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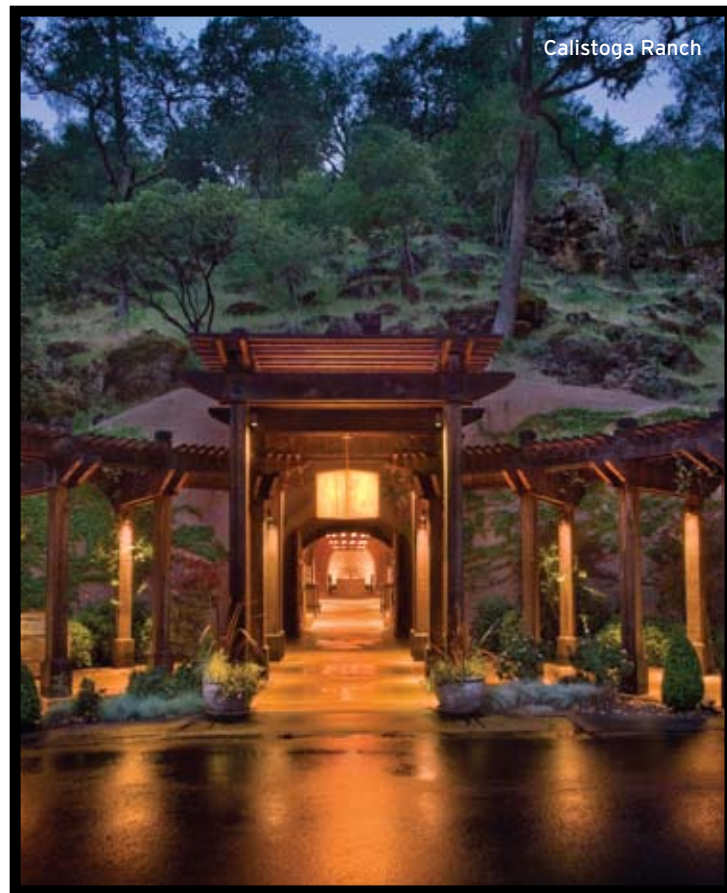


WATER THERAPY

A GUIDE ON HOW TO GET WET & WILD ON YOUR HONEYMOON.



Como Shambhala Estate



Calistoga Ranch

Calistoga Cure, which also includes an exfoliation and massage. If you care to breakaway from your piece of heaven, take in some adventures at the local wineries. Then savor the moment over a gourmet meal served with a bottle of Napa Valley wine. —Denise Mattia

ROMANCE

TERRANEA RESORT & SPA, CALIFORNIA Just minutes from the glitter of Los Angeles, Terranea Resort (terranea.com) is a luxurious getaway on the southern tip of Palos Verdes peninsula where beautifully designed villas and bungalows dot the grounds. Because it is part of the Palos Verdes Peninsula Land Conservancy it is ideal for nature lovers, too. Head out for hiking, biking and horseback riding. Close to the resort pool you'll spot the Cove beach, a perfect place to spy on friendly dolphins. And, of course, there's pampering. Many spas are all about "less is more," but the motto here is "above and beyond." Both the resort and the spa turn back on civilization embracing its beautiful surroundings. Reflecting the resort itself, the Terranea Spa is the epitome of indulgence and relaxation. Nestled in its own area, the complex also provides guests a fitness center, private pool, café and chic boutique. There are beautiful indoor/outdoor areas to relax as well as whirlpools and cold plunge pools. The professional staff will guide you every step of the way: Whether it's the phenomenal hot stone massage or the exotic volcanic clay wrap, you'll soon be enveloped in true relaxation. Or, perhaps opt for a skin-specific facial using Naturopathica products that will make you feel reborn. —Eleni Elias

ROSEWOOD MAYAKOBA, MEXICO Environmental responsibility is foremost at the luxurious Rosewood Mayakoba (rosewoodhotels.com). Along a mile of white sand beach, the mangrove jungle at the resort is at the heart of the ecological enclave. Using indigenous materials such as Yucatan limestone and renewable woods, the resort design emphasizes simplicity with a natural, dramatic backdrop. Environmental thoughtfulness continues at the spa, where signature treatments embody the simplicity of an ancient culture and where local abuelas (grandmothers) still make their own corn tortillas without electricity or running water. Local ingredients are used in all treatments, including agave plants, volcanic rock and medicinal herbs from the garden—eucalyptus and aloe to name but a few. There are 128 suites on either beachfront or on the lagoon side, and the down-home Mexican fare includes Marlin Tostadas, Scallop Ceviche and daily tequila tastings. Ole! —T.J.

