

THE LUXURY MAGAZINE FOR AMERICAN AIRLINES & AMERICAN EAGLE PREMIUM CLASS PASSENGERS

AMERICAN AIRLINES
**CELEBRATED
LIVING**

SUMMER 2018



PREMIERE ANNUAL ISSUE

THE PLATINUM LIST

HONORING THE WORLD'S BEST RESORTS, CRUISES, DESIGN, DINING, NIGHTLIFE and MORE

THE PLATINUM LIST
2016



CHIVA-SOM INTERNATIONAL HEALTH RESORT



THE RANCH MALIBU

BEST WELLNESS HOTELS

OJAI VALLEY INN & SPA

OJAI, CALIFORNIA
Daily mind and body classes — yoga, meditation — are included in the five-star resort's fee, or try the communal Kuyam mud treatment in the spa, the only one of its kind in the U.S., said to have therapeutic properties. Rates start at \$309. OJAIRESORT.COM

SANCTUARY CAMELBACK MOUNTAIN RESORT AND SPA

SCOTTSDALE, ARIZONA
It's no coincidence that suites and casitas overlook Paradise Valley at this relaxing retreat that specializes in Asian-themed treatments like *tok sen*: a rare blend of Thai massage and a tapping vibration. Rates start at \$499. SANCTUARYONCAMELBACK.COM

ESALEN INSTITUTE
BIG SUR, CALIFORNIA
For more than 50 years,

Esalen's mission to foster personal and social growth has centered around a wide range of workshops: detoxing in their famous hot springs, group-writing workshops and a Shaman's Path guide to spiritual awakening. Rates start at \$405. ESALEN.ORG

THE CARILLON HOTEL & SPA MIAMI

The Carillon boasts the largest spa in South Florida and a new Executive Health Program for guests looking to combine annual check-ups (physical, etc.) with spa (access to all facilities). Rates start at \$385. CARILLONHOTEL.COM

SAN YSIDRO RANCH
SANTA BARBARA, CALIFORNIA
John and Jackie Kennedy spent their honeymoon here, so you know it's exceptional. The 500-acre hideaway

is a reprieve from city life surrounded by 17 miles of hiking trails and blooming gardens. Rates start at \$845. SANYSIDRORANCH.COM

CHIVA-SOM INTERNATIONAL HEALTH RESORT THAILAND

Your holistic journey starts with a complimentary health-and-wellness consultation upon arrival. Check in to a newly renovated ocean-view suite before an expert consultation on physical and mental goals. Rates start at \$998. CHIVASOM.COM

LAKE AUSTIN SPA RESORT AUSTIN, TEXAS

This all-inclusive favorite in the Texas Hill Country boasts a seasonal menu and more than 100 spa treatments; the new Inner Strength massage draws on essential oils for energy and a confidence

boost. Rates start at \$1,720 per person.

LAKEAUSTIN.COM/SPA-RESORT

THE RANCH MALIBU, CALIFORNIA

Known for a "no-options" philosophy, the wellness and nutrition program recalibrates guests' lifestyles at the 16-cottage retreat with daily mountain hiking, fitness classes and guided imagery. Also on the "no" list: caffeine, alcohol and processed sugar. Rates (all inclusive) start at \$6,800.

THERANCHMALIBU.COM

FOUR SEASONS CHIANG MAI THAILAND

Surrounded by green rice-paddy fields in the heart of a Thailand plantation, take a journey of the mind, body and/or spirit at the Chiang Mai Spa. Each experience is tailor-made to focus on serenity. Rates start at \$698. FOURSEASONS.COM