

WHERE TO GO FOR ✨ CULTURED WELLNESS

# HALEKULANI OKINAWA

OKINAWA , JAPAN



**HISTORY:** Although just opened in 2019, Halekulani Okinawa’s home in Japan’s Okinawa Prefecture—an archipelago featuring 150+ islands in the East China Sea between Taiwan and Japan—imbues the property with the region’s rich history, dating back to the 8th century. These islands were once called the “land of immortals,” in reference to the vitality and longevity of their inhabitants. In keeping with that now-scientifically proven reputation, today Okinawa is one of the world’s five blue zones, places on the planet where people live the healthiest, longest lives. Okinawans have markedly low occurrences of cancer, heart disease, stress-related illness, and dementia, attributed primarily to *moai*, strong social networks and bonds made up of family and friends, and an *ikigai* mindset anchored by a sense of purpose. Add to that a healthy lifestyle full of physical activity and a diet high in vegetables in a beautiful, natural environment, and you get a unique, storied culture that inspires

the resort’s emphasis on rejuvenation, well-being, and cultural connection. Located in the pristine Okinawa Kaigan Quasi-National Park, the resort’s quiet, clean-lined design showcases unbounded nature, teeming with uplifting sights and sounds of wildlife and calm, cyan waters.

**FOR CULTURED WELLNESS:** Halekulani Okinawa’s Secrets of Longevity program is a series of immersive experiences tailored to each guest, encouraging them to reap the mind-body benefits of the Okinawan way. Expert-guided, private excursions hand guests the keys to vitality via experiences that engage all five senses. For example, Flavors of Okinawa takes you on a culinary tour through the herb gardens of local legend Cafe Garamanjaku, where chef-owner Kyoko Yamashiro creates heavenly plant-based meals aimed at detoxifying, healing, and nourishing the body and soul. A master of karate takes personal training to the next level in Introduction to Okinawan

Karate, a centuries-old practice that focuses on strength and peace through physical movement and mindfulness, as opposed to self-defense. Perhaps the most important aspect of the program is spending time in the great outdoors, especially via naturalist-guided explorations like kayaking through Yambaru National Park on the Firefly Nature Discovery tour. Travelers float under the lush canopy and, at sunset, experience thousands of fireflies lighting up the evening sky.

**ACCOMMODATIONS:** A total of 360 spacious guest rooms (including 47 suites and villas) feature ocean views. The Cliff Villa and Halekulani Cliff Villa each have private pools and spring-fed natural baths. This nod to *onsen*, the Japanese bathing ritual in a natural hot spring, is also a main feature of SpaHalekulani, which houses five minimalist treatment rooms and incorporates Okinawan plants used in folk remedies into treatments aimed at balancing the body and mind.

**EXTRAS:** The luxury resort hotel invites guests to take the water cure and experience the sea: snorkeling and scuba diving colorful coral reefs, or riding the clear waves via kayak or SUP, or catch-and-release fishing. Or take a trip back in time in a traditional Japanese wooden *sabani* boat. With their beautiful sails, these fishing vessels have been handcrafted for generations. Guests can glimpse yet another expression of the Okinawans unique mastery of the good life.

**PRICING:** From \$350 single occupancy. [»okinawa.halekulani.com](http://okinawa.halekulani.com)

—MARTINE BURY



ADAM BRUZZONE

WHERE TO GO FOR ✨ HELP TO DEAL WITH GRIEF

# CANYON RANCH

LENOX, MASSACHUSETTS



**HISTORY:** Sitting on 120 acres of land, Canyon Ranch is unique for its historic Bellefontaine Mansion, which opened in 1989, and in which most of the resort is housed. Its program offers seven “Pathways” to wellness for guests, including the Transition Purposefully Pathway for those going through major milestones and transitions. Packages are three-, five-, or seven-night stays with various offerings depending on the length of the visit.

