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SKIN**

**Camila
MENDES**

*"I'm always very honest.
I don't play games."*

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Be healthwise

nurture your body and brain

2018
SHAPE
HEALTHY
TRAVEL
AWARDS



2018 SHAPE

Healthy Travel Awards

Wellness travel keeps getting bigger and more exciting. And that's good news for you. These spots deliver the absolute best, whether you're looking for adventure, inspiration, relaxation, recovery, or all of the above.

By Molly Longman and Mirel Ketchiff

PHOTOGRAPH BY
JONATHAN
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BEST HOTEL RESTAURANTS

FEAST AND PLAY

North Branch Inn; North Branch, New York

Don't miss the chef's counter experience here. You'll watch as your five-course meal is prepared using fresh ingredients sourced from local farms. (One recent dish? Duck prosciutto.) Cap off your evening by bowling a few frames in the vintage lane. (Rooms from \$169 per night, northbranchinn.com)

ALL NATURAL

The Whitelaw Hotel; Miami Beach

Plant Theory, the restaurant in this trendy South Beach hotel, is 100-percent vegan and uses organic, local, and responsibly grown ingredients whenever possible. That means a menu filled with every flavor of plant-based burger (beet, artichoke heart, jackfruit), plus healthy juices and even vegan ice cream. (Rooms from \$79 per night, whitelawhotel.com)

DOWN TO THE LAST DETAIL

Farmhouse Inn; Forestville, California

The hotel's restaurant menu changes daily to keep up with the harvest. You'll dine on whatever looked good that day at the nearby farms. The wine list is filled with area delights too, from Sonoma and Napa wine country. (Rooms from \$400 per night, farmhouseinn.com)



JUST ADD WINE

The menu pairs perfectly with the region's best bottles.

DIVE IN
Go snorkeling at Grand Palladium and spot sea turtles.



Best Curated Experiences

MAKE THE MOST OF YOUR MINUTES

Conrad Hotels and Resorts; worldwide

As part of the Conrad 1/3/5 program, the luxury chain offers one-, three-, and five-hour curated itineraries (available at stayinspired.com). If you have an hour in Fort Lauderdale, for instance, you can visit an Airstream RV that serves handcrafted cocktails. (Rooms from \$150 per night, conradhotels.com)

GET A DREAM VACAY DELIVERED

Journey; worldwide

Fill out a questionnaire about where you want to go and how you like to travel. A travel designer will craft your dream trip, creating an itinerary and doing most of the booking too. (Fee starts at \$25 per day, gojourney.com)

INSIDER EXCLUSIVES

Peek; nationwide and Mexico

Search through thousands of experiences by city, or let Peek pick: Take a quiz to determine your travel personality (by choosing the activities that most appeal to you—cheese tasting vs. SUP-ing, say). Then click through the offerings. (Activities from \$10, peek.com)

BEST FAMILY GETAWAYS

ENDLESS OPTIONS

Grand Palladium Colonial Resort and Spa; Riviera Maya, Mexico

Balance beach time with family-friendly activities like volleyball, archery, soccer, kayaking, sandcastle competitions, and mini golf. The hotel also offers kids' clubs where little ones can be entertained before dinner. (Rooms from \$253 per night, palladiumhotelgroup.com)

FUN IN THE SUN

Grand Hyatt Baha Mar; Bahamas

Drop your kids off at the Baha Mar Explorer's Club. Counselors will guide them through close marine encounters with stingrays and sea turtles, teach them shell crafts, and lead them on scavenger hunts. (Rooms from \$225 per night, bahamar.grand.hyatt.com)

THE ELOISE EQUIVALENT

Willard InterContinental; Washington, DC

The Willard's Children's Concierge will call before check-in and set your room up with any necessities (a crib or a microwave, say). Kids will love the library and treasure chest of games, and their gratis room service dessert. (Rooms starting at \$309 per night, washington.intercontinental.com)

SCAN TO BOOK YOUR NEXT GETAWAY!
Download the free Shape Next app and scan the page.

BEST HOTEL GYM

DETOX AND RECHARGE

Hotel Kabuki; San Francisco

This boutique hotel's newly renovated fitness center overlooks a meditation garden, where guided Zen sessions are led by the nearby Soto Zen Buddhism International Center. If you can, also check out the Detox: Retox class—a yoga-cardio blast followed by 20 percent off drinks at the bar. (Rooms from \$259 per night, jdvhotels.com)

WORKOUT MECCA

The Hotel at Midtown; Chicago

When you check in, you get access to the Midtown Athletic Club, a 575,000-square-foot urban sports resort. There are 16 indoor tennis courts, golf simulators, a pool, classes that range from boxing to Pilates, 100 yards of simulated turf, and all the weight lifting machines you could want. And that's just scratching the surface. (Rooms from \$199 per night, midtownhotelchicago.com)

THIS PLACE ROCKS

Whitney Peak Hotel; Reno, Nevada

This hotel has something your hometown gym doesn't: a 164-foot outdoor climbing wall and a 7,000-square-foot indoor bouldering park. There are yoga classes, too, for those who prefer to stay grounded. (Rooms from \$125 per night, plus discounted guest fees for gym, whitneypeakhotel.com)

