ELLE

MAY 2018

RADICAL SPRING BEAUTY

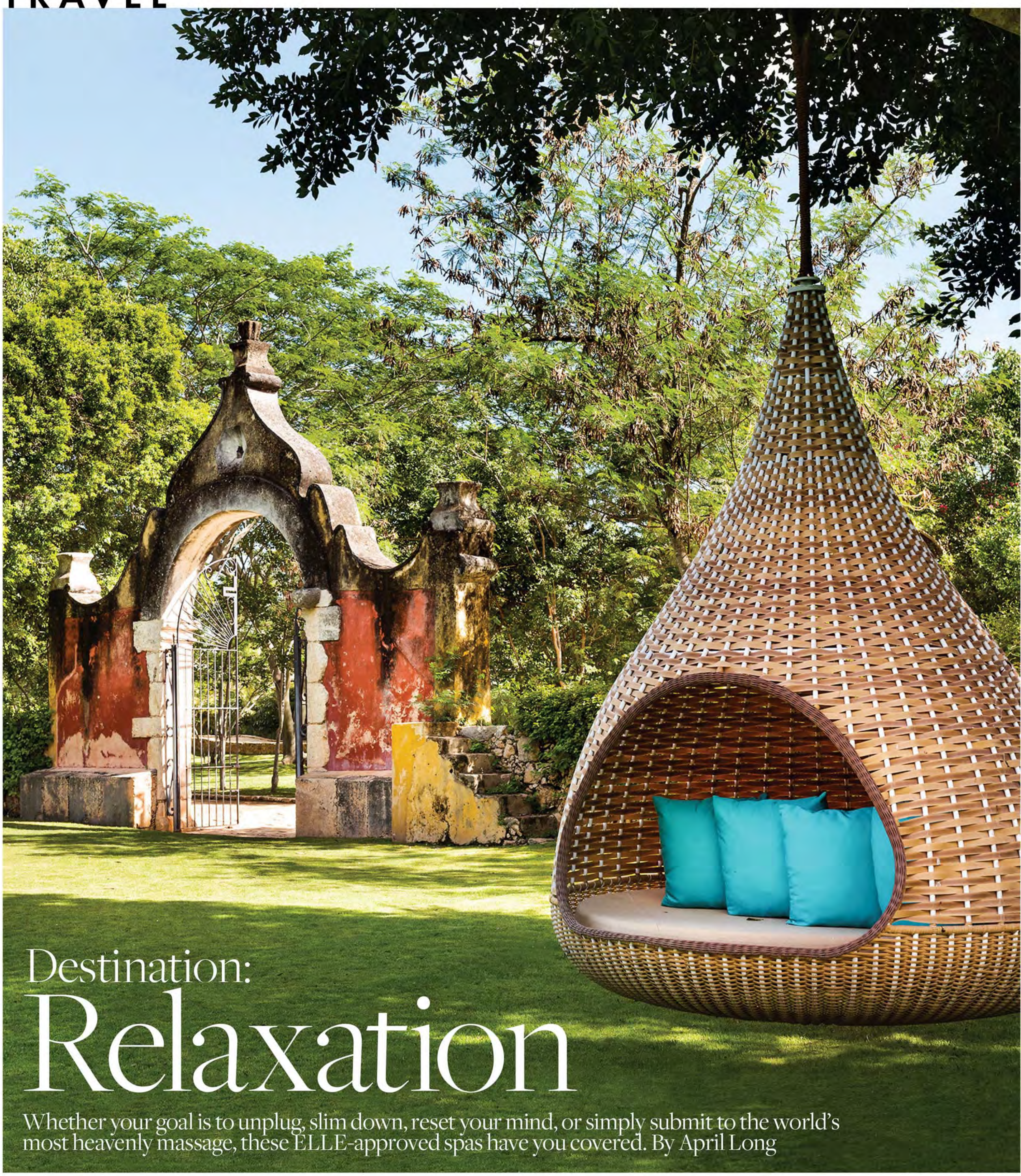
FAST FIXES FOR HAIR & SKIN

FANTASY FASHION

TROPICAL PRINTS, WILD BAGS, & BOLD SHOES

CHARLIZE THERON

ON HAVING KIDS HER WAY



Destination: Relaxation

Whether your goal is to unplug, slim down, reset your mind, or simply submit to the world's most heavenly massage, these ELLE-approved spas have you covered. By April Long

