

SELF

[GYM / WORK / LIFE]

GO FOR IT!

211 GENIUS WAYS TO GET IT ALL #DONE

The End of Dieting? P. 110

+ **ABS LAB**
4 MOVES, SEXY RESULTS

JESSICA ALBA

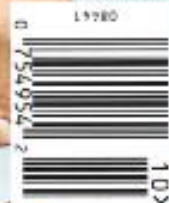
Passion, Grit & A Billion Dollar Brand

SHINY HAIR, PERFECT SKIN



SHAZAM THE COVER TO GET UP & OUT WITH JESSICA P. 10

October 2015
\$4.00 US
\$5.99 FOREIGN



SELF APPROVED

SPORTY SPAS

→ *Hike, plyo and Chaturanga your way to amazing shape at one of these challenging but luxe resorts.* BY TATIANA BONCOMPAGNI



Mountain Trek

NELSON, BRITISH COLUMBIA

Days start at 5:45 a.m. at this intense, weeklong alpine retreat set in the beautiful Canadian Rockies (above). After breakfast and yoga, you'll hike 5 to 13 miles, depending on your fitness level, before heading back to a 15-room timber-frame lodge for a light lunch and afternoon fitness class. Nightly lectures focus on stress reduction, sleep and nutrition; dinners feature locally sourced fish and veggies. \$4,500 per week (all-inclusive); MountainTrek.com

Hilton Head Health

HILTON HEAD ISLAND, SOUTH CAROLINA

This country club-style resort is perfect for jump-starting a healthier, more active lifestyle. Circuit training and cardio-boxing classes will help you rediscover your inner athlete—and your abs. From \$3,350 per week (seven-night minimum); HHHealth.com

Mayflower Grace

WASHINGTON, CONNECTICUT

Unwind in the all-white, cozy-chic relaxation room or swim some laps in the airy indoor pool. A therapist can suggest foods, exercise classes and body treatments (think: algae or clay wraps) based on your health, goals and lifestyle. From \$510 per night; GraceHotels.com/Mayflower

Miraval Resort & Spa

TUCSON, ARIZONA

This desert oasis has a spiritual vibe. Enjoy fragrant breezes—the resort's grounds are planted with mountain laurel and herbal shrubs—as you head to the fitness center for an hour of cardio drumming or indoor paddleboard yoga. Drop into any of 128 classes, or try cranial sacral therapy at the recently renovated spa. From \$619 per night (all-inclusive); MiravalResorts.com

The Ranch at Live Oak

MALIBU, CALIFORNIA

The weeklong program at this hideaway outside Los Angeles includes daily hikes, fitness classes and yoga. Expect delicious vegan fare (pumpkin "meat loaf," cauliflower-crust pizza) and bonding—only 16 guests visit at a time. \$6,800 for seven days, \$3,800 for four days (all-inclusive); TheRanchMalibu.com

Rancho La Puerta

TECATE, MEXICO

Parkour courses, trail running and fresh-pressed juice are recent additions at this classic Spanish-colonial resort. Enjoy organic fruit and veggies grown on the property and choose from 75 fitness classes, then reward yourself with a four-handed massage. From \$3,250 per week (all-inclusive); RanchoLaPuerta.com

SHA Wellness Clinic

ALICANTE, SPAIN

This sleek Spanish mecca has earned its spot on the spa-world map by blending cutting-edge science—genetic screenings and hormone profiles—with macrobiotic meals and five-star treatments. Fitness options range from pilates to personal training; a life-reset program launches this year. From \$284 per night, depending on exchange rates; SHAWellnessClinic.com/en