

JOURNEY TO Renewal

THE BEST HEALING RETREATS OF 2016

Where to Go Now:

Active
Travel

Family
Destinations

Spiritual
Retreats

Solo
Explorers

Self-Care
in the Air

Stress-Free
Packing Tips

75+
PLACES TO
RELAX,
RECONNECT,
& RESTORE

Spirituality
& Health



BEST RETREATS FOR THE

Multi-Generational Family

"In the old days, the elders knew the stories of their sons—because they lived together," writes Sam Keen in his beautiful new joint memoir *Prodigal Father, Wayward Son: A Roadmap to Reconciliation*, which Sam co-wrote with his son Gifford. "But you and I spent all too little time together when you were young, and once you were grown, we lived far apart. So you have accumulated a vast storehouse of experience about which I know nothing." If Sam's lament rings true for you—and you don't have a year to write a book together—maybe what you can do right now is create time for a family retreat. These retreats are not necessarily quiet, "spiritual" places. Rather, they are places with a wide range of experiences and distractions that paradoxically can help you connect more deeply with your own distant and perhaps wayward clan.

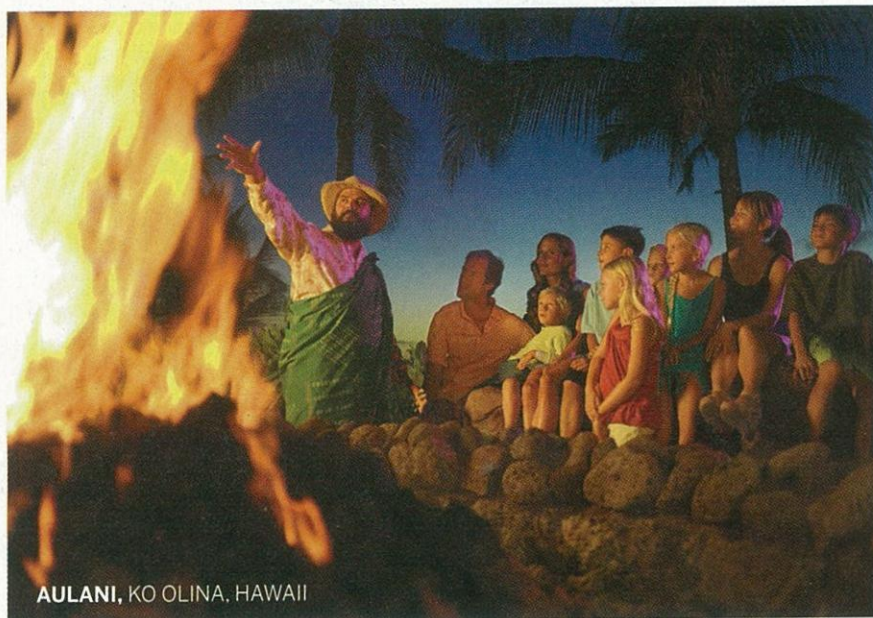
BY MARY BEMIS

AULANI, KO OLINA, HAWAII ▶

The Hawaiians have a rich culture of wellness and spirituality—and Disney did its homework when it came to creating this outstanding family getaway on Oahu. The company spent years working with a group of eight cultural advisors to build a resort that shares and perpetuates Hawaiian culture. Aulani is home to Lanikai Spa (meaning "freshwater heaven"), and embraces the Hawaiian connection to and reverence for nature. The heart of the spa is the popular hydrotherapy garden with its unique water circuit. There's also Painted Sky, what may be the best dedicated teen spa in the States. Younger kids (three to 11) will enjoy all that Auntie's House has to offer. In addition, there's the really fine beach, watersports (paddleboarding is big here), fitness classes, wonderful restaurants, and more to keep all ages happy. While there are a whole lot of reasons to stay inside, you'll want to take the family out on one of the excellent guided excursions: think rainforest and bamboo forest hikes to waterfalls and beautiful beaches. resorts.disney.go.com/aulani-hawaii-resort/; 866-443-4763

THE OMNI HOMESTEAD RESORT, HOT SPRINGS, VIRGINIA

Billed as America's first resort, The Homestead celebrates its 250th anniversary this year. An iconic property nestled in



AULANI, KO OLINA, HAWAII

the Allegheny mountains, it has long been revered for its numerous natural springs. George Washington soaked here, and generations of American families have vacationed here ever since. Now there is something for all ages, including the new Allegheny Springs, a two-acre water park complete with lazy river, sandy beaches, slides, a whirlpool and Downtime, a game area where families can wind down

with mini bowling, billiards, and more. There's also a noteworthy spa with its Aqua Thermal Suite (and special spa menu for teens ages 14 to 17). The serene, adults-only outdoor Spa Garden is well worth an entire afternoon, while the KidsClub and all of its activities will keep three- to 12-year-olds happy. omnihotels.com/HotSprings; 866-856-3859



