

# Clean Getaways

RECOVER AND REBOOT. DETOX AND DESTRESS. THESE FIVE JOURNEYS TO THE CENTER OF YOUR SELF ARE JUST THE THING FOR YOUR MIND, YOUR MARRIAGE, OR YOUR MONDAY MORNING.

Photograph by Laia Gutiérrez

## FOR A FAILING MARRIAGE

Clinical psychologist John Gottman believes that after observing how couples react to conflict, he can predict, with about 90 percent accuracy, whether a marriage is doomed—based on four decades of research with north of 3,000 couples. As an antidote to divorce, Gottman and his clinical-psychologist wife, Julie, created a method called the Sound Relationship House, which offers the potential for getting a soured relationship back on track. (It involves everything from Love Maps, which are road maps of each other's psychology and stressors, to learning to turn toward each other instead of away.) The **Gottman Institute** ([gottman.com](http://gottman.com)) holds two-day workshops around the country throughout the year, as well as quarterly small-group couples retreats at the Gottmans' home on Orcas Island (September 23–24; November 4–5). It also now offers marathon therapy—five-hour sessions with the Gottmans for multiple days—ideal for couples who want complete privacy.

## FOR AN AYURVEDIC DETOX

While it's not rare to find ayurvedic-inspired treatments on spa menus, it is almost impossible to find an authentic Panchakarma, an ancient Indian detoxification ritual that addresses body, mind, and spirit over the course of multiple days. It just so happens that **Surya Spa** ([suryaspa.com](http://suryaspa.com))—perched above the ocean on Los Angeles's west side—offers an incredible one, administered by the hands (and tongue diagnosis) of Martha Soffer, owner and on-site ayurvedic doctor. The detox requires a four-hour daily session, which might include anything from the sublime (Shirodhara, a.k.a. a stream of herbal oils poured over your third eye) to the less so (basti, i.e., oil enemas). For those averse to crossing the 405, Surya is partnering with the Four Seasons Hotel in Beverly Hills for two-week pop-ups (September 22–October 5; December 21–January 4).

## FOR PROFOUND GRIEF

Fifteen years ago, Phran and Bob Ginsberg lost their 15-year-old daughter in a car accident. Phran had predicted earlier that day that something terrible would happen (not the first “unexplained event” in her life), which only compounded her guilt that she had been unable to protect her own child. The couple entered grief counseling and set out to try to connect with others who were stuck in this labyrinth of loss, yet Phran felt convinced

that they were not being shown the full picture—that death is not necessarily the end. After a series of other unexplained events, they decided to dig into the science of psi phenomena. Ultimately, they created the nonprofit **Forever Family Foundation** ([foreverfamilyfoundation.org](http://foreverfamilyfoundation.org)), run entirely by volunteers. They host grief retreats, webinars, and other events to connect grieving families not only with each other but with their loved ones on the other side. The approach appeals to open-minded skeptics as well as those who question experiences not easily explained by mainstream science. At their retreats, mediums, scientists, and doctors offer different perspectives on the survival of consciousness.

## FOR SELF-REFLECTION

Often translated as “clear-seeing” or “insight,” **Vipassana** is one of the oldest forms of Buddhist meditation. Today, 10-day introductory courses—as taught by the late S. N. Goenka, in the tradition of Sayagyi U Ba Khin—are offered at ashram-style centers around the globe ([dhamma.org](http://dhamma.org)). Students observe “noble silence” for the duration: no phones, no books, no TV, no conversation—just an intense internal journey where you sit with your own breath and body. Friends who have gone explain that it is more than a return to focus—that it is, in many ways, the most profound vacation of their life. You fill out an online application to attend, and it is free. *If you complete the 10-day journey, you can make a donation, but the whole undertaking is not supposed to have a commercial bent.*

## FOR MASTERING SELF-CARE

Held in a beautiful home in rural Herefordshire, England, the **Feminine Wisdom Retreat** (November 6–9) by the **Arrigo Programme** ([thearrigoprogramme.com](http://thearrigoprogramme.com)) is a three-night women-only journey focused on letting go, being nurtured, and mastering the art of self-care. The warmly magnetic healer and psychotherapist Fiona Arrigo, who has been practicing for more than three decades, draws from ancient philosophies and mixes in modern-day humor and compassion. Those who come to her feel heard and learn to tap into their own intuitive knowing, discarding patterns of fear, guilt, or anger. In addition to talk therapy, Arrigo's technique draws on body work, sound, yoga, and meditation. Sessions can feel conversational, yet they take hairpin turns that land on the startlingly revelatory. ●

The magnetic healer and psychotherapist Fiona Arrigo draws from ancient philosophies and mixes in modern-day humor and compassion.