Healthiest Amenities

SKI, STRETCH, AND SIP

Om Boocho at Vail Marriott Mountain Resort; Vail, Colorado

Treat yourself to a 50-minute restorative yoga class followed by house-made kombucha shots—the perfect après-ski chaser. (Rooms from \$199 per night, vailmarriott.com)

SWEAT SWAG

Well + Fit Kit at Hotel Theodore; Seattle

Borrow a large canvas tote bag full of fitness gear, including a Manduka yoga mat, weights, and an iPad loaded with over 300 fitness videos. (Rooms from \$149 per night, hoteltheodore.com)

REST YOUR MIND

On Demand Meditation at the Benjamin; New York City

The hotel partnered with meditation company the Path to create two guided meditations, available via the room phone. (Rooms from \$279 per night, thebenjamin.com)

BEST HOTEL SPA

NATURAL NIRVANA

The Aman Spa at Amangiri; Canyon Point, Utah

Your surroundings—the mesas and slot canyons of Utah—will instantly send your stress levels down a few notches. And the spa will take care of any lingering tensions, with treatments inspired by the healing traditions of the Navajo and the four elements: earth, wind, fire, and water. You can get a traditional Thai massage or try something out of the ordinary, like flotation therapy, cranial sacral therapy (a more intense scalp massage), or a crystal sound bath. (Rooms from \$1,400 per night, aman.com)

HIGH-TECH ZEN

The Spa at the Miami Beach EDITION; Miami Beach

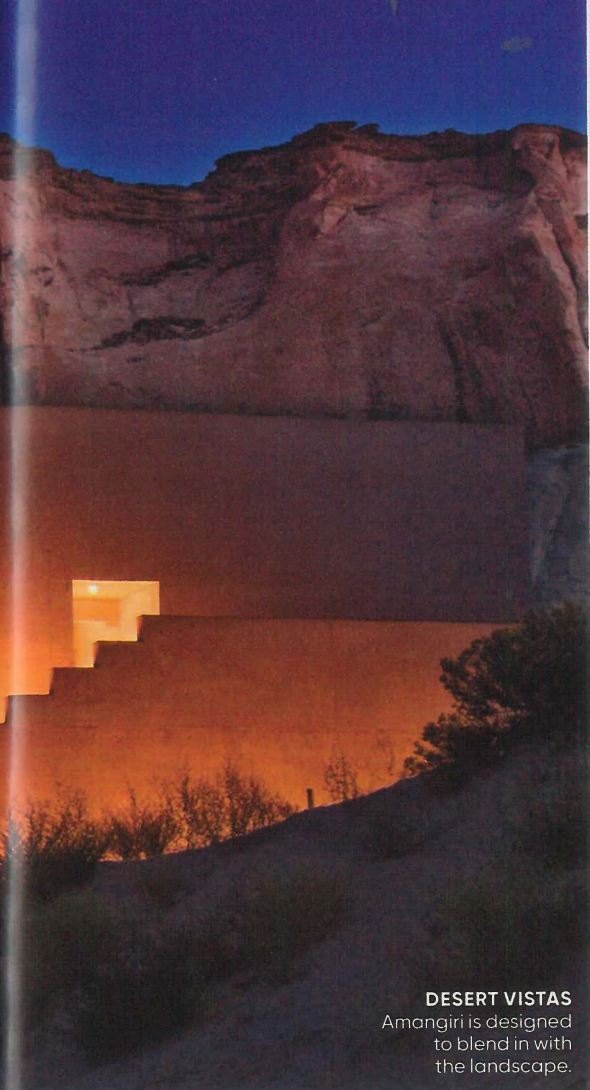
The Spa's cutting-edge therapies are truly innovative. Take the new "Healing Waves"



NEW HEIGHTS

Test your limits by scaling Whitney Peak's huge outdoor wall.





DESERT VISTAS
Amangiri is designed to blend in with the landscape.

treatment, during which you wear ear clips that send electromagnetic waves through the body to stimulate your nerves, increase blood flow, and release endorphins, leaving you totally Zen—all while a rejuvenating charcoal eye mask and essential oils from Tata Harper do their work. (Rooms from \$362 per night, [editionhotels.com](#))

TAILORED RELAXATION

The Spa at Belmond El Encanto; Santa Barbara, California

Located in the hills of Santa Barbara, the Spa at Belmond El Encanto offers personalized pampering. Thought and care are given to even the smallest details: The tranquil treatment rooms have individual temperature controls and let you play your own music. Special seasonal treatments feature herbs and other ingredients handpicked from the seven acres of gardens on site.