TANQUE VERDE RANCH, ▲
TUCSON, ARIZONA

Embrace your inner cowgirl with a Wild West-style dude ranch experience. This is one of the best all-inclusive dude ranches in the country, where family members of all ages come to reconnect and unplug. Special family activities include Cowboy Cookouts under the stars and Breakfast Rides (think blueberry pancakes). The Ranch is situated on 60,000 desert acres within the Saguaro National Park and offers a highly regarded children's program based on age and horseback riding experience (choose from Wranglers, Buckaroos, and Outlaws) for kids ages four to 12. There are also special programs for teens, as well as fishing, hiking, and mountain biking.

tanqueverderanch.com; 520-296-6275

MOHONK MOUNTAIN HOUSE,
NEW PALTZ, NEW YORK

This historic Hudson Valley resort, set on 1,200 unspoiled acres, has been in the Smiley family since it opened in the 1870s. Founded by twin brothers who imagined it as a peaceful retreat, Mohonk remains so to this day. (Think classical music concerts, Afternoon Tea, and an award-winning spa with a number of mindfulness programs.) Mohonk has been designated a National Historic Landmark, and received an award from the United Nations Environment Programme in honor of the family's "125 years of stewardship." Generations of vacationing families have enjoyed the destination and all that it has to offer. Put simply, this is a nature-lover's dream with all sorts of outdoor activities

like boating, canoeing, fishing, and rock climbing that beckon throughout the seasons. Not to be missed in winter is the wonderful outdoor skating rink.

mohonk.com; 855-590-9829

CASA YBEL BEACH RESORT,
SANIBEL ISLAND, FLORIDA

Sanibel Island is a seashell seekers dream, and a peaceful, unspoiled paradise to spend a holiday (more than half of the island is made up of wildlife refuges). This beachfront resort, located on 23 acres with a private beach, features 114 one- and two-bedroom suites complete with full kitchens and outdoor barbecue grills. Activities for the entire family abound: tennis, golf, bicycles, Olympic-sized beachfront pool (plus wading pool for kids), and much more. The Casa Kids Club (ages four and up) offers arts and crafts, games, and more.

casaybelresort.com; 239-472-3145

LA COSTA RESORT & SPA,
CARLSBAD, CALIFORNIA

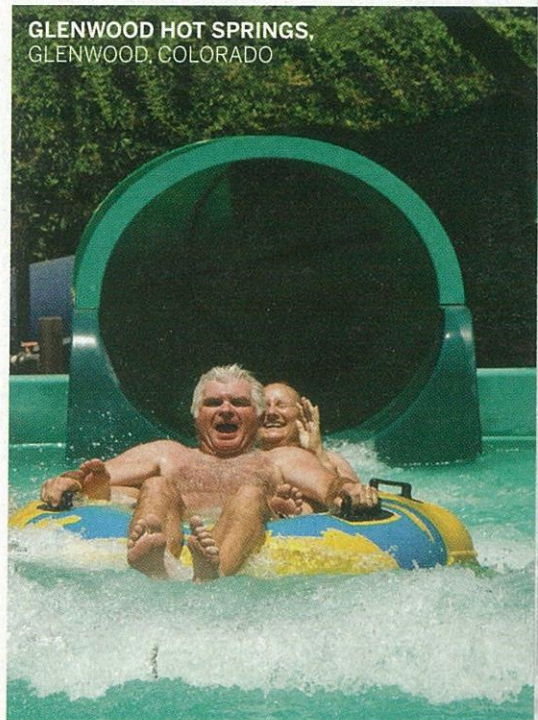
History reveals that this Southern California resort was originally designed as a residential resort with activities for all ages, and 50 years later (and a recent \$50 million renovation) La Costa is going strong. Spread out over 400 acres, the resort features award-winning golf courses, eight swimming pools (waterslides, as well as adults-only) and one of the first resort spas in the US. It's also home to the Chopra Center for Wellbeing. There are a number of local family attractions nearby, including Legoland, SeaWorld, and the San Diego Zoo.

omnihotels.com; 760-438-9111

GLENWOOD HOT SPRINGS, ▼
GLENWOOD, COLORADO

The Yampah spring feeds the mineral hot spring pools at this historic property, peacefully located next to the Colorado River and surrounded by the Rockies. Yampah translates to "Big Medicine" in the Ute Indian language—and the spring, originally used by this tribe, is still considered sacred. If you're a lover of hot springs, you'll be happy to note that

GLENWOOD HOT SPRINGS,
GLENWOOD, COLORADO



BEST RETREATS FOR THE

Multi-Generational Family

Glenwood boasts the largest mineral hot springs pool in the world. In business since 1888, the 107-room lodge and springs are an ideal family destination. All ages will enjoy swimming, splashing, and soaking in the healing waters. There's also an 18-hole miniature golf course, noteworthy athletic center, and The Spa of the Rockies, which can be found inside the historic bathhouse building.

