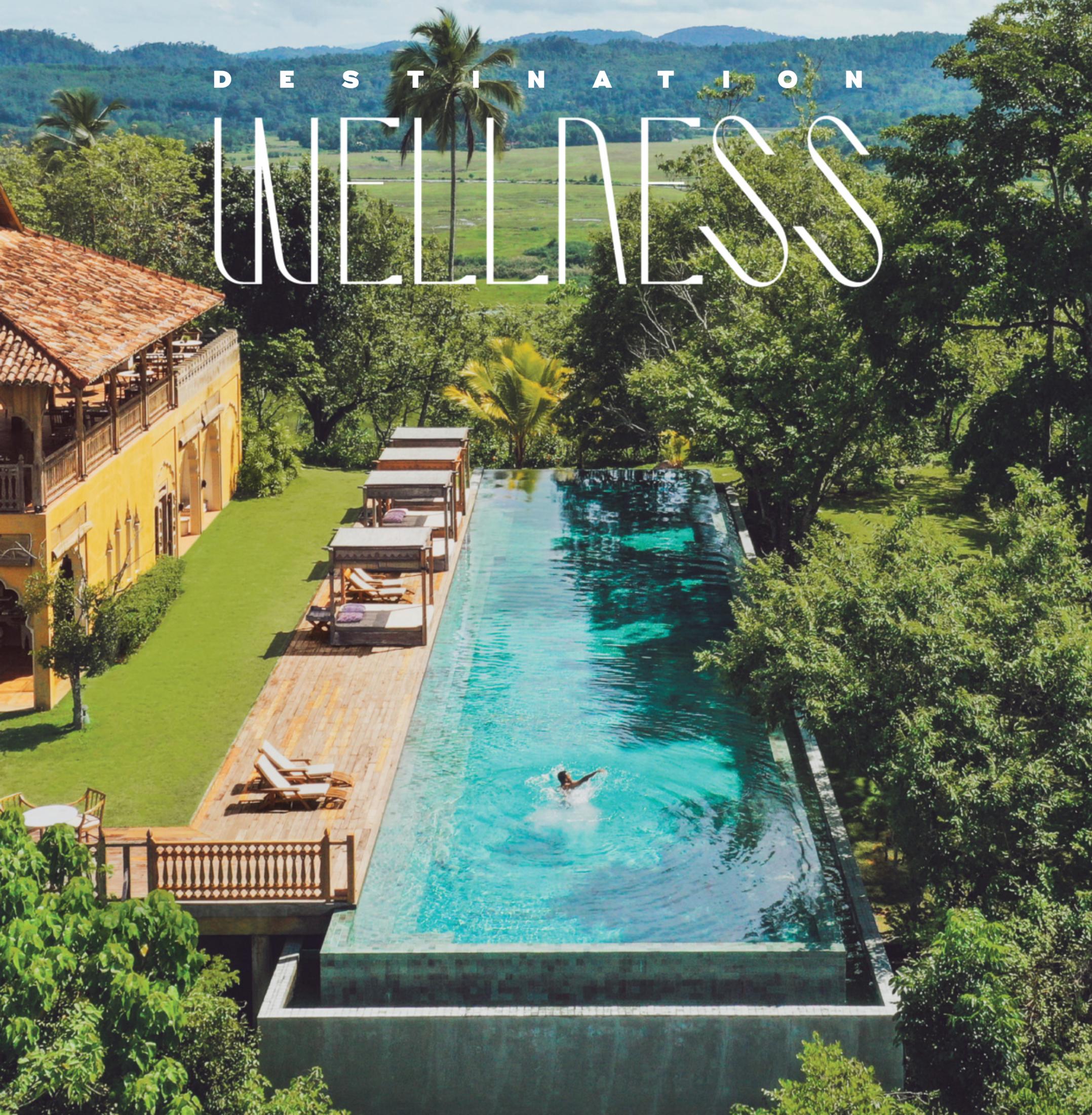


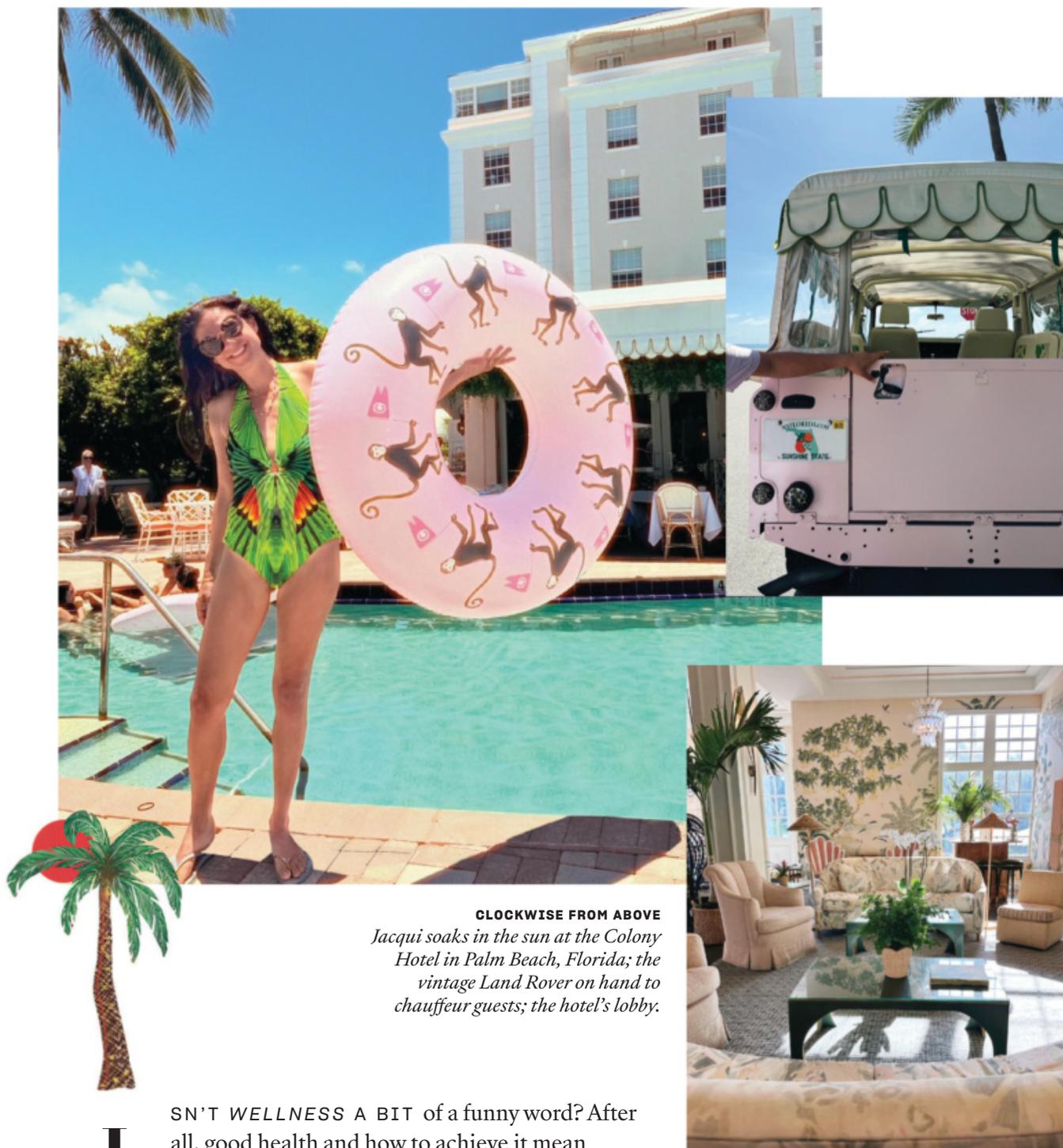
TRAVEL + LEISURE

D E S T I N A T I O N

WELLNESS



Letter from the Editor



CLOCKWISE FROM ABOVE
Jacqui soaks in the sun at the Colony Hotel in Palm Beach, Florida; the vintage Land Rover on hand to chauffeur guests; the hotel's lobby.

FROM MY TRAVELS

A healthy dose of poolside aquatherapy is one way to keep my family happy—which is why we hightailed it to the **Colony Hotel** (doubles from \$799), a historic property in Palm Beach, Florida, that feels both elevated and whimsical. Pink pool toys and Instagrammable moments? I'm here for it.

The hotel, a landmark that opened in 1947, has all that and more: hand-painted deGournay wallpaper in the lobby (see if you can spot Johnnie Brown, the Colony's monkey mascot); a pink vintage Land Rover Defender to whisk you to the beach; and a DJ spinning by the pool, right next to Swifty's, an epic place for celebration brunches and dinners.

Speaking of wellness: there's a two-bedroom villa designed in partnership with Gwyneth Paltrow's lifestyle brand, Goop, that's stocked with—what else?—their coveted hydrating water-cream and shampoos. I might've tossed a few extra products in my suitcase.



ISN'T WELLNESS A BIT of a funny word? After all, good health and how to achieve it mean different things to different people. One person's 90-minute Thai massage might be another person's triathlon, infrared face mask, or happy-hour Spritz.

