

A woman with blonde hair, wearing a black long-sleeved dress, stands on a rooftop at night. She is holding a black clutch bag. The background shows a city skyline with lit-up buildings under a dark sky with some stars.

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# Reviving Retreats

*Right your holiday health wrongs at one of these exotic luxury locales*

Indulging in a season's worth of hedonistic holiday pursuits has its consequences. After a month of liberal champagne quaffing, entering the new year feeling far

from healthy—downright ragged, even—certainly isn't surprising. While the siren call of December's late night soirees is seemingly unavoidable, it is possible to rebalance after a month-long run of overindulgence—and do so in equally sybaritic style.

The "luxury spa getaway" is nothing new, yet there are several international resorts executing

the concept exceptionally well. Today, a truly revivifying retreat encompasses so much more than stepping foot inside a sauna; it is a wholly immersive experience, making the most of idyllic surroundings, local resources, and offering innovative treatments to set one back on the path toward balance. Whether atoning for your winter well-being trespasses or simply hoping to tap into a greater source of vitality, consider checking into one of the following resorts for a lush recharge.



## JNANE TAMSNA, MARRAKECH, MOROCCO

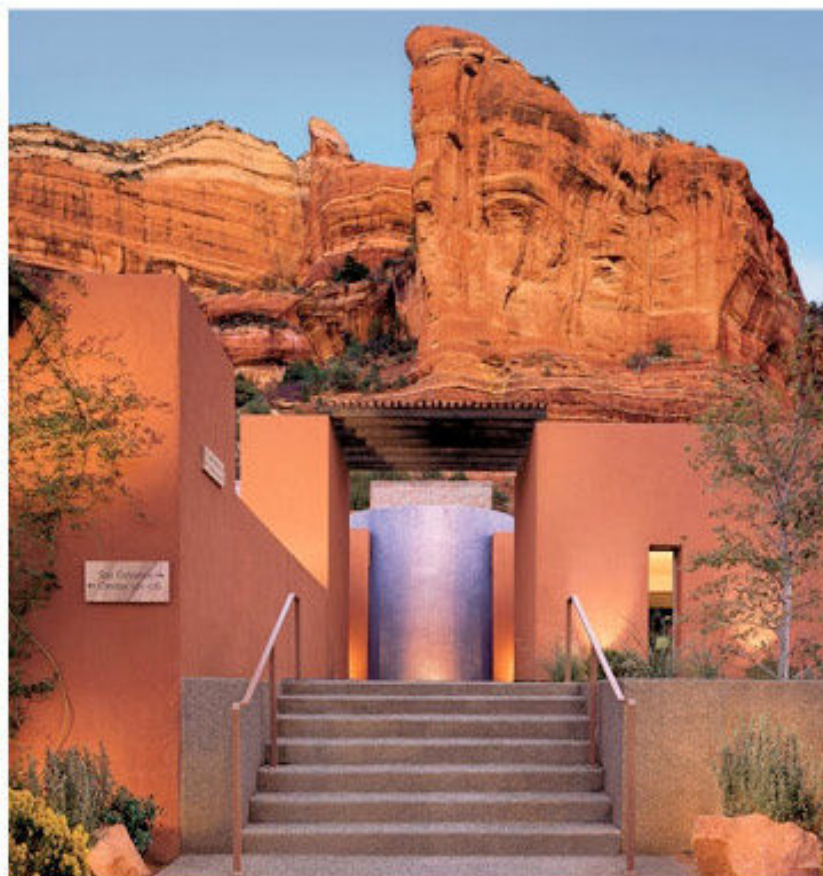
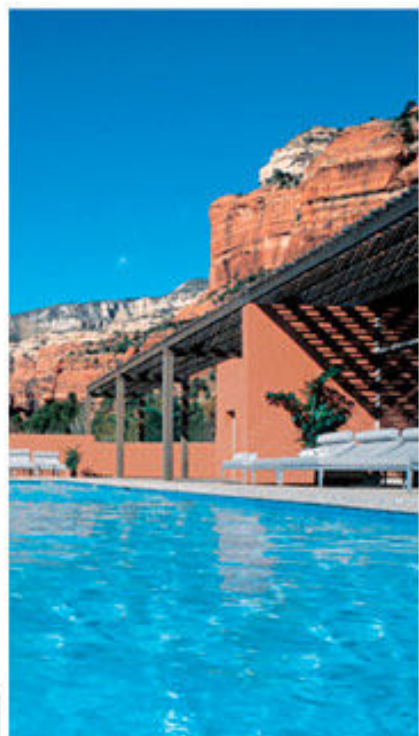
Rest assured that this resort, located in Marrakech's Palmeraie district, isn't a deceptive mirage. Founded by luxury designer Meryanne Loum-Martin and her ethnobotanist husband Gary, Jnane Tamsna is one of those tucked away, oasis-like locales that offers guests the opportunity to unplug from a harried urban lifestyle. Its expansive grounds—dotted by five swimming pools and a bounty of beautifully curated local flora—lends itself to long morning runs, while more adventurous types can request a day excursion to the nearby Atlas Mountains for an energy-boosting fitness fix.