ADVENTURE

THE RESORT AT PAWS UP, MONTANA Imagine a sleep-away camp for grown-ups. Located on 37,000 acres of Big Sky country in Greenough, Paws Up (pawsup.com) lets you rough it but feel pampered too. Stay in one of the huge canvas tents—complete with a comfy bed and Native American rugs—or in one of the guest homes. Start the day hiking through the hills or rafting on the Blackfoot River. Afterward, ease sore muscles with the Rejuvenator sports massage in Spa Town, the resort's mini-village of treatment tents. Even the food reflects nature. How does a breakfast of French toast with local huckleberries sound? —Patricia Canole

SPRING CREEK RANCH, WYOMING Located on a wildlife sanctuary with stunning views of the snow-topped Tetons (and complete with its own resident naturalist). Spring Creek (springcreekranch.com) in Jackson Hole is the ideal escape for powder-lovers. Choose from an array of outdoor adventures—from snow-boarding to dog sledding. Back at the ranch, sip on a hot toddy and unwind with an Altitude Hot Stone massage. —Tom Joseph

CALISTOGA RANCH, CALIFORNIA Check in to this irresistibly luxurious Napa Valley resort and you just may not want to leave. Calistoga's (calistoga.com) guest lodges—on a hillside among ancient oak trees—are constructed from natural cedar and feature floor-to-ceiling windows and an outdoor shower garden. A cool down under the Big Dipper, anyone? The best part: Couples rarely have to change out of their fluffy bathrobes, whether lounging by the Infinity Jacuzzi, sipping local wines surrounded by private vineyards and olive trees or zoning out in the couple's massage room. If guests prefer, the spa can come to them (the staff will transform their garden into a private open-air spa suite). Several treatment rooms have large terraces with soaking tubs and showers. They're tailor-made for treatments that involve a bath, such as the

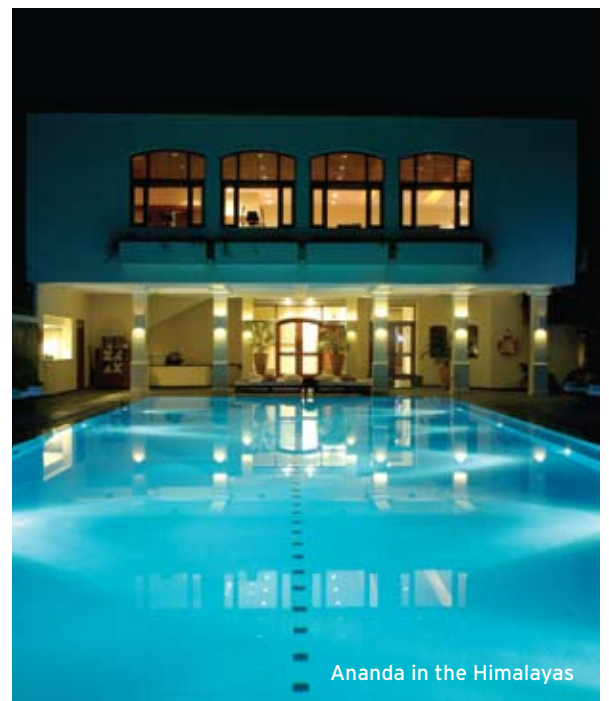
WELLNESS

ANANDA IN THE HIMALAYAS, INDIA Here is the place to indulge yourselves in Ayurveda, the ancient system of holistic medicine, and disciplines of yoga. Ananda (anandaspa.com) is set on the grounds of the Viceregal Palace in Rishikesh, the ancestral home of the maharaja of Tehri-Garhwal, and offers 7-to-21 night programs. Yoga classes are given every morning with private instruction available as well. The spa also offers a full-range of non-Ayurvedic treatments including massage, hydrotherapy, stretching and exercise. A must-see event is the Ganga Maha Aarti in Rishikesh where couples can experience a 90-minute ceremony of music and chanting that takes place on the bank of the Ganges River. Hundreds of worshipers gather to give thanks for the river which represents the source of life and prosperity. During the ritual, tiny oil lamps in leaf baskets are released into the current. —P.C.

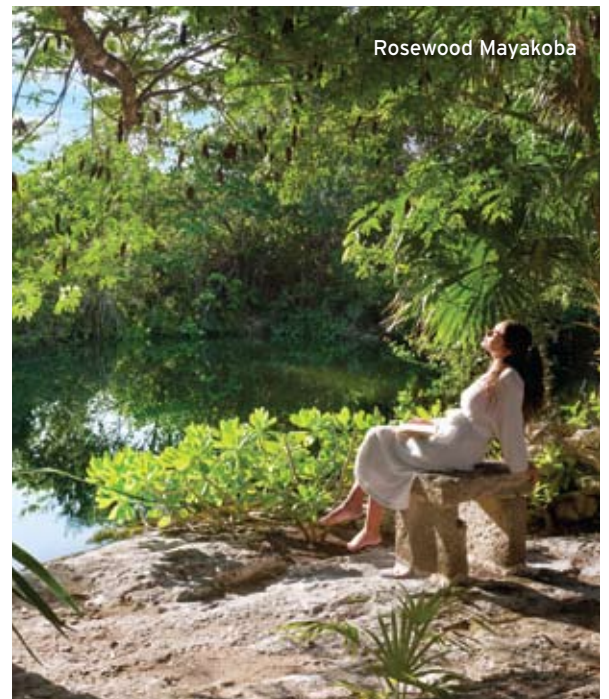
COMO SHAMBHALA ESTATE, BALI It's like no other place in the world. Como Shambhala Estate (comohotels.com) is a magical place among lush gardens that cascade down to a river and where you might walk by a chanting