One thing we can all agree on is that people increasingly view travel as a path to feeling great, and feeling great is mission-critical. I always find being in a new environment beneficial to the brain—jet lag aside. The minute I set foot on foreign soil and am bombarded by fresh colors, tastes, and smells, the neurons start firing. Being in a vacation state of mind—away from the office, my apartment, and the twitchy dishwasher I've been lazy about fixing—always lowers my shoulders by a very necessary inch. I suspect you feel the same way, too.

Traveling also gives us time to experiment, to play, to get in tune with what's actually happening with our physical selves. Hotels today are upping the ante when it comes to keeping their guests satisfied, and in this month's special guide to wellness, we preview some of the most innovative programs and treatments out there. As personalization has become more important, the wellness options have become more diverse and more engaging, from all-male retreats to nature-first fitness

programs, menopause workshops to Roman-style bathing rituals. That's a positive thing.

Spirituality and the healing arts are also trending, something I saw firsthand at the Hotel Chelsea, here in New York City. You might be surprised that this property, famed for its rock-and-roll past, has a spa with six treatment rooms on the 11th floor. With its earth tones and garden terrace, it feels like an oasis, especially compared with the always-on restaurants, El Quijote and Café Chelsea, at lobby level.

During a "visionary therapy" session, an insightful healer named Lua guided my body toward a balanced, unblocked state, using subtle pressure and movements. I walked out feeling lighter, a little less frazzled, and most certainly well. And that was enough for me.

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