

SPA *AAAH*

MELIPONE MAYAN SCRUB



The Good Wife's Alicia Florrick (Julianna Margulies)

Want to make your entire body as smooth and radiant as *The Good Wife*'s? Try this recipe for a Mayan bath ritual, an ancient tradition symbolizing the cleansing of the body and soul, offered at the **Willow Stream Spa** at **Fairmont Mayakoba** at Riviera Maya, Mexico.

INGREDIENTS:
2 tablespoons honey
3 ounces cornmeal
1 cup (or one individual sized) plain yogurt

DIRECTIONS:
Combine yogurt and honey. Mix in cornmeal. Carefully rub scrub mixture over damp skin. Exfoliate by making small ascendant circles starting at your feet, paying extra attention on heels, elbows and knees. Remove scrub with warm water and moisturize with body lotion.

HEALTH TRIP

Fun fitness getaways that will keep your momentum and motivation moving

Fitness vacations aren't just good for your waistline; they also help to zap frown lines. In fact, one study, published in the journal *Applied Research in Quality of Life*, showed that the simple act of planning a trip boosts happiness. If you stick with our 2015 quarterly getaway plan, chances are 2016 will be a happier (and healthier) new year. — *Michele Shapiro*









WINTER

Elevate Women's Ski Camp, March 3–7

COORDINATES:

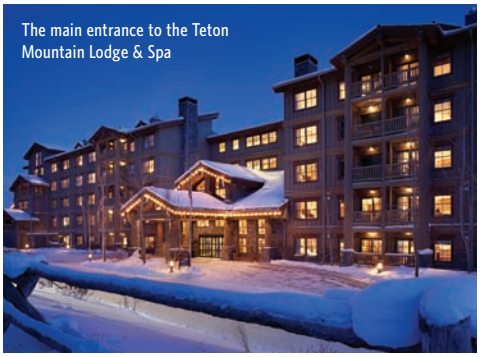
Teton Mountain Lodge & Spa, Jackson Hole, Wyo., *tetonlodge.com*

COMMITMENT:

A weeklong ski camp just for women, Elevate allows guests to improve their skiing skills at the world-renowned Jackson Hole Mountain Resort while relaxing and enjoying group dinners at the AAA Four Diamond Teton Mountain Lodge & Spa. Fit for all skill levels, the camp includes four days of world-class instruction, dinners, *après*-ski meals and Pilates classes to stretch and strengthen worn ski legs.

CLAIM TO FAME:

Participants receive world-class instruction from female pro athletes Jess McMillan, Kim Havell and Crystal Wright, plus strategies for tackling any kind of terrain.



The main entrance to the Teton Mountain Lodge & Spa

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MARGULIES: JEFF NEUMANN/CBS

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SPRING

Sonki Fitness Maui Retreat, April 25–May 2

COORDINATES:
Makena Beach & Golf Resort, Maui, Hawaii, *sonkifitness.com*

COMMITMENT:
Sought-after Los Angeles trainer Sonki Hong takes an intimate group (no more than 20 guests) for a week in paradise. But don't expect to watch from a chaise as everyone else kayaks, swims, paddle boards, body surfs and climbs mountains with outrageous Hawaiian views. You don't need to be a daredevil to participate in the group activities—but if you are one, you'll live for the bamboo forest hike, which ends at a scenic waterfall. Jump off its 20-foot cliff into the cool water below for a refreshing thrill.

CLAIM TO FAME:
While sweating it out together, guests can expect to make new friends and form close bonds. Just *how* close is up to them. "We've had a few love connections during past trips that end up in marriages," Hong says.


Sonki Fitness Maui cliff jumping


The Lodge

SUMMER

Mountain Trek Summer Retreat, May–October

COORDINATES:
Mountain Trek Fitness Retreat & Health Spa, Nelson, British Columbia, *mountaintrek.com*

COMMITMENT:
Since 1991, this 8,000-square-foot lodge, nestled between British Columbia's emerald mountain forests and glacier-fed lakes, has offered guests an opportunity to reset their metabolisms and participate in an intensive—but ultimately intensely satisfying—program that includes daily hikes, exercise classes and low-calorie gourmet meals. The hikes range from moderate to hard-core and, depending on your fitness level, the resort places guests in appropriate groups (each with its own guide).

To work out the posthike kinks, there are morning stretch sessions, evening cardio or strength-training classes, and dips in the infrared sauna, hot tub or plunge pool.

CLAIM TO FAME:
The personal attention that each guest gets on each weeklong "reboot" or two-week "renewal" sets this place apart. "We have 30 staff members supporting 15 or 16 people, and four guides leading the hikes every day," explains Kirkland Shave, program director and general manager.

FALL

Canyon Ranch, The Berkshires

COORDINATES:
Lenox, Mass., *canyonranch.com*

COMMITMENT:
There's no better way to get your fall foliage fix while reintroducing your body to your mind than at Canyon Ranch's stunning Berkshires location. Guests take full advantage of autumn activities such as paddling a canoe along a pristine river, hiking Monument Mountain and cycling the picturesque Ashuwillticook Rail Trail. There are also healthy-cooking classes, creative arts like painting and, for adventurous types, a high ropes challenge course that includes a zip line and a giant swing.

CLAIM TO FAME:
When they say "all-inclusive," they mean it. Unless you choose to add extra services or make product purchases, your package rate will be your final bill. Better yet, Canyon Ranch is a no-tipping resort. Customizable health packages are available year-round.



