

MODERN LUXURY

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Clockwise from top left: SHA Wellness Clinic in Spain; Madonna; Brooke Shields; The Ranch Malibu; Julianne Moore; Joanna Vargas' skincare product line.



Spa Spotting

TAKE IT FROM LOCALS IN THE KNOW: THESE BEAUTY AND WELLNESS RETREATS ARE THE SECRET TO WHAT'S KEEPING THESE A-LISTERS' BODIES TONED, DIETS CLEAN AND SKIN GLOWING.

BY ISABELLE CANELLI

WHO: Madonna **WHERE:** SHA Wellness Clinic (shawellnessclinic.com), Alicante, Spain **WHY:** The completely personalized and very strict SHA 360 method integrates the most effective natural therapies with highly therapeutic nutrition without neglecting the latest advances in Western medicine, especially in preventive medicine, genetics and anti-aging. **KNOWN FOR:** Focus on healthy aging, detox, weight loss, sleep problems and brain photobiomodulation, a painless, noninvasive, cognitive stimulation therapy proven to accelerate and rebalance the processes of cellular recovery to improve energy, performance and a positive state of mind. When guests aren't focusing on chewing every mouthful 36 times, there's a packed itinerary to keep everyone busy. **LATEST:** Bioidentical hormone replacement therapy is a cutting-edge technique that addresses declining hormone levels typically associated with aging. **CALORIE COUNT:** The program is based on an intense 700-calorie Kushi plan (think watermelon and miso soup), 1,200-calorie Biolite or 1,800-calorie SHA plan that impress in taste and presentation. **EXTRA:** For the uberexclusive factor, be sure to request one of the 11 unique residences (the clinic features 93 suites) where guests can enjoy the services in total privacy. Naomi Campbell, Barbra Streisand and Vladimir Putin have been spotted hanging out at the private terraces of these gorgeous and sleek abodes.



WHO: Julianne Moore **WHERE:** Joanna Vargas (joannavargas.com), New York City **SIGNATURE:** The Triple Crown facial is still the No. 1 requested service. Vargas uses a mild electric current to drain puffiness, tone muscle, tighten skin and reshape the face. By the end of the first treatment, the jawline is more defined, cheekbones are more pronounced and eyes look younger and refreshed. **TECH-SAVVY:** A bevy of beauties laud Vargas' commitment to vetting the latest technologies and putting together a customized protocol. That is, if you can book her. With a jam-packed travel schedule, she often lets the master estheticians take over. **VARGAS' VICE:** LED light therapy uses red and infrared light to reduce inflammation, build collagen and speed the healing of the body by 300%. In this salon, several different treatments involve LED light, but by far the most popular is Vargas' patented RevitaLight Bed, which gives a client a full-body LED treatment in 20 minutes. The bed covers the entire body with red and infrared light, reducing cellulite, lines, wrinkles, sun damage, acne scars and stretch marks to give a smoother and more even skin tone all over. **PREDICTIONS:** "Most people are going toward the science of beauty," says this celebrity facialist. "Healthy skin is beautiful skin. What are the proven ingredients and technologies? What studies have been done? Hearing the science behind what you're doing instead of just listening to opinions on something, I think that's what appeals to clients the most."

WHO: Brooke Shields **WHERE:** The Ranch Malibu (theranchmalibu.com), Malibu, Calif. **WHAT:** The Ranch, the darling of the Hollywood set, offers results-oriented, immersive health and fitness programs centered on daily hikes, guided exercise and a plant-based diet. **PRELUDE:** Prior to arrival, you will receive a 30-day pre-itinerary of detoxifying recommendations that include cutting out sugar, alcohol and caffeine. **FOOD:** With around 1,400 calories each day, chefs here focus on the quality of the calories sourced from the on-site certified organic garden or nearby local farms, rather than the quantity. **NEWS:** The latest elective offering is postural and movement analysis, which sets up the body for long-term, pain-free movement; functional strength; stability; and mobility. **THE NEXT THING:** A sleep study analyzes and helps you sleep deeper for longer sustained periods. **BETWEEN THE LINES:** The newly released *FOOD FOOD FOOD* cookbook features more than 100 plant-based recipes, some using The Ranch olive oil and honey, sourced directly from the retreat's bees. **EXTRA:** If Malibu won't cut it, consider two new locations for this vegan draw: the Dolomite Mountains in Italy, where the hikes synonymous with The Ranch are on a whole new level, and Sonoma's wine country, though wine is strictly prohibited.



MADONNA PHOTO BY STEVE GRANITZ/WIREIMAGE; BROOKE SHIELDS PHOTO BY AARON DAVIDSON/GETTY IMAGES FOR ART MIAMI; JULIANNE MOORE PHOTO BY CINDY ORD/GETTY IMAGES FOR TV; BROOKE SHIELDS PHOTO BY BIRCH; SPA PHOTOS COURTESY OF BRANDS