**FOR GRIEF:** The Transition Purposefully Pathway focuses on healing, whether you’re grieving from losing a loved one or dealing with reestablishing yourself in the world post-COVID-19. Each pathway features four core components: cultivating a life purpose, where a practitioner guides you through your life mission; life management, where guests meet with a certified behavioral therapist; meditation or a private mind-body experience such as breathwork or yoga; and rite of passage,

where guests are guided to release, unite, and reconcile through a special ceremony. Longer stays include Acutonics therapy and choice of an additional treatment. Additionally, to aid with grief recovery, the resort will host world-renowned spiritual medium and holistic healer Maureen Hancock for a Postcards from Heaven event, August 13–15. In this intimate retreat, guests will learn how to interpret messages and signs from spirits, reconnect with lost loved ones, and ways to recover from grief with clarity and joy.

**ACCOMMODATIONS:** The property offers 126 rooms, accommodating up to 200 guests at a time. All stays are all inclusive, including an all-day café serving food and drinks made by chefs in accordance with guidance from the nutrition department. Guests can book a popular class on how to cook healthy meals in the demo kitchen. There are also on-property residences, including 19 Canyon Ranch

Living condominiums and six private residences, all designed with New England charm.

**EXTRAS:** The focus here is on all aspects of well-being, from an expansive, 100,000-square-foot spa to an in-room pillow menu. Add-ons to the Pathway programming are available, such as events, additional treatments, and seasonal outdoor activities—high ropes challenge course, kayaking, hiking, snow sports, cycling, and forest bathing. Located in the Berkshires, the resort is a three-hour drive from New York or two hours from Boston. The idyllic town of Lenox is a 10-minute walk away as is the Tanglewood Music Center where the Boston Symphony Orchestra plays during the summer, and Jacob’s Pillow hosts live outdoor theater and seasonal special events.

**PRICING:** The Transition Purposefully Pathway is \$2,280 for three nights, \$3,550 for five nights, or \$4,620 for seven nights, per person, plus taxes and resort fees.

[»canyonranch.com](http://canyonranch.com) —RAMONA SAVISS



WHERE TO GO FOR ✨ MEDITATION

# ESALEN

BIG SUR, CALIFORNIA

**HISTORY:** Esalen was founded by Stanford graduates Michael Murphy and Dick Price in 1962 and is famous for being the birthplace of the Human Potential Movement. The nonprofit Esalen Institute has long drawn thought leaders to serve as its “faculty”—luminaries such as Ansel Adams, Ray Bradbury, Deepak Chopra, and Ida Rolf—teaching students who come to Esalen for a weekend or month-long stay. Located alongside scenic Highway 1 in Big Sur, California, the facilities are among serene nature. Following a mudslide in 2016, Esalen reopened in 2017 and limited the number of guests allowed. With COVID-19 safety protocols, capacity is limited to 75 people.

**FOR MEDITATION:** Traditionally, Esalen’s famous workshops were all-day intensive programs; post-COVID-19 closures, the institute has reopened with a more



self-driven approach as opposed to faculty-driven, offering 48- or 72-hour visits for those looking to disconnect for a couple of days and recharge. The workshop *Awake in the Wild: Meditation in Nature*, scheduled for May 28–30, will be led by Mark Coleman, a mindfulness meditation teacher and author of two books on the subject. The grounds feature many locations for meditation, including General Manager and CEO Terence Gilbey’s favorite spot, Dragon Bench. This workshop will guide students to practice meditation entirely outdoors, with sitting and walking mindfulness techniques, individual and group practice, silent time to experience

the stillness of nature, and talks and discussions on meditation in nature.

**ACCOMMODATIONS:** Esalen is a unique destination, with simple, nature-inspired interiors that take a backseat to the stunning views, some overlooking the Pacific Ocean. With accommodations that range from oceanfront houses to garden-view rooms, all lodging offers a doorway that opens up directly onto the rugged nature of Big Sur, and some even have clawfoot tubs where you can enjoy a private outdoor bath overlooking the crashing waves.

**EXTRAS:** The property’s notable natural hot spring baths are a big draw for visitors. Perched on the edge of a cliff overlooking the Pacific Ocean, Gilbey notes that these bodies of natural water additionally serve as serene places for meditation practice. The institute also offers movement and yoga classes, massage, and seasonal food from its on-site kitchen.

