

# QANTAS

Spirit of Australia

THE FOOD ISSUE

**Next-level dining**  
101 seriously cool  
experiences in Australia

**Feed your soul**  
A month of  
indulgence in Italy

OCTOBER 2019

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## Wellness

# Escape route

Some of the best wellbeing retreats in the United States are set against a backdrop of the country's spectacular wilderness, writes **Alexandra Carlton**.



## Austin, Texas

### MIRAVAL AUSTIN

Sitting high in the Texas Hill Country, the latest opening from one of America's most celebrated health-retreat groups presents wellness with a Southern twang ([miraval.austin.com](http://miraval.austin.com)). Bust out backbends to a Willie Nelson soundtrack or cast off your cares with the calming, repetitive motions of horse grooming. The kitchen uses produce from the four-hectare onsite organic farm and you can even sneak in a glass of wine as you watch evening fall over Lake Travis.

## Malibu, California

### THE RANCH

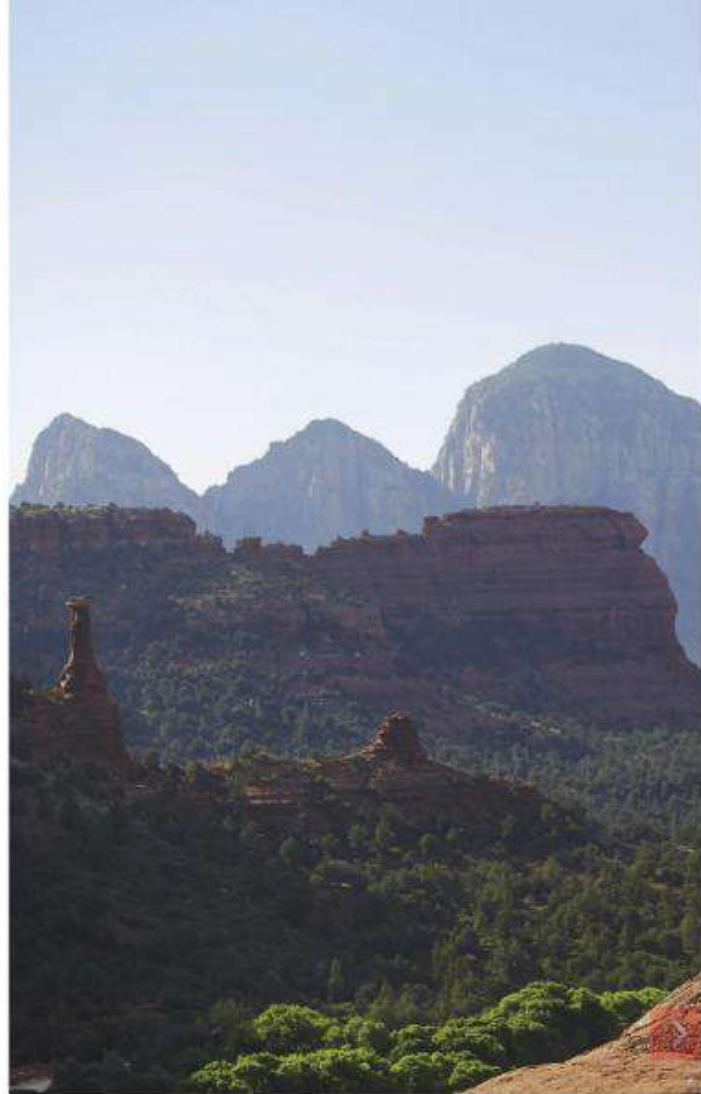
Known as Hollywood's boot camp, The Ranch's workout programs have helped the likes of Mandy Moore and Rebel Wilson shed kilos. The Santa Monica Mountains property ([theranchmalibu.com](http://theranchmalibu.com)) has five-

star frills wherever you turn – think decadent natural bathroom amenities in each of the 18 luxe suites – but the focus is on results so expect to be put through your paces. The plant-based meals are calorie-controlled, the daily schedule of physical activities is mandatory and no mobile coverage rules out electronic devices.

