



Wellness with Roots

Peru's Inca people called the Urubamba River by its Quechua name, Wilcamayu, which means "sacred river." The waterway is the inspiration behind the new Mayu Spa at the 36-room **Inkaterra Hacienda Urubamba**. Its rustic-chic design takes cues from traditional Andean architecture, and neighboring Sacred Valley farmers contributed to the treatment menu by sharing their knowledge of the native plants and herbs used in **ancient healing therapies**. The Pindas Kkora Jampi treatment, for example, utilizes *pindas* (cloth bags filled with Peruvian herbs) to relieve aching muscles. *Doubles from \$420; Virtuoso travelers receive breakfast daily and a 25-minute massage.*



From top: Inkaterra Hacienda Urubamba's new Mayu Spa and the native herbs used in its traditional treatments.



5 REASONS TO LOVE: CARILLON MIAMI WELLNESS RESORT

BEAUTY ON THE BEACH

NYC-based Virtuoso travel advisor Limor Decter recommends at least four days at this 150-suite resort, known for its holistic wellness programs. (Bonus: Carillon just debuted a new spa menu in December.) Here, other features Decter admired during a recent visit.

1 A SENSE OF CALM. "Everything about Carillon – from its lovely gardens to the heavenly scent in the lobby – invites relaxation. The resort's decor is light and airy, with clean modern lines. I was particularly impressed by the floor-to-ceiling windows throughout."

2 THE 70,000-SQUARE-FOOT SPA. "The spa's thermal experience features Miami's only igloo, and the herbal laconium does wonders to alleviate travel-related sinus problems."

3 FITNESS VARIETY. "With more than 20 classes every day, there's something for novices and experts alike. I loved the yoga sessions in the open-air studio."

4 HOME AWAY FROM HOME. "The one- and two-bedroom suites are flooded with natural light. Their kitchens come stocked with a juicer, espresso machine, Miele stove, and a minibar filled with healthy snacks. My favorite appliance, though, is the hybrid washer/dryer."

5 WATER WORLD. "The private beach is a wide stretch, and shoreside service from the Cabana Pool Bar is prompt. Come evening, head up to the giant rooftop pool – the sunset views are amazing."

BE THERE: Suites from \$599; Virtuoso travelers receive breakfast daily and a \$100 resort credit.



FEEL-GOOD FACTOR 100: New reef-safe sunscreen from local skin-care company Kuleana is now available in dispensers by the beach at Maui's 450-room **Fairmont Kea Lani**. It's an eco-conscious move and preparation for the future: Hawaii's statewide ban on sunscreens containing oxybenzone and octinoxate – both toxic to reefs – goes into effect in 2021. *Doubles from \$729; Virtuoso travelers receive breakfast daily and a \$100 dining credit.*