

Win a spa trip to CuisinArt Resort & Spa in Anguilla! (page 10)

spa

travel+beauty+living

Do-it-yourself
FACE MASQUE
(recipe inside)

How to bring
MORE PEACE
into your life

25 ways to *feel great* now

From taking an
eco-friendly vacation
to **living green** each day



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spa-ing in
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FAT-BURNING
workouts

The truth about
ACUPUNCTURE
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+13 VALUE-PACKED
GETAWAYS
Hawaii, California, Caribbean & More

spa's
good
LIST

6-10

good getaways

It's easy to be a responsible traveler and still plan your dream trip, as more and more resorts commit to protecting the environment and serving their communities. Turn the page for plenty of guilt-free and fabulous escapes. Bon voyage!

{ 8 Seek out eco-innovators. }

NOT EVERY eco-star is necessarily LEED certified. The following 10 resorts, for example, deserve credit for their advanced initiatives to benefit both the environment and their local communities.

austria Rogner Bad Blumau (Bad Blumau, Styria) > Uses geothermal power, features green roofs, and donates a portion of its profits to the World Wildlife Fund. *From \$324 per night*

british west indies CuisinArt Resort & Spa (Rendezvous Bay, Anguilla) > Grows most of its own food (and some spa ingredients) in an onsite hydroponic greenhouse, greatly reducing the need to ship in food. *From \$400 per night*

costa rica Tabacón Grand Spa Thermal Resort (La Fortuna, Alajuela) > Uses geothermally heated water for showers and hot tubs, includes local ingredients in treatments, and is developing a hydroelectric power system. *From \$215 per night*

french polynesia Inter-Continental Bora Bora Resort & Thalasso Spa (Motu Piti Aau, Bora Bora) > Pumps deep ocean water to the resort and spa for chemical-free cooling. *From \$950 per night*

ireland Monart Destination Spa (Enniscorthy, County Wexford) > Uses an advanced system to monitor and reduce energy usage, recycles cooking oil to make biodiesel, and uses wood chips for heating. *From \$230 per night including breakfast*

mexico Hacienda Chichen Resort (Chichén Itzá, Yucatán) > Was built with recycled

stones, composts food waste, and incorporates indigenous ingredients and customs in treatments. *From \$165 per night*

morocco Kasbah du Toubkal (Imllil) > Transports luggage via mule; provides locally made soaps in its hammam; and donates 5 percent of every stay to fund a community hammam, irrigation system, and ambulance. *From \$202 per night including daily breakfast*

peru Inkaterra Machu Picchu (Machu Picchu, Cusco) > Offsets 100 percent of its carbon emissions through renewable energy use and local reforestation projects and incorporates indigenous customs and ingredients in treatments. *From \$249 per person per night including daily breakfast and dinner*

united states Mohonk Mountain House (New Paltz, New York) > Uses organic and locally grown ingredients in treatments and features a geothermal heating and cooling system and a green roof. *From \$255 per person per night all inclusive*

united states Post Ranch Inn (Big Sur, California) > Set aside much of its land for conservation, built green roofs onto oceanview rooms, placed some rooms on stilts to protect the roots of redwoods below, and uses organic ingredients in treatments. *From \$550 per night*