

Health, Wellness & Modern Green Living

organic spa

MAGAZINE

Gourmet Food & Travel

2018 WELLNESS
TRAVEL AWARDS

- + Ayurveda Retreats
- + Al Fresco Dining
- + 25 Top Global Resorts

AUGUST 2018

\$5.99

08



A Lifestyle Publication
www.organicpsamagazine.com

**HOT SUMMER
SUNSCREENS!**



2018

WELLNESS TRAVEL

AWARDS

Each year, we look for extraordinary spas that raise the bar on environmental stewardship and sustainable practices, while maintaining a high standard of luxury.

It is our great pleasure to celebrate them for their efforts on behalf of energy efficiency; nature conservation; use of local, natural and organic ingredients on their spa and culinary menus; along with integrative health and wellness programs that lead the way for the industry.

—*The Editors*

08



Rancho La Puerta Mexico



Since 1940, this iconic destination spa has been defining—and redefining—the wellness experience, and it shows no signs of slowing down. Located just over the California-Mexico border from San Diego, on 4,000 acres of gardens, meadows and mountains, the retreat seamlessly integrates fitness, spa and culinary programming for a total holistic experience. Sessions start at three nights, and include accommodations, fitness classes, meals and many activities; add-on extras like cooking classes and spa treatments. New for this year: a dynamic running program, expanded detox retreats, a redesigned obstacle course and a custom organic product line for the bath, body and skin. rancholapuerta.com

09



Rosewood Mayakoba Mexico



Mexico's Riviera Maya region is a treasure trove of indigenous ingredients, flavors and healing traditions, and this resort—recently awarded the Rainforest Alliance Certification for its eco-practices—is an excellent spot to experience them all. Set in the heart of a 1,600-acre enclave, among lagoons and a pristine beachfront, the 130-suite, six-villa resort is home to the Sense spa, which is tucked away on its own private islet, around a natural cenote. A world of serenity awaits, from a garden walking ritual designed to awaken the senses, treatments based on local ingredients and the “lost remedies” of the Mayans, and multiday self-care rituals to plunge pools, steam grottos and an outdoor meditation platform. rosewoodmayakoba.com

Hidden Pond, United States

At Hidden Pond, the Tree Spa—a tree house, really—is suspended eight feet above the ground and tucked into a birch and balsam thicket. The three treatment rooms are connected by a wooden walkway artfully suspended through the trees. Tucked into 60 acres of birch forest in Kennebunkport, Maine, Hidden Pond features an organic farm, a resident artist and herbal spa treatments, with herbs handpicked from the Hidden Pond farm. Paddleboarding, beach biking, yoga or nestling in your cozy cottage are just a few activities that you will enjoy doing together. hiddenpondmaine.com

Ocean House, United States

This historic Relais & Chateaux hotel—on the bluffs of Watch Hill overlooking the Atlantic Ocean and a private white sand beach—has emerged as one of the top spots for romance on the East Coast. Though families have been coming here for generations, couples can enjoy QT year-round, with rooms outfitted with cozy bedding and soaking tubs; gourmet cuisine focused on seasonal ingredients; wine and cooking classes; and self-drives along the coast in a house Mercedes-Benz, topped off by quiet drink on one of the Victorian main house's many verandahs; and a couple's massage at The OH! Spa. oceanhouseri.com



Mii Amo, United States

The heralded destination spa in Sedona, Arizona, is renowned for its transformative journeys, which have just gotten even better. Led by the property's expert therapists, the focused wellness experiences, now expanded, include Intro to Reiki, Intro to Ayurveda, Meditative Art, Nutrition for Inflammation, Chakras 101 and more, to help guests connect with their best selves.

Tucked into an energy vortex, the focus here is on rest, rejuvenation and recalibration, along with delicious food, invigorating hikes and some of the best spa treatments anywhere. miiamo.com

Rancho La Puerta, Mexico

For nearly 80 years, this destination spa has guided generations of wellness seekers on transformative journeys—including a large number of solo travelers, who feel particularly comfortable with the spa's setup. The three-, four-, and seven-night retreats are nearly all-inclusive, allowing guests access to a host of shared activities and meals, while the overall supportive, encouraging atmosphere leads to quick bonding between participants. Instead of being penalized with supplemental charges, single guests can book spacious Ranchera Solo rooms that feature private patios and are located close to communal amenities. rancholapuerta.com

Best Solo Getaway

Aspira Spa, United States

Native Americans called Wisconsin's Elkhart Lake, Aspira's setting, "the chosen spot," and Aspira means "infused with spirit." The Native Healing Traditions are one of the features—besides healing aromas in utterly quiet, firelit therapy rooms—that distinguish Aspira. The Cedars Massage, a perennial favorite on the spa menu, also incorporates native cedar, traditionally used for purification and protection.

The spa is designed with elements of feng shui, and incorporates wood, fire, earth, metal and water throughout. Aspira was created as a peaceful, tranquil place to take a healing journey, and focus on a holistic, organic approach, which, indeed, it is. aspiraspa.com