

# spa

\*travel  
beauty  
wellness

SPECIAL  
15<sup>th</sup>  
ANNIVERSARY  
ISSUE!

## plan a summer escape

ideas for **yoga**  
**adventure** weight loss  
girlfriend **family**

**Beach Spas**  
from Bali  
to Mexico

### PLUS

**SUNCARE SCIENCE**  
WHAT'S TRUE, WHAT ISN'T

**SUMMER RECIPES**  
LIGHT DINNER IDEAS

**SPA LOOKS BACK**  
15 YEARS OF WELLNESS

SUMMER 2011 U.S. \$5.99



A large, thatched umbrella with a white interior canopy is the central focus. To its left, a dark wooden table holds several green bottles and a bowl. A white chaise lounge is partially visible under the umbrella. The background shows a sandy beach, the ocean, and a blue sky with light clouds.

# BEST beach SPAS

Fewer things are more soothing to the soul than sitting in a chaise lounge on a sandy shore, gazing out at the endless ocean. When said chaise is attached to a plush resort and a stellar spa, you have all the makings of the perfect summer escape. Here are 11 resorts that up the wellness ante on a classic beach vacation.

## Pueblo Bonito Pacifica Resort & Spa

LOS CABOS, MEXICO

**WHY IT'S GREAT:** You're practically guaranteed sunshine — desert-meets-sea Los Cabos has an average of 350 perfect days annually. With Zen-like design and a secluded beachfront ambience, this 154-room adults-only resort has five restaurants and the holistic Armonia Spa, an ideal spot for fun in the sun balanced by self-renewal. Further lowering the stress level: all-inclusive pricing, which includes accommodations, all meals and beverages in a single rate (spa treatments are extra).

**WHAT TO GET:** Try the Temazcal, a group detoxifying steam bath ritual based on Mayan wellness traditions (90 minutes, \$130). Prefer something one-on-one? The spa also offers Watsu, Reiki and beauty treatments by Natura Bisse.

**WHAT ELSE TO DO:** Los Cabos is famous for its golf and sport fishing, but there's more. Adventure seekers can go on ATV desert safaris, while animal lovers can whale-watch or volunteer to help protect sea turtles. Rooms from \$185 per person, [pueblobonitopacifica.com](http://pueblobonitopacifica.com) — DH