(Rooms from \$525 per night, [belmondelencanto.com](#))

Best Business Hotels

GET YOUR SWEAT ON EVEN Hotels; nationwide

The in-room amenities include streaming fitness videos and crunch-friendly cork flooring. The stacked athletic studios also offer group classes so you can decompress after a day of meetings. (Rooms from \$150 per night, [ihg.com](#))

GO AFTER A GOAL AKA Hotel Residences; nationwide and London

This extended-stay hotel has concierges who will ask about your passions and deliver related experiences. If your dream is to make it as an artist, for instance, they'll help you find art classes. (Rooms from \$450 per night for one week, [stayaka.com](#))

FUEL UP FASTER Harbor Court San Francisco; San Francisco

Order a smoothie on a tablet before walking into one of the hotel's 90 weekly YMCA classes. Afterward, your drink will be waiting for you in the lobby café. (Rooms from \$180 per night, [harborcourthotel.com](#))

BEST SKI LODGES

SHANGRI-LA ON THE SLOPES

Washington School House Hotel; Park City, Utah

The structure was built in 1889. It's been a luxury getaway since 2011, but it still features vintage decor. Between ski runs, relax in the heated outdoor pool, enjoy après-ski snacks, or sink into your plush bed for some R&R. (Rooms from \$405 per night, [washingtonschoolhouse.com](#))

PLAY HARD, RECOVER HARD

Post Hotel & Spa; Lake Louise, Alberta, Canada

Whether you're into dog sledding or wine drinking, this lodge has you covered. The concierge is happy to help you book helicopter skiing or snowmobile tours, and the wine cellar is stocked with over 25,000 bottles. (Rooms from \$355 per night, [posthotel.com](#))

STELLAR SERVICE

Omni Mount Washington Resort; Bretton Woods, New Hampshire

While you eat breakfast, the servers will update you on the snow report and share their favorite trails with the shortest lines. (Rooms from \$400 per night, [omnihotels.com](#))



FIVE-STAR SLOPES

You focus on the fun; the concierge will handle details, like your lift tickets.

BEST ACTIVITY OUTFITTERS

GROUP + ALONE TIME

Caravan Tours

Explore the Grand Canyon or cruise around the Panama Canal. The knowledgeable Caravan guides will take you to the must-see sites as a group but give you ample time to walk around and explore on your own.

(Tours from \$1,195 for eight to nine days, caravan.com)

CHOOSE YOUR ADVENTURE

Wildland Trekking

This outfitter offers options for every level of hiker. Book a challenging backpacking trip, a porter-supported glamping trip, or an inn-based trip in awe-inspiring locations. Most of the must-see U.S. national parks are on their list, plus Peru, Europe, and Iceland.

(Trips from \$990 for three days, wildlandtrekking.com)

PEDALER'S PARADISE

Trek Travel

This bicycling outfitter offers custom trips or preplanned tours. Popular options include a 42-day cycle from Santa Barbara to Myrtle Beach and a multisport tour of Iceland. The boutique hotels along the way and the first-class bikes are the cherries on top.

(Tours from \$1,599 for five to six days, trektravel.com)

Healthiest Cruises

WATER WORKOUT Princess Cruises

The Lotus Spas on Princess Cruise line's 17 ships boast state-of-the-art fitness centers. Book an appointment with a certified personal trainer or join an aerobics class to get your endorphin fix. *(Cruises from \$539 per person for seven days, princess.com)*

FIT AND FAB

Blue World Voyages

This new cruise line is all about wellness and features a large sports deck with TRX and Spinning studios and a seawater lap pool. On shore, you'll stay active with kayaks, paddleboards, and bikes. *(Cruises from \$3,400 per person for seven days, blueworldvoyages.com)*

MOVE, THEN SOOTHE Ocean Cruises

Enjoy mat Pilates, yoga, Spinning, and tai chi, then indulge at the Crystal Spa and Salon. It features rejuvenating treatments like aroma stone therapy and Japanese silk booster facials. *(Cruises from \$2,500 per person for six days, crystalcruises.com)*



VIP GUEST
Schmittty The Weather Dog loves Hilton Chicago's perks.

BEST PET AMENITIES

SWEET TREATS

Hilton Chicago; Chicago

The hotel will pack up a Bone Appetite Doggy Bag, with treats like a watermelon "pupsicle" for your pet to enjoy at nearby Grant Park. They don't forget about dog moms, either: You'll receive a cute T-shirt that says "My Babies Have Fur." *(Rooms from \$221 plus a \$50 pet fee, hilton.com)*

PUPPY PARADISE

XV Beacon; Boston

With XV Beacon's personalized plate of peanut butter treats at check-in, a plush dog bed, a list of pet-friendly establishments nearby, and a turndown service that includes bottled water and biscuits, your dog's tail won't stop wagging. Best of all, the suggested pet fee you pay is donated to animal charities in Boston. *(Rooms from \$490 plus \$25 pet fee, xvbeacon.com)*

FURRY FUN

The Cottages at the Boat Basin; Nantucket, Massachusetts

Book a Woof Cottage, which comes equipped with doggie beds and bowls, a pet tag, and treats. The waterfront haven will also provide a map with directions to dog-friendly beaches so your pup can join you on your long, relaxing vacation walks. *(Woof Cottages from \$175, thecottagesnantucket.com)*

BEYOND BIKES

Trek Travel also offers multisport trips, with kayaking and hiking.



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YOUR NEXT GETAWAY!**
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