

JANUARY 7, 2019
ISSUE #1

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10 YEARS AFTER SPLIT
JEN REUNITES WITH JOHN!

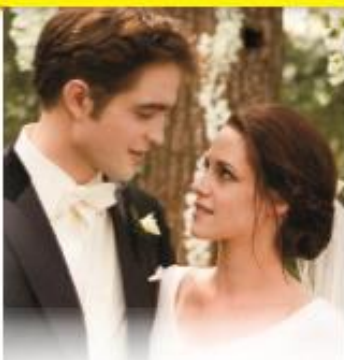


WHY BRADLEY'S SPEECH MADE THE BRIDE CRY!



INSIDE MEGHAN'S FAIRY-TALE NURSERY!

TWILIGHT TURNS 10!



WHERE ARE THEY NOW?

Lady Gaga

JUST MARRIED!

INSIDE HER \$5 MILLION DREAM WEDDING

- * The breathtaking gown, A-list guests & more!
- * Her dad catered – and why she chose Italy!

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RECHARGE

EVER WONDER WHERE STARS GO TO REFRESH AND UNWIND? THESE ARE THEIR TOP WELLNESS DESTINATIONS



MILAMO

LOCATION: SEDONA, ARIZ.

A-LIST AMENITIES: Nestled in secluded Boynton Canyon, which is known for its awe-inspiring red rocks, this chic retreat features world-class spa treatments, indoor and outdoor pools, fitness classes, an on-site juice bar and a health-focused eatery. Looking to connect with nature? Scenic hikes and mountain biking adventures are nearby.

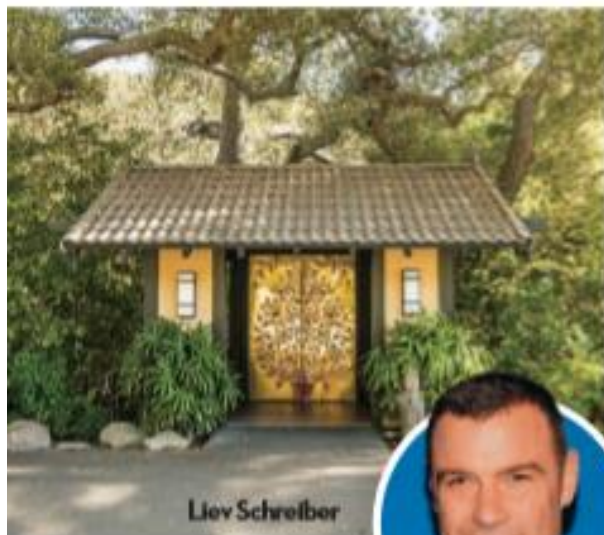
UNIQUE TREATMENTS: The spa specializes in Native American-inspired therapies, like Spirit of the New Moon Manifesting Massage and Energy Clearings, which combine traditional treatments with wellness practices that help connect the mind, body and spirit.

COST: Varies depending on the season and chosen treatments, but guests can expect to pay around \$1,100 per day.

CELEB FANS: Gwyneth Paltrow and Lupita Nyong'o



"Love is... making time for yourself from time to time. R+R," Lupita posted during her stay at Mil Amo in October.



Liev Schreiber

GOLDEN DOOR

LOCATION: SAN MARCOS, CALIF.

A-LIST AMENITIES: When celebrities need to Zen out, they flock to this hidden gem, which got its name from the Asian-inspired glimmering gate that sits at the entrance of the property. With fresh produce grown on the resort's biointensive farms, meals are customized for each guest's dietary requirements and preferences. Visitors need not pack much more than a toothbrush since rooms are stocked with sweats, shorts, T-shirts and terry robes, as well as luxurious Golden Door Skin Care products that will pamper the skin and please the senses.

UNIQUE TREATMENTS: The Door is known for its full-body, detoxifying herbal wraps using linen sheets steeped in a steaming bath infused with rosemary handpicked off the property. Watsu Water therapy, meditation, massage, stress-reducing biofeedback treatments and archery lessons also await.

COST: \$9,650 for a full seven-day program, \$7,200 for four nights, and \$5,400 for three nights.

CELEB FANS: Olivia Wilde and Liev Schreiber



IKE A CELEBRITY

Mandy Moore



THE RANCH MALIBU

LOCATION: MALIBU, CALIF.

A-LIST AMENITIES: Located in the stunning Santa Monica Mountains, this results-oriented retreat is for people who are serious about recalibrating their lifestyles and achieving their health goals. The intensive seven-day stay includes daily workouts and spa treatments, a 1,400-calorie-a-day, plant-based meal plan, plus pre- and post-program cholesterol testing and body fat analysis. And it's seriously exclusive: Each session is limited to just 18 guests who must be prepared to unplug, as the resort has a strict no WiFi or cell phone policy.

UNIQUE TREATMENTS: Besides their buzzed-about massages, the Ranch also offers whole-body cryotherapy, group hikes, fitness classes and a weekly cooking class with a tour of the on-site certified organic garden.

COST: \$7,800 for a one-week stay

CELEB FANS: Patrick Dempsey and Mandy Moore

One of the thermal treatments features a water-jet bed, which helps stimulate circulation and soothe sore muscles.



CARILLON MIAMI WELLNESS RESORT

LOCATION: MIAMI

A-LIST AMENITIES: Overlooking the picturesque white sand shores of Miami Beach, this lavish resort features the largest spa in the region (70,000 square feet), an integrative medical wellness center, spacious one- and two-bedroom suites, more than 20 different daily fitness classes, a two-story indoor rock wall, four pools, three dining venues and Miami's only therapeutic igloo.

UNIQUE TREATMENTS: If being in vacation mode is what it takes to

reenergize your mind, body and soul, this is the place to go! Offerings include the Thermal Experience — one of the country's largest hydrotherapy circuits — featuring nine suites designed to stimulate circulation, relieve pain, decrease stress and rejuvenate the body. Mirroring European wellness traditions, the resort boasts separate men's and women's hot and cold areas where guests can warm, cleanse and relax prior to a spa treatment or following a workout. If that's not your jam, head to the Carillon's

Aemotio Spa, an advanced-multifunction cabin decked out with a height-adjustable water bed, color therapy, aromatherapy steam bath, and Vichy shower), for nontraditional experiences including Turkish Rhassoul, Sleep Ritual treatments and Grotta Giusti mud body masks.

COST: Nightly rate starts at \$499 for a one-bedroom suite.

CELEB FANS: Dascha Polanco and Bachelorette alums Bryan Abasolo and Rachel Lindsay.

— Caitlin Kiernan

Dascha Polanco