hotspringspool.com; 800-537-7946

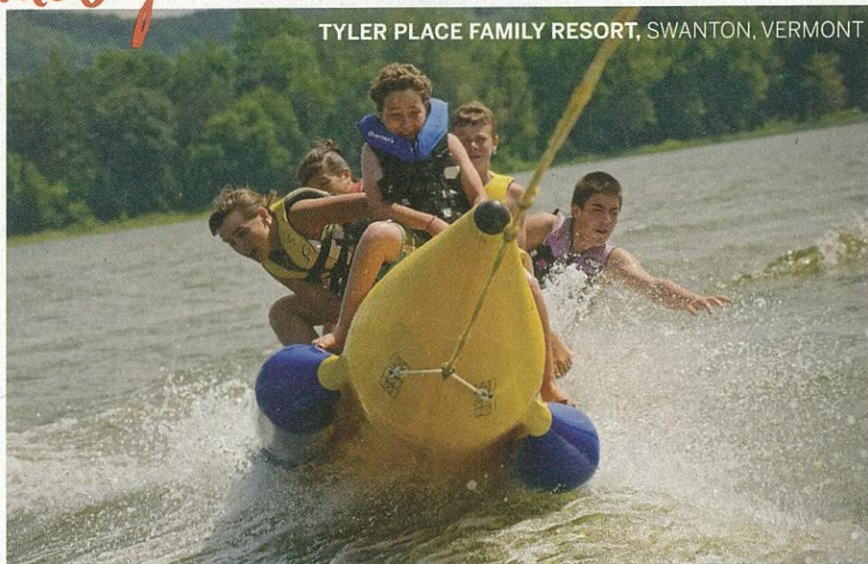
OUT 'N' ABOUT TREESORT, ▼ CAVE JUNCTION, OREGON

The Treesort is for kids of all ages—and one resort that no family will forget. There are 15 tree houses that sleep from two to eight, although not all are for overnight lodging. They are simple, rustic, and safe, and you'll have fun up high, climbing ladders and traversing a 90-foot-long suspension bridge. If you book the Swiss Family Complex, enjoy the swinging bridge that separates the adult and kids' units. There is also horseback riding, rafting, ropes courses, ziplines, and more fun for the entire family at this Oregon escape.

treehouses.com; 541-592-2208



OUT 'N' ABOUT TREESORT,
CAVE JUNCTION, OREGON



TYLER PLACE FAMILY RESORT, SWANTON, VERMONT

TYLER PLACE FAMILY ▲ RESORT, SWANTON, VERMONT

This family-run resort on Lake Champlain has been around since 1933, and hosts up to 70 families a week. In a unique set-up, there are nine age-specific camps (each with its own facilities) created for babies and children up to 15. (Your teen won't have to worry about being seen with toddlers.) As you may imagine, the lake takes center focus when it comes to fun things to do—kayaking, sailing, stand-up paddleboarding, and water tubing. Don't miss "Nature Dave's" bass fishing cruises.

tylerplace.com; 802-868-4000

PLAYA NICUESA RAINFOREST LODGE, COSTA RICA

You'll arrive by small boat at this secluded eco lodge and magical learning adventure. Laid out on 165 lush acres, home to all sorts of creatures (howler monkeys, bats, ocelots, and lots more), the resort's core is a sustainably harvested timber-framed, solar-paneled lodge where all meals—cooked from food that is locally grown or caught—are served at a single long table. During the day, explore one of the many adventures, including a guided hike to learn about the multitude of plants that cure or kill, scaling a waterfall, taking a boat ride, or visiting the neighboring monkey rehab center. Later, chill out in one of the hammocks, on the yoga deck, or in a hanging chair. Nights get very dark and flashlights are issued to get you back to your room. Watch out for the crocodiles!

Nicuesalodge.com; 866-504-8116

THE OSTHOFF RESORT, ELKHART LAKE, WISCONSIN

This is a lovely lakeshore resort in a village that has been attracting visitors since the late 1800s. The lake is a joy to amble around, and its water refreshingly clear and clean. As one may imagine, there are a variety of water sports on hand and a number of boats to rent, from pontoons to fishing boats to sailboats, canoes, paddle boats and boards, kayaks, and even hydrobikes. Beachfront bonfires make evenings more enjoyable for the whole family. The Pleasures™ Activities Program for kids (four to 10) is both educational and fun. For adults, the award-winning Aspira Spa is a welcome haven for the healing arts.

Osthoff.com; 855-671-6870

GOLDENEYE HOTEL & RESORT, ORACABESSA, JAMAICA

There's kid's yoga, doll making, kite-flying lessons, and a number of fun watersports on the menu, making this a wonderful, albeit pricey, family destination. Originally the home where Ian Fleming wrote all of his James Bond novels, GoldenEye is spread out over 40 acres and is a compound of tropical buildings, gardens, and private beaches. A fellow named Ramsey, Fleming's gardener, still works here, and leads some of the children's activities like coconut carving and nature walks. You can rent Fleming's five-bedroom villa, or book a one- or two-bedroom. Don't miss the open-air FieldSpa, a real sanctuary, and note that you can swim or kayak through the lagoon to get there.

Goldeneye.com; 800-688-7678

LEFT: COURTESY 'OUT 'N' ABOUT TREESORT; TOP: COURTESY OF TYLER PLACE FAMILY RESORT