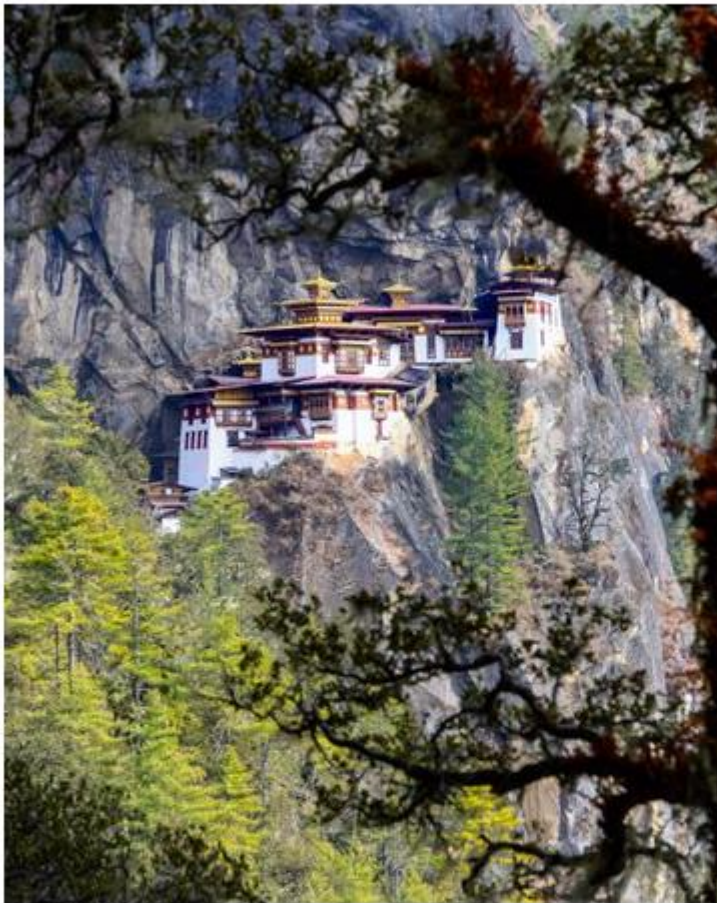
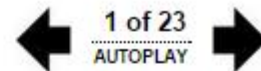


DEPARTURES

Top Wellness Escapes



Courtesy Aman Resorts



Whether your focus is fitness, nutrition, weight loss or overall well-being, new offerings at recently debuted properties and well-known retreats alike deliver.

Once upon a time, a vacation was an excuse to form bad habits: drink a little extra, eat a bit more, laze indefinitely. But in the last few years there has been a reversal, with a surge of wellness properties and packages infiltrating the market. Nowadays, healthy habits and a refreshed mind are the ultimate souvenirs.

Focused on objectives like weight loss, fitness, digital detox, spiritual enrichment, peace of mind and general rebooting, these retreats

aim for holistic health—something guests can't get enough of. Wellness travel is growing faster than the overall global tourism industry by a predicted 50 percent, with an estimated worth of \$440 billion, according to Holidays for Humanity, a company specializing in luxury health-orientated getaways.

Naturally, the hospitality industry has responded with a flurry of fresh offerings. BodyHoliday in St. Lucia, for example, highlights its WellFit program, while Clinique La Prairie in Montreux, Switzerland, centers on a highly sophisticated medical spa and center. Travaasa in Austin, Texas, takes measures to focus on men, and Amansara in Siem Reap, Cambodia, makes full use of its storied surroundings.

Whichever of the 18 on our list you choose, expect to find precisely what you need.



Courtesy Ranch at Live Oak

The Ranch at Live Oak, Malibu, California

This seven-day minimum, boot camp-style retreat is located on a historic ranch once owned by silent film star Hopalong Cassidy. Weight loss is the emphasis here and guests are required to do ten hours of exercise per day, from 5:30am to 7pm—most of it hiking through the property's 120-acres of rugged canyons in the scrubby Santa Monica Mountains—with allotted time for naps and massages; nutrition, yoga, weight-training, and tech-disconnect are also incorporated into the stay. Food is limited to 1,400 calories/day and alcohol, caffeine and processed sugars are strictly forbidden. But thankfully, creative organic vegetarian meals like

zucchini fettuccini with cauliflower Bolognese and Korean kelp noodles with Napa cabbage will keep you satisfied. *Seven-day program, meals, activities and massages from \$6,800; 12220 Cotharin Road, Malibu; 888-777-2177; theranchmalibu.com.*