of fitness classes, cooking courses and wellness seminars are included in the price. The best way to arrive with friends: the resort's new boat taxi service from central Austin. *\$1,785 for a three-day stay (spa services a la carte); lakeaustin.com*



WISTERIA GROWS NEAR A QUIET LOUNGE AREA AT RANCHO LA PUERTA IN TECATE, MEXICO.

Rancho La Puerta

TECATE, MEXICO

Family-owned Rancho La Puerta opened in Tecate, Mexico, just across the border from San Diego, in 1940. Today, it remains a standard bearer for fitness-focused vacations (and a favorite among celebrities). A tranquil, joyful place occupying 4,000 acres in a nature preserve, the ranch continues its slow-food-based culinary tradition with fresh vegetarian meals and snacks. Highly touted cooking courses give guests a manual of new recipes to take home and continue their quest for wellness, too. More than 50 classes and activities to choose from daily, a spa offering a wide range of services including holistic therapies, plus themed weeklong stays, from yoga to nutrition, add to ranch's allure. A one-week stay here is the norm. *\$4,200 for seven nights (spa services a la carte); rancholapuerta.com*

Mii Amo

SEDONA, ARIZONA

Amid a 70-acre parcel of pine forest-profuse, red-rock-dotted mountainside in mystical Sedona, 16-suite Mii Amo offers treatment-packed three- or seven-day stays, all inclusive of healthy meals, activities (think mountain biking and hikes across the region's famed vortexes), fitness classes and spa time galore. Staffed with highly trained seers and therapists, the resort specializes in rituals meant to awaken the spiritual realm — from meditation to past life regression sessions to aura photography. Guests receive bespoke itineraries that allow for both experimentation (hypnosis to quit smoking? Native American modalities?) as well as the tried-and-true basic massage. *\$3,400 for a three-night "journey"; miiamo.com*



RED ROCKS SURROUND MII AMO IN SEDONA.