**PRICING:** Tuition starts at \$500 per person per day and is all inclusive of accommodations, three meals a day, access to the baths, and a wide variety of classes including meditation, yoga, movement, and mindfulness. The *Awake in the Wild* workshop starts at \$1,610 for standard single occupancy. The Esalen Institute also offers scholarships to ensure that it is accessible to a wide variety of people.

» [esalen.org](http://esalen.org) —R.S.



TOP: ALI KAUKAS; BOTTOM: DANIEL BIANCHETTA

WHERE TO GO FOR ✨ A LUXURY HEALTH SCREENING

# CLINIQUE LA PRAIRIE

CLARENS-MONTREUX, SWITZERLAND

**HISTORY:** Founded in 1931 by Swiss surgeon and professor Paul Niehans, a pioneer in cellular therapy, Clinique La Prairie is a world-renowned medical clinic and wellness destination located in a small village on the eastern shores of Lake Geneva, surrounded by the Swiss and French Alps. The clinic quickly gained notoriety for its Revitalization program, designed to strengthen the immune system and combat the signs of aging. It boasts a full medical spa with a team of 50 leading specialists and a holistic approach to health care with the use of the latest technologies in a tranquil environment on the Swiss Riviera. The clinic offers personal care with a ratio of five staff members per guest and programs under distinct categories: longevity, well-being, beauty, and medical. Each program is built around its four pillars for longevity, which include medical care, nutrition, well-being, and movement.

**FOR HEALTH SCREENING:** The Medical Check-up and Wellness program is a comprehensive diagnostic and preventive



screening, recommended for those in their mid-thirties and older. The four-day program could be extended to six days with the addition of a wellness component for more time to enjoy the hotel and spa. The comprehensive evaluation of your physical health includes a consultation with an attending doctor and full nursing staff with daily updates, comprehensive labs, and tests including a stress test with a cardiologist, dental checkup, spirometry with a pneumologist, colonoscopy, ENT exam, neurological evaluation, physical fitness test, dietetic consultation, osteoporosis diagnostic, and more.



**ACCOMMODATIONS:** Guests of the health and wellness programs stay at one of the 37 rooms and suites in three on-site properties: The Residence, the original building with charm from the early 20th century grand hotels; The Chateau, the main building, a late 1800s structure at the top of the hill; and The Medical Center with luxury suites. All rooms feature stunning views of Lake Geneva and the Alps.

**EXTRAS:** The Medical Check-up includes access to fitness and wellness centers, including the swimming pool, sauna, steam room, zero-gravity floating bed, and vitality pool. The program includes consultations and daily follow-ups by attending doctors and a full nursing staff. The facilities also include a 17,222-square-foot spa and fitness facility, which was completely renovated in 2013. It is the first medical spa to offer genetic testing and its own range of food supplements.

**PRICING:** The Medical Check-up starts from approximately \$13,900, including meals (nonalcoholic beverages included), and the Wellness add-on starts at approximately \$17,800.

» [cliniquelaprairie.com](http://cliniquelaprairie.com) —R.S.

# ADLER BALANCE

ORTISEI, DOLOMITES, SOUTH TYROL

**HISTORY:** The Dolomites are arguably one of the most scenic places on earth. The autonomous Italian province of South Tyrol, where over 70% of the population speaks German, was created in 1948. The Dolomites geotrail is such a fossil-rich wonder that it was designated a UNESCO World Heritage Site in 2009. Dramatically mountainous and dotted with forests, the region is located entirely in the Alps and has long been a retreat for health. The sheer abundance of ancient hot springs, challenging forest trails, sprawling serene meadows, and brisk, clean air made it the retreat of choice for centuries of travelers seeking to escape the summer heat of nearby regions. And people still flock to a number of medical wellness centers, yoga retreats, fitness holidays, and, yes, spas. Embedded in the heart of this storied mountain range in the northern Italian Alps, the Adler Spa Resort Balance is an adults-only luxury boutique hotel with 30 suites and its own medical center, Adler Med. The property is connected to the Adler Spa Resort Dolomiti via an underground tunnel and shares the same



outstanding spa facilities. “Balance” is not just the name of the hotel, it describes its whole ethos. The general managers encourage a holistic approach to hospitality—fitness, wellness, healthy cuisine, and incredible mountain views combine to create a state of deep relaxation aiding recovery of the body, mind, and soul.

