

Relaxing Fall Retreats for Weight Loss, Relationships, Detox (page 40)

Spa

Healthy Living,
Travel & Renewal

BETTER SEX
THROUGH YOGA

5 tips for
living well
longer
(page 73)

Make over your life!

Easy ways to bring out
the happiest, healthiest,
most vibrant you

FIND INSTANT
BALANCE

(page 47)



OCTOBER 2008 U.S. \$4.99



cellulite, fine lines, wrinkles
TOP HIGH-TECH SOLUTIONS (page 118)



After an eco-conscious treatment at Hotel Terra's Chill Spa, you can kick back in their stylish, cozy relaxation area.

glowing with green

Hooray for the red, white, and ... green! Spas around the country are helping us protect our precious blue waters and sky with eco-friendly menus. Safe ingredients and resource-conscious treatments that are easy on the environment mean both you and your conscience can relax completely.

Wearing its commitment on its sleeve, Wyoming's Hotel Terra Jackson Hole is a LEED-certified (read: super-green) hotel. Naturally, its **Chill Spa** offers only organic facial and body treatments. After the Exquisite Facial (\$135, 60 minutes) renews your skin with Eminence Organic Skin Care fruit- and vegetable-based products, wrap up in a Coyuchi organic cotton robe and sit back and admire the view of the majestic, snow-capped peaks of the Teton Range.

The new **Ocean Pearl Spa** at the Sheraton Carlsbad Resort & Spa in Carlsbad, California, honors the nearby Pacific Ocean with a selection of seaweed-based treatments. Using responsibly harvested plants, signature

therapies like its Coastal Waters Body Masque (\$160, 80 minutes) revive and detoxify skin.

Weaving the bounty of local harvests with resource conservation (an on-site water treatment facility collects grey water for irrigation and firefighting, for example), **The Spa at The Carneros Inn** in Napa, California, offers direct connection with the earth. New on the menu, the Vitamin-Rich Goat Milk Body Scrub (\$110, 45 minutes) uses ingredients sourced from nearby farms while the Wild Magnolia Hair and Scalp Therapy (from \$30, 15 minutes) infuses locks with nourishing botanicals as you take in the rolling vineyards from the open-air hair salon. LIZ MAZURSKI

THE CARNEROS INN, THE SPA AT THE CARNEROS INN, NAPA, CALIFORNIA, (888) 400-9000, THECARNEROSINN.COM; FROM \$530 PER NIGHT

HOTEL TERRA JACKSON HOLE, CHILL SPA, TETON VILLAGE, WYOMING, (800) 631-6281, HOTELTERRAJACKSONHOLE.COM; FROM \$229 PER NIGHT

SHERATON CARLSBAD RESORT & SPA, OCEAN PEARL SPA, CARLSBAD, CALIFORNIA, (888) 625-5144, STARWOODHOTELS.COM; FROM \$239 PER NIGHT