FROM FAR LEFT: CHABLÉ RESORT; SIX SENSES; RANCHO LA PUERTA

These two pages, from far left: Kenny Viese Photography; courtesy of Six Senses Hotels Resorts Spas; courtesy of Rancho La Puerta

The New Hot Spot: Chablé Resort, Mexico

Built around a nineteenth-century hacienda in the Yucatán jungle just 25 minutes outside of hipster haven Mérida, the spa at Chablé is situated on a cenote, one of the ancient natural pools sacred to the Maya. Treatments are focused on healing both body and mind, blending local mysticism with medically therapeutic experiences: Think chakra-awakening massages with precious stones, sound baths, Reiki, meditation sessions with spiritual guides, and acupressure with plant tinctures. Post–spa bliss, check out the hotel bar, which boasts the world's largest tequila collection.

Don't Miss: The Song of Heaven Ritual ($550), which involves body brushing with native plants sourced from Chablé's organic garden, followed by a pink-salt scrub, detoxifying massage, and banana-leaf body wrap—all while listening to the relaxing sound you hear when holding a conch shell to your ear. (*chableresort.com*)

The Far-Flung Splurge: Six Senses, Fiji

The scenery of Fiji's Malolo Island alone is enough to summon instant serenity, with opalescent water and golden sand as far as the eye can see, but guests at luxury group Six Senses' newest dreamscape are invited to take an even deeper dive into transformational wellness. An integrated program devised in part by Dr. Oz and Steven Gundry, MD, involves the measurement of biomarkers upon arrival, helping on-site practitioners create customized sleep, exercise, and diet plans for each individual. Those looking for straight-up pampering will not be disappointed, either: An indulgent array of exotic body treatments (a massage with hot lava or hibiscus flowers? Why not!) and an exclusive 24-karat gold facial will leave you gleaming from head to toe.

Don't Miss: The Sleep Well Journey ($167), a series that includes guided meditation and breathing exercises; a facial massage to stimulate the pineal gland; and the scary-sounding but effective Ayurvedic practice of *nasya*, a cleansing of the nasal passages with oil to relieve tension and open airways. (*sixsenses.com*)

The Couples Getaway: Rancho La Puerta, Tecate, Mexico

This holistic-health mainstay nestled into the mountains of Baja California has been ministering to those in need of profound rejuvenation since 1940. A series of new 14-day Detox and Cleansing Retreats home in on reducing inflammation throughout the body and enhancing mental clarity, and a new Dynamic Running program takes advantage of the extensive trails that crisscross the property's 4,000 acres of private land. Even if you're just there for, say, a cacao butter and yogurt body mask, there's more than enough to keep a plus-one occupied, too, with hiking, biking, obstacle-course racing, and more than 60 fitness classes.

Don't Miss: The ranch's culinary school, La Cocina Que Canta (classes from $90, led by chef Denise Roa), which has been hailed as life-changing by those who have learned to whip up transcendent vegetarian fare with ingredients plucked from the ranch's own organic farm. (*rancholapuerta.com*)

The City Sanctuary: Bamford Haybarn Spa at 1 Hotel Brooklyn Bridge, New York

An urban sister to the bucolic Haybarn spa created by Lady Carole Bamford in the English countryside, this new holistic haven is an oasis of calm with a stunning view of the frenetic gridlock of Manhattan. Spotlighting the centering benefits of aromatherapy, specialty blends are used in every supremely soothing treatment, from de-stressing lavender and geranium to invigorating rosemary and sage.

Don't Miss: The Bamford Signature Facial ($235), which begins with a Palo Santo smudging ritual to cleanse the energy in the room, followed by a personalized combo of exfoliation, hydration, reflexology, and targeted massage to encourage lymphatic drainage and lift facial contours. (*bamfordhaybarnspany.com*)