

Women Fitness

August 2019

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CANCER SURVIVORS

Share How Fitness Changed Their Life

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Pre-workout Meals



FASHION Trend Report 2019



Instagram's Most Influential Fitness Trainer

JEN SELTER
TELLS IT ALL

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Best Spas To Visit In 2019

20TH ANNIVERSARY
ISSUE

Wellness

20 Best Spas To Visit In 2019

1.

The Lodge at Woodloch

Where: Pennsylvania

Why: It is a premiere destination spa resort that focuses on fitness, eating well, feeling well, and personal awakening. A wide variety of fitness classes are offered for beginners, to those more advanced, as well as luxurious spa treatments.



18. Kauri Cliffs Spa



Where: *New Zealand*

Why: Kauri Cliffs Spa is nestled at the edge of a Totara forest, overlooking a verdant fern glen and winding stream. Each treatment room, including the couple's room, has floor to ceiling views and opens onto a private outdoor patio with forest surroundings and native birdsong.



19. Salish Lodge & Spa

Where: *Snoqualmie, Washington*

Why: At The Spa at Salish Lodge, they offer a variety of treatments using Pacific Northwest ingredients, including massage, skin care, and body therapies, all aided by expert practitioners. It's no wonder The Spa at Salish Lodge has won numerous awards and honors, including Condé Nast Traveler's "Top 50 Hotel Spas in the United States."



20. Mandarin Oriental Jumeira



Where: *Dubai*

Why: A welcoming oasis, the concept of the spa is based on a desert scape with the layout following the lines of undulating sand dunes, encouraging guests to switch off and unwind. A stylish ground floor designed to evoke the warmth of the sand dunes features a reception area, an inviting waiting lounge, a solid marble retail space, private consultation rooms and a beautifully imposing staircase leading to the upper floor where relaxation truly begins.