## Walland, Tennessee

### BLACKBERRY MOUNTAIN

Southern comfort and healthy living aren't the most obvious bedfellows but this new resort ([blackberrymountain.com](http://blackberrymountain.com)) in the Great Smoky Mountains gives guests a taste of both. The cuisine is, for the most part, light and nourishing but the occasional down-home indulgence – a thick rib-eye burger or rustic cheese plate – is encouraged. After all, it can be burned off with yoga, Pilates or a bracing mountain hike the next day.



## Sedona, Arizona

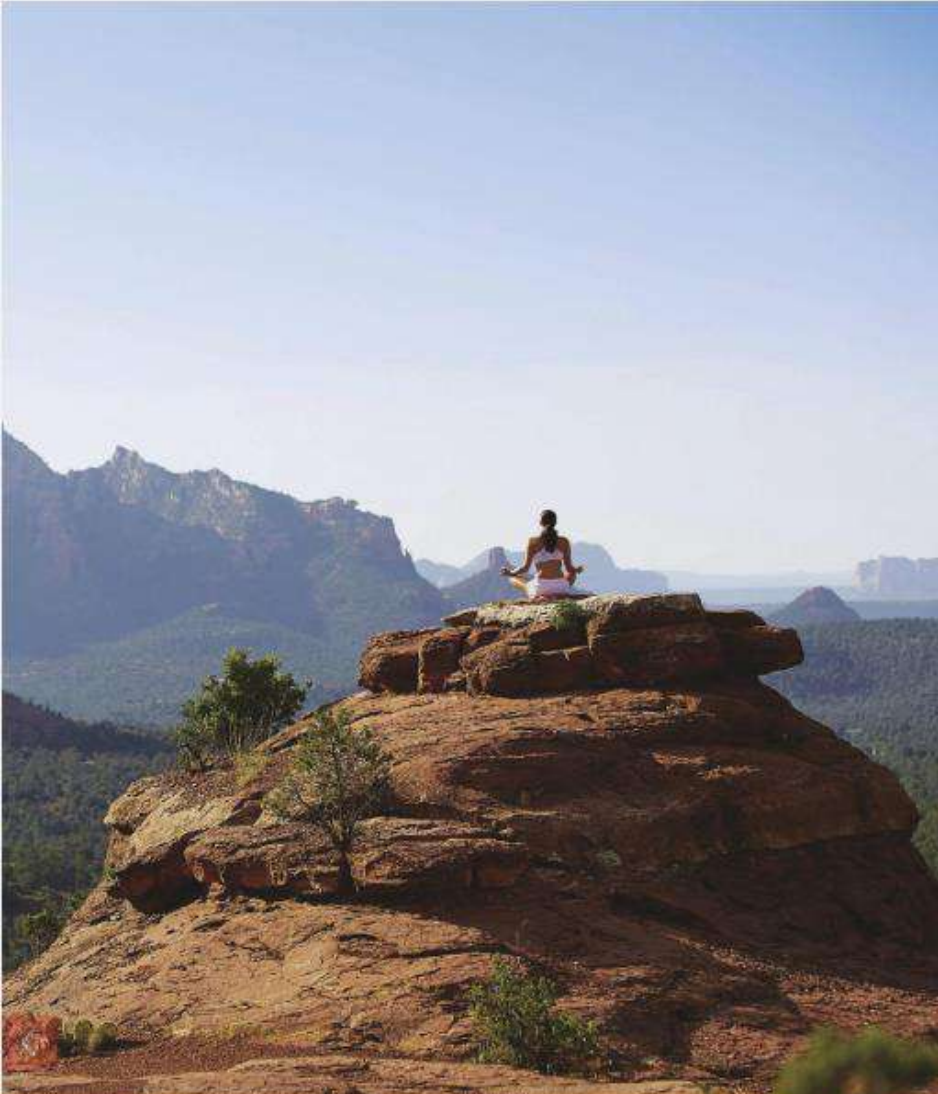
### MII AMO

"Mii amo" is a Native American phrase meaning "one's path or journey" and guests who book a three-, four- or seven-night program at this retreat ([hotel.qantas.com.au/miiamo](http://hotel.qantas.com.au/miiamo)) can expect to be transformed. Overlooking the red rocks of the Boynton Canyon near the desert town of Sedona, Mii Amo sits in the sacred shadow of the Warrior Man and Kachina Woman spires – points of deep spiritual importance to the land's first people. Hiking and mountain biking are signature experiences or try a stargazing, juicing or chanting class.