Healthful cuisine, largely informed by local, seasonal produce, is central to the Jnane Tamsna experience. Those looking to set their diets right without feeling deprived can turn to house chef Bahija, whose expertise has been sought out by former Gourmet Editor-in-Chief Ruth Reichl, for an organic cooking lesson. You'll leave feeling sated, centered, and totally enchanted by the warmth of its staff, tranquility of its setting, and its all-encompassing cultural richness.  
<http://www.jnane.com/>

## MII AMO, SEDONA, ARIZONA

Though its location doesn't boast the seductive allure of, say, the Seychelles or French Riviera, Sedona's mystical, healing surroundings have long been championed by spiritually-attuned travelers. In the midst of breathtaking red sandstone formations lies Mii Amo, a spa resort whose de-stressing "journey" packages are intended to deliver guests back to halcyonic bliss. An indulgently holistic approach is em-

ployed by staff, who guide individuals through stages of self-care oriented toward achieving their personal goals. Using methods that are both familiar and practical (yoga, detoxifying wraps) and slightly more left-field (psychic massage, Watsu, 'Crystal' facials), intuitive practitioners offer treatments that are highly personalized, highly effective, and completely transformative.  
<http://enchantmentresort.com/>



## ANANDA, HIMALAYAS

Polished and palatial, India's Ananda spa occupies a stunning natural landscape whose backdrop is the Himalayan mountain range and virgin forest land. Deservedly touted as a "pathway to the ultimate," the resort backs its grand claim with a menu of Ayurvedic and Vedanta regimes to rejuvenate soul and body. Their comprehensive somatic and spiritual makeover packages include experiences that address weight management, stress management, and use yogic detox to revitalize an overwrought system, among several other options. Wholesome cuisine is customized for body type, as are various complimentary healing approaches—in tandem, these euphoria-inducing perks will set you on a tailored path toward post-holiday renewal.

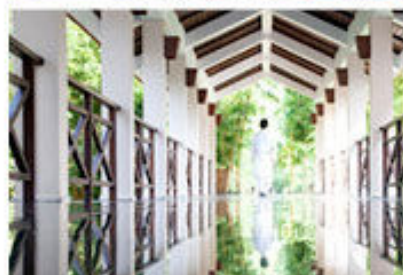
<http://www.anandaspa.com/>



## THE BANJARAN HOTSPRINGS, MALAYSIA

Situated two hours outside of Kuala Lumpur in a million-year-old tropical jungle, there's no better place to reacquaint with self than Malaysia's Banjaran. Nearby Buddhist temples and ancient ruins lend to its ethereal, transportive ambiance—and this is the mere scenery for what is a totally curative getaway. Five foundational programs tackle common concerns, such as promoting longevity and weight management, with the requi-

site bespoke option for those whose health matters are more varied. Naturopaths, holistic fitness teachers, Reiki masters, and spa technicians focused on aesthetic therapies are a just a few of the highly-skilled on-site experts you'll have at your disposal as you renew your life in full. Feel free to check your baggy eyelids and emotional baggage at the door before settling into a private waterside villa. <http://www.thebanjaran.com/>



## PENNINGHAME HOUSE, SCOTLAND

If it's a serious life change—as opposed to a bandage-like quick fix—you're after, a trip to Scotland's verdant countryside for a Penninghame House retreat is well in order. Guests can book week-long intensives at the 19th century manor estate, whose programs provide structured, yet reasonably achievable regimes whose teachings can easily be incorporated into daily life. Consider making their "Ultimate Health Experience" your first big investment of 2013; the curriculum

addresses everything from digestive issues to professional burnout and other all-too-common plagues of the contemporary career woman. Drawing upon Eastern and Western approaches, providing hands-on macrobiotic cooking courses, and imparting guidance in maintaining self-care, the Penninghame House syllabus is all but guaranteed to cultivate health intelligence you'll carry for a lifetime. <http://www.penninghame.org/>