holy man or find a rare orchid hanging from a tree. Guests stay in luxurious residences, each with their own butler and boasting a theme. Programs focus on Ayurveda therapies (a holistic treatment for mind and body). Other popular treatments on the menu include The Warm Muscle Wrap, which uses a mix of spices and crushed ice, is a favorite. Locals believe it helps fight cellulite. Note: Walking down hundreds of stone steps to reach the main spa is not a problem. But you'll need your stamina when walking back up to your room.—D.M.

RELAIS SAN MAURIZIO, ITALY Four hundred years ago it was a Franciscan monastery devoted to a life of renunciation. Today, San Maurizio (relaisnmaurizio.com) is a Relais & Chateaux hotel devoted to the embrace of earthly pleasures. The setting is the Piedmont region, blessed with vine-covered hills, which produce some of Italy's finest wines. There are two main buildings: a yellow-walled villa and a limestone barn. The architecture is a layer cake of styles, and the layout is rambling, with wandering corridors and lots of hidden nooks. Ceilings are frescoed; furnishing are 17th-century antiques. However, the biggest pleasure is the spa. It's inviting, especially the mosaic-tiled pool, with its exposed brick walls, beamed ceiling, and burgundy chaises. Instead of a simple "good-bye" at the end of treatments, therapists encourage guests to stay and relax, drink red tea made from grape-vine extracts, and nap on the sunny terrace. The spa uses grapes in most of its beauty treatments and products. While many food-derived treatments are merely trendy, vino therapy is the real deal as research has proved that the polyphenols in grape seeds have many benefits. Bathing in wine is as good for your skin as drinking it is for your heart! — D.M. ♦



Ananda in the Himalayas



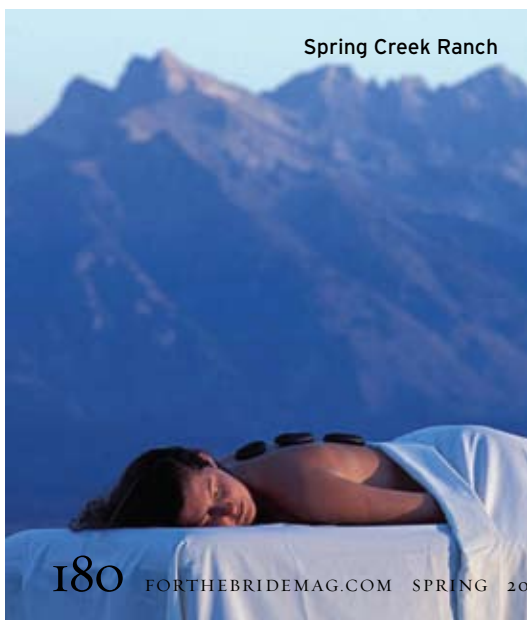
Rosewood Mayakoba



Calistoga Ranch



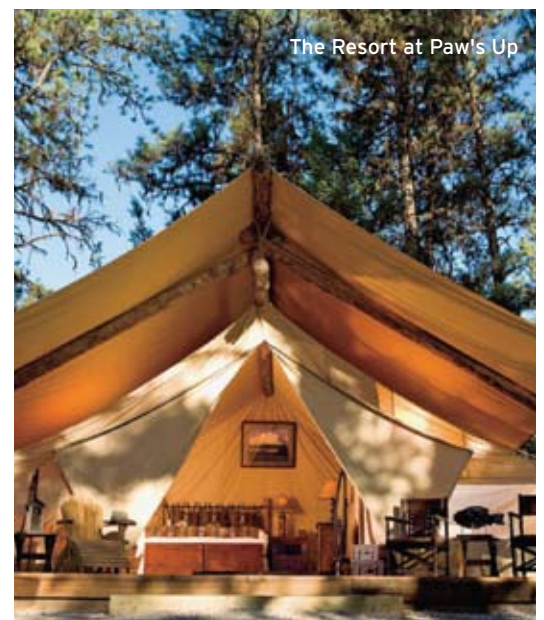
Terranea Resort & Spa



Spring Creek Ranch



Terranea Resort & Spa



The Resort at Paw's Up