## San Marcos, California

### GOLDEN DOOR

When a resort commissions Annie Leibovitz to photograph high-profile guests you know you're dealing with a celebrity favourite – so don't be surprised if you end up flexing next to Susan Sarandon or Oprah Winfrey in a yoga class. Golden Door ([goldendoor.com](http://goldendoor.com)), in the Peninsular Ranges foothills, about an hour's drive from San Diego, is wellbeing for



the well-heeled and while you'll pay top dollar for the privilege, the personalised service, organic cuisine and tailored fitness programs all but guarantee good health.

#### Lenox, Massachusetts

##### CANYON RANCH

This leafy hamlet in New England is one of the greenest and most serene regions in the lower 48 states, making it the perfect place to rest and reset. The resort ([canyonranch.com](http://canyonranch.com)), housed inside an historic 19th-century mansion, provides specialised retreats that focus on digital detoxing, women's health or gluten-free living but a bit of indulgence is considered therapeutic – clam chowder and roast duck probably won't do much for your waistline but consider it food for the soul.

#### Miami Beach, Florida

##### CARILLON MIAMI WELLNESS RESORT

The colossal 6500-square-metre spa is the largest wellness facility in South Florida and focuses on anti-ageing and revitalisation

The view from Miraval Austin's infinity pool (opposite); Mii Amo's vivid red setting (above); communal dining at The Ranch (below)



therapies, such as cryotherapy, IV infusions and Eastern medicine ([hotel.qantas.com.au/carillonmiami](http://hotel.qantas.com.au/carillonmiami)). But this bright white beachfront haven offers more than passive lie-back-and-let-it-happen treatments, including 20-plus fitness classes a week, four swimming pools and a two-storey indoor rock-climbing wall. Make use of them all and you should earn yourself a cocktail at the end of the day.

#### Maui, Hawaii

##### TRAVAASA HANA

The first resort on Maui to salute the rising sun each morning, this laid-back property ([hotel.qantas.com.au/travaasahana](http://hotel.qantas.com.au/travaasahana)) on Hana Bay organises daily activities around five pathways – adventure, culinary, culture, fitness and spa and wellness. Start the day with yoga under the palm trees, spend the afternoon on a stand-up paddleboard or ride a horse along a stretch of the pristine coastline – and smooth away any kinks with a traditional Hawaiian lomilomi massage.

#### HOTEL JOAQUIN

Cool, quirky and totally Californian, this boutique beachside hotel with the spirit of a surf shack promises rejuvenation for the Instagram generation ([hoteljoaquin.com](http://hoteljoaquin.com)). The raw granola – aka “rawnola” – spiked with Blue Majik almond milk needs no photo filter, low-alcohol beverages are the norm and the use of fitness gear, such as bikes and paddleboards (coordinated by your own “adventure guru”) is included in the room rate. Begin your morning with a hike to nearby Laguna Coast Wilderness Park then throw a Beach Boys LP on the turntable to wind down.

#### St. George, Utah

##### RED MOUNTAIN RESORT

Adventure is at the heart of this luxury property near the spectacular Zion and Bryce Canyon national parks and Snow Canyon State Park ([hotel.qantas.com.au/redmountain](http://hotel.qantas.com.au/redmountain)). Almost all of the packages here include day trips to explore the surrounding rocky wilderness but you can also focus on weight loss, yoga or emotional wellbeing. If you're looking for a shot of adrenaline, expert guides lead canyoning and rock-climbing trips. ●