

TRAVEL

WHERE TO GO NEXT

F&W Guide to Wellness Retreats

These 12 global getaways combine phenomenal food with next-level wellness offerings.



One of the many pools, in addition to the cenote, at Chablé Resort in Mexico

CLOCKWISE FROM RIGHT:
The cenote at Chablé
Resort; Kamalaya in
Koh Samui, Thailand;
the Grand Teton Moun-
tains in Jackson Hole

RELAX AND RECHARGE

MINDFUL SKI CAMP

JACKSON HOLE, WYOMING

Now is the time to think about your next winter trip. And for those who find the rhythmic swoosh of a pair of skis meditative, this new experience takes things one step further. Under the tutelage of life coach Jan Hoath, ski geeks can spend three-and-a-half days learning to integrate meditation and mindfulness into their skiing with the goal of bringing "more joy to the slide." The luxury Teton Mountain Lodge and Hotel Terra are lodging partners. Nourishing breakfasts and lunches are provided, but a visit to Persephone Bakery for the French toast bread pudding is a must. (Camp from \$1,750, excluding lodging and lift tickets; jacksonhole.com/mindful-ski-camp.html)

HOTEL DOMESTIQUE

TRAVELERS REST,
SOUTH CAROLINA

You'd be mistaken to think a stay at this hotel co-owned by former pro cyclist George Hincapie is all about biking. A work-hard, play-hard philosophy means you'll test your mettle on some of his favorite training grounds in the Blue Ridge Mountains and reward your efforts with dishes like up-country succotash and grass-fed steak by chef Haydn Shaak. (Two-night cycling package from \$940; hoteldomestique.com) —JEN MURPHY

CALISTOGA RANCH

NAPA VALLEY, CALIFORNIA

Nature is at the heart of the ranch's wellness philosophy, whether it's a guided meditation walk on the 157-acre estate, yoga in the vineyard, or a forest hike. The food offerings are drawn from an on-site chicken coop, bee hive, and vegetable gardens. After a day of exertion, a seasonal wine hydrating facial at the spa or a seat at The Lakehouse restaurant overlooking Lake Lommel is a good thing indeed. (From \$795; aubergeresorts.com)

SILVER LININGS RETREAT

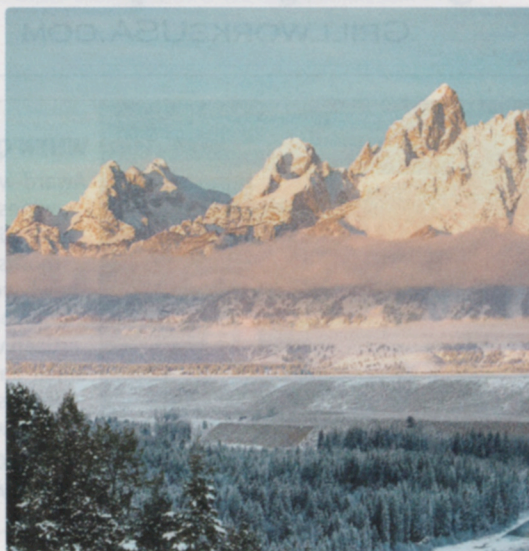
KAMALAME CAY, BAHAMAS

When your challenging HIIT workout, Pilates session, or barre class is served with a side of private island, coral reef, and overwater spa, it starts to sound a lot more bearable, right? Led by former Royal Ballet of London ballerina and personal trainer Chrissy Sundt, these intimate three-, five-, or seven-day getaways focus on tailored nutrition, movement, and relaxation programs. (Retreat from \$2,150, rooms from \$495; kamalame.com)

CHABLÉ RESORT

YUCATÁN, MEXICO

At this mystical escape built around a cenote, a natural sinkhole with restorative waters, a resident shaman prescribes healing therapies like a detoxifying *temazcal* (sweat lodge) session. Chef Jorge Vallejo, who is behind Mexico City's stellar hit Quintonil, masterminds garden-to-table menus featuring hibiscus flower enchiladas with macadamia nut cheese and crab and jicama tacos. (From \$935; chableresort.com) —JEN MURPHY



PHOTOGRAPHY (CLOCKWISE FROM TOP LEFT): ERIC SEYMOUR; KENNY A. BEE; THOMAS ZERLAUTH; COURTESY KAMALAYA KOH SAMUI