

The **WELLNESS** Issue

# Sunset

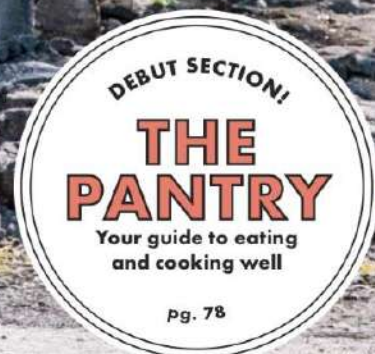
## 59 Ways to Escape, Indulge & Unwind

Ultimate Spring  
Gardening Guide

Best Spas in the West

Kitchen & Bath  
Makeovers

15 Healthy  
New Recipes



# SPAS THAT TRANSPORT YOU

Get a taste of wellness traditions from around the world without ever leaving the West.



**TAKE A TRIP TO:  
JAPAN**

**WHERE:** Ten Thousand Waves, Santa Fe

**WHAT:** A ryokan-like escape inspired by Japanese *onsens*, or hot springs, with both communal and private soaking.

**DON'T MISS:** Private tubs feel like mini sanctuaries complete with a hot tub, sauna, plunge pool, and juniper-shaded decks. After, enjoy an izakaya meal at on-site Japanese restaurant, izanami.

**DETAILS:** [tenthousandwaves.com](http://tenthousandwaves.com)

**TAKE A TRIP TO:  
CALISTOGA,  
CALIFORNIA**

**WHERE:** Archer Hotel, Napa

**WHAT:** An intimate new rooftop spa with 360° views of Napa Valley.

**DON'T MISS:** Skip the 40-minute drive to Calistoga's famous mud baths and book Archer's Wine Country Road Trip. Steamy Sonoma-sourced mud soothes feet and face, and Sonoma wines round out the experience.

**DETAILS:** [archerhotel.com/napa](http://archerhotel.com/napa)



**TAKE A TRIP TO:  
FINLAND**

**WHERE:** Scandinave, Whistler BC  
**WHAT:** A 25,000-square-foot Nordic-inspired spa steeped in the ancient Finnish tradition of hydrotherapy.

**DON'T MISS:** Follow the traditional hot-cold circuit, cycling through saunas, steam rooms, thermal waterfalls and outdoor baths with mountain views.

**DETAILS:** [scandinave.com](http://scandinave.com)



**TAKE A TRIP TO:  
KOREA**

**WHERE:** Wi Spa, Los Angeles

**WHAT:** A massive 24-hour Korean spa with a cult following on Wilshire Boulevard.

**DON'T MISS:** Relax in the *jimjilbang*, a communal relaxation area with four heated rooms and an ice room, then hit the cafe for bibimbap and banchan.

**DETAILS:** [wispausa.com](http://wispausa.com)



**TAKE A TRIP TO:  
RUSSIA**

**WHERE:** Banya 5, Seattle

**WHAT:** A steamy co-ed Russian bathhouse and sauna with massage services.

**DON'T MISS:** A sweat session in the dry sauna while a therapist gently hits you with *venik*, bundles of dried oak leaves that are meant to open the pores and exfoliate the skin.

**DETAILS:** [banya5.com](http://banya5.com)

CLOCKWISE FROM TOP LEFT: COURTESY OF TEN THOUSAND WAVES; ©2016 DAVID BELL/STUDIO 3 INC.; JOERN ROHDE/JOERNROHDE.COM



THE NEWCOMER

## A Perfect Day at Miraval Austin

Tucson's acclaimed mindful-living retreat Miraval recently debuted a sister property on 220 acres in the Balcones Canyonlands Preserve, just outside of Austin, Texas. With 29 treatment rooms, the Life in Balance Spa is now the largest in the state. Brand staples such as the equine program and cooking workshops remain. The biggest differentiator: The 10-acre farm where guests take classes in everything from chicken raising to kombucha brewing. [miravalaustin.com](http://miravalaustin.com)

**8 A.M. NATURE WALK** This is Hill Country. Get your heart pumping on a 2-mile hike over the property's oak-shaded rolling hills.

**9 A.M. BREAKFAST** Fuel up with a Texas-inspired breakfast featuring produce from the spa's on-site farm and local purveyors.

**10 A.M. QUANTUM LEAP** Expand the boundaries of your comfort zone and relearn trust with a leap from a 25-foot pole.

**11 A.M. PADDLE** Find your balance while stand-up paddleboarding on **Lake Travis**.

**12 P.M. LUNCH + LEARN** Grab an Instant Karma Kale smoothie from **The Nest**, then head to a coffee-roasting intensive or DIY bone-broth workshop.

**1 P.M. HORSE THERAPY** Identify your communication challenges and strengths by moving a horse around a pen without touching or speaking to it.

**3 P.M. HARVEST + HEAL** Help your spa therapist gather herbs from the farm to be used in the **Wild Harvest Herbal Healer** massage.

**6 P.M. CHEF DINNER** Allow the chefs to craft a private, wine-paired dinner just for you featuring dishes like forged-mushroom tartine and Texas wagyu flank steak.

**8 P.M. FIRE AND FOLKLORE** Enjoy an hour of acoustic guitar and entertaining storytelling around the outdoor fireplaces under the stars.

**9 P.M. BEDTIME** Tuck your cell phone into its sleeping bag (provided by the spa) and take a few deep breaths, practicing mindfulness. Crawl into your cloud-like Miraval bed and get a good night's sleep.