**FOR FOREST BATHING:** Rare Swiss stone pines, fir trees, and larches create a deep-green canopy just steps away. Every Tuesday morning, the property encourages guests to experience forest bathing, or *shinrin yoku*—a traditional Japanese meditation practice. According to Adler Med, meditation in the forest is linked to lower stress and reassessment of psychophysical balance. Together with the

resort’s expert guide, guests experience a full immersion in the emotional and spiritual dimensions of nature. During a session of forest therapy, participants observe different forms of leaves, capture shapes and faces in the bark of trees, and listen to the sound of their own souls. Interestingly, this practice has shown huge benefits during the

COVID-19 pandemic. To linger in areas with a high concentration of trees proves beneficial to the immune system by reducing stress and stimulating the activity of the parasympathetic system. Thus, forest bathing helps purify the respiratory tract, improve mood, and increase concentration capacity and sleep quality.

**ACCOMMODATIONS:** The solar-powered hotel fits its surroundings perfectly and the interior design is composed mainly of natural materials, including slate, stone, and a wide variety of untreated wood: Swiss stone pine (Arve), larch, walnut, oak, and elm. Hence, the scent of the forest wafts throughout the hotel, reinforcing a sense of place. The traditionally styled dining room has spectacular views of the Dolomites and surrounding valleys over the lovely city of Ortisei. The resort has direct access to the blissful garden of the Adler Dolomiti.

**EXTRAS:** A stay includes buffet breakfast, afternoon snack, gourmet dinner à la carte, a vast choice of indoor and outdoor activities, and access to the hotel’s wellness area with heated pools, saunas, and relaxation rooms.

**PRICING:** From \$280  
» [adler-resorts.com](http://adler-resorts.com) — M.B.



THADDAEUS SALCHER

# L'AUBERGE DE SEDONA

SEDONA, ARIZONA

**HISTORY:** Established in 1984, L’Auberge de Sedona is set against Sedona’s iconic red-rock backdrop. The 11-acre property, which underwent a \$25 million renovation in 2015, is located just 28 miles south of Flagstaff and a 90-minute drive from Phoenix. Sedona’s main town center, just a few minutes beyond the resort gates, is filled with art galleries and boutiques.

**FOR MENTAL HEALTH:** Led by life-transformation consultant-in-residence Donna Bond, who specializes in spiritual psychology, L’Auberge de Sedona’s Revitalization Retreat includes coaching, tools, and activities for overall mental health and well-being. With your retreat group (a maximum of eight people) you’ll start each day with a 90-minute morning workshop focusing on topics such as power and purpose, with journaling or partner activities. Spend the rest of the day integrating what you learned in the morning through



private coaching sessions as well as mindfulness activities including forest bathing, sound healing, star gazing, and yoga. The retreat dates for 2021 include June 20–24, July 25–29, August 22–26, and December 5–9.

**ACCOMMODATIONS:** The hotel features 62 cottages and 21 traditional lodge-style

guest rooms. Vista cottages and suites offer panoramic views of Red Rock State Park and include outdoor cedar showers located on private balconies. Housing for the Revitalization Retreat will be located in The Creekhous, a contemporary, 3,070-square-foot, five-bedroom home with a private deck positioned along the banks of Oak Creek.

**EXTRAS:** The award-winning L’Auberge Restaurant Cress on Oak Creek serves regional American cuisine with dishes made with locally forged, fresh ingredients by executive chef Franck Desplechin. The L’Apothecary Spa offers wellness-focused treatments infused with natural ingredients designed to connect body and mind as well as outdoor, creek-side experiences.

**PRICING:** The Revitalization Retreat starts at \$4,396 per person, including accommodations for four nights, three daily meals, and three spa treatments. Current resort nightly rate starts at \$895 per night.  
» [lauberge.com](http://lauberge.com) — R.S.

