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ROONEY MARA

THE OSCAR-NOMINATED STAR WHO
WILL BREAK YOUR HEART IN CAROL

IS THE REAL THING

**SHE
LOVES
ACTING
BUT SHE
HATES THE
CELEBRITY
GAME
AND WE
LOVE HER
FOR THAT**

She's smart,
funny, sexy
in the most
modern way.
And as you
know...

SHE'S DAMN CHIC!

FASHION!

SEXY
MINIMALISM
BOHEMIAN
MAXIMALISM

PRETTY
WITH
A PUNK
EDGE

**PLUS
THE
RUNWAY
MODEL
TEST:**
We did the
hair, we
wore the
makeup...
and we
crushed it

TESTING...
**THE
2 WEEK
TAKE-
OVER
TO BETTER
YOUR SKIN,
BODY,
AND MIND**

JANUARY
2016
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OM BASE

Whether your 2016 goals involve slimming down, defying gravity, getting more shut-eye, or simply carving out a bit more me-time, there's an ELLE-approved spa to help get you there



PURGE YOUR TOXINS

AMANSALA
TULUM, MEXICO

At Amansala, the water is Technicolor turquoise, the sand plush enough to sleep on, the air tinged with the scent of jungle flowers—and these are only a few of the reasons why this tranquil oasis is the ideal spot for a major mind-body reboot. Building on the success of the resort's Bikini Bootcamp fitness retreat (a fave of cool-girl celebs Sienna Miller and Drew Barrymore), the new six-day Destination Detox program includes a two-day raw-food cleanse with fruit-and-veggie-centric meals thereafter, daily yoga and meditation, a gamut of body-sculpting classes, nutritionist consultations, and decadent spa treatments. **DON'T MISS:** Perhaps the area's most awe-inspiring natural wonders are the cenotes—underwater caves where you can safely swim, featuring stalagmites and jarringly gorgeous schools of fish. *From \$200 per night*



KICK AN AMBIEN HABIT SIX SENSES

THIS DREAMY locale couldn't be better equipped for overstressed insomniacs hoping to catch some z's without popping pills. Between the resort's 3- to 14-night Yogic Sleep retreats, which combine gentle and meditative yoga practices with ultrarelaxing spa treatments; the new Sleep With Six Senses Program, which involves a consultation with a "sleep ambassador" to determine your perfect pillow and an array of in-room soporific swag (custom aromatherapy, blackout curtains, a "worry journal" into which you can scribble your thoughts before hitting the sack); and the extensive vino selection in the former manor house's Wine Library, quality repose is practically guaranteed. **DON'T MISS:** For the ultimate in quiet time, settle into one of the cocoonlike meditation nests—equipped with cozy blankets and Deepak Chopra-loaded iPods—scattered about the UNESCO heritage site's lush forest. *From \$270 per night*

LOSE FIVE POUNDS

THE RANCH AT LIVE OAK

MALIBU, CALIFORNIA

A stay at The Ranch—a 16-cottage retreat set in the picturesque Santa Monica mountains—is a game of pluses and minuses. Fashion insiders and celebs such as Minka Kelly and Lea Michele have flocked to the locale's famously grueling seven-day program since it debuted five years ago, and in that time—according to The Ranch's own calculations—guests have collectively hiked more than 300,000 miles, shed an average of 3 percent of their body weight (one woman dropped 13.4 pounds inside of a week), and lowered their cholesterol by between 13 and 15 percent. **DON'T MISS:** The Ranch 4.0 is an abbreviated Thursday-to-Monday version of the weeklong classic, but you're still getting the goods: four hours daily of mountain hiking, core- and ab-focused workouts, yoga sessions, afternoon massages, and tasty vegetarian cuisine (limited to 1,400 calories a day). Oh, and complete peace: Phones and computers are verboten. *From \$4,100 for four nights*



From top: Amansala; Six Senses Hotels Resorts Spas; The Ranch at Live Oak