

RADAR

The Arrigo Program often hosts retreats in Somerset, England.

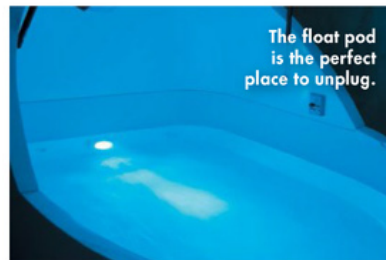
Emotional Healing

Getting unstuck from the trajectory of everyday life isn't always easy. Fortunately, The Arrigo Programme is designed to help individuals overcome challenges and move toward personal change and development. Founded by psychotherapist and intuitive healer Fiona Arrigo, the program involves personally tailored retreats in Somerset, England, and in locations around the world, where participants can take advantage of one-on-one counseling sessions with Arrigo, keynote speakers, healthy cuisine, spa treatments, activities such as guided

walks and yoga, and more. The Arrigo Programme will be holding a 10-day retreat in partnership with **Ila Spa** at Raas Devigarh, an 18th century palace hotel in Rajasthan, India, March 7 to 16. For those interested in a quicker fix, Arrigo also offers her powerful and life-changing Mind Cleanse (\$300, 60 minutes; \$750, 3 hours; \$1,000, 5 hours), which is designed to examine patterns of behavior and identify past experiences that may be preventing individuals from moving forward in their lives. It's the ultimate emotional detox.—*H.M.*

peaceful pod

On trend with the growing popularity of flotation therapy, **Remède Spa** at The St. Regis Punta Mita Resort recently became the first resort spa in Mexico to introduce a state-of-the-art float pod. Spa-goers can now take advantage of Flotation Therapy (\$145, 60 minutes), which creates a zero-gravity feeling and delivers a stress-free environment. The spa will soon add a menu of meditations, so guests can relax even more by listening to a guided meditation. "The addition of Flotation Therapy elevates the Remède Spa to an entirely new level of service," says executive spa director **Alejandro Ortiz**. "We consistently offer our guests the most exclusive and unique spa treatments available, and we're proud to offer a new level of relaxation to our guests."—*H.M.*

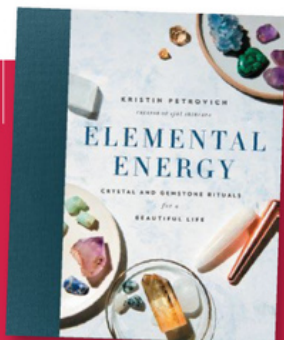


The float pod is the perfect place to unplug.

crystal visions

Amethyst, hematite, rose quartz, and other stones have become especially popular in today's spa treatments thanks to their power to ground, energize, and heal. In *Elemental Energy:*

Crystal and Gemstone Rituals for a Beautiful Life (HarperElixir, 2016), author Kristin Petrovich, cofounder of luxe skincare line Själ, which incorporates crystals, gemstones, and precious metals into its formulations, reveals how these stones can transform us from the inside and out. From



harnessing the energetic power of crystals and gemstones to achieving optimal wellness, Petrovich shares how to use gemstones to supercharge your work and office; create detoxifying, restoring, and calming gemstone baths; craft organic gemstone-infused skincare

products; find the perfect gemstones for every room of your house; and discover your ultimate power stone. Filled with stunning photography, this book is perfect for those wanting to know more about the magic and timeless allure of these precious stones.—*H.M.*