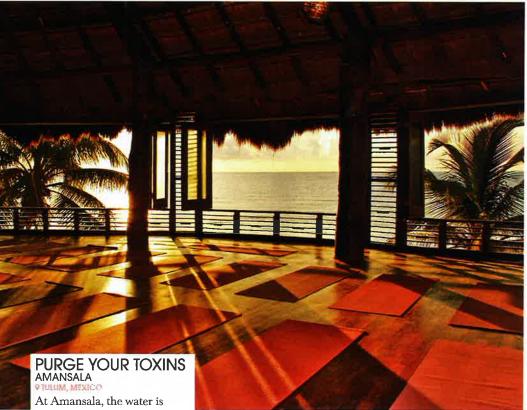


Whether your 2016 goals involve slimming down, defying gravity, getting more shut-eye, or simply carving out a bit more me-time, there's an ELLE-approved spa to help get you there



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-veggiecentric 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 cenotesunderwater caves where you can safely swim, featuring stalagmites and jarringly gorgeous schools of fish.



KICK AN AMBIEN HABIT SIX SENSES *** PORTUGAL

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

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 timeaccording 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 Thursdayto-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 \$200 per night