

DETAILS

THE SIX-MINUTE
TOTAL-BODY WORKOUT

—
WHEN DID
SOBRIETY
BECOME
THE NEW
STATUS
SYMBOL?
—

JEREMY RENNER
FINALLY GETS SOME ACTION

—
THE CULT
OF THE
CLEANSE

THE JUICE. THE DIETS.
THE FASTING.
INSIDE THE BIGGEST
HEALTH TREND
OF THE MOMENT.
—

THE ROCK STAR'S GUIDE TO YOGA

STYLE

THE NEW
WINTER
CLASSICS

—
FIVE WAYS
TO LOOSEN UP
BLACK TIE
—

MODERN FAMILY'S
SOFIA VERGARA
BARES ALL
(AND TALKS, TOO)



TWO OF THE
SEXIEST
HOUSES
WE'VE EVER
SEEN



details.com

\$4.99US/FOR

12>



THE BODY

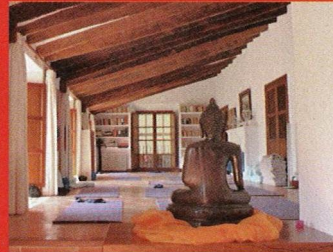
DESTINATION CLEANSE

FOR A CLEAN GETAWAY, VISIT ONE OF
THESE LUXE PURIFICATION RETREATS.



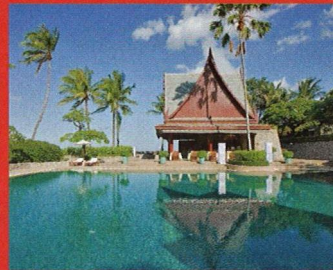
THE RANCH AT LIVE OAK MALIBU MALIBU, CALIFORNIA

A typical day begins with a 12-mile trek, followed by small-group yoga, Pilates classes, and massages. theranchmalibu.com



THE ASHRAM MALLORCA, SPAIN

Limited to 14 guests during each weeklong session. The day starts at 5:30 A.M. with yoga, followed by an intense four-to-six-hour guided hike. theashram.com



CHIVA-SOM HUA HIN, THAILAND

This favorite of the Beckhams employs the traditional Ayurveda method of detoxing, but lounging on the beach is also an activity option. chivasom.com