



ONE OF THE EARTHY YET REFINED GUEST ROOMS



THE COAST RIDGE COFOUNDER ANGELA BARALE

few opportunities to sneak a nap. A post-lunch game of pool volleyball allows aching muscles to relax in the warm water. An afternoon fitness class provides cross training and core work. Somewhere in there the massage happens: an all-too-brief hour of redemption. Then it's on to the restorative yoga session and dinner—and in case you were wondering, there's no desert (unless you count herbal tea). By bedtime, you're bone-tired. Sleep is effortless and immediate.

Although food and exercise are integral to the program, it's the group dynamic that shines. "As much as the trail is a personal journey, we draw strength from being out there together," says Schley. Each session consists of 10 to 12 participants, mostly women ages 30 to 60 from all over the country. One San Francisco attorney pumps Beyoncé through her headphones to power through the uphill pushes. A Manhattan matron proudly totes the Prada fanny pack she wore while climbing Kilimanjaro. By the end, you will love them all deeply, the way you do when you sweat in solidarity with strangers and applaud one another's triumphs.

Your final hike—a recap of the first day's steep trail—seems, dare you say, like a walk in the park. How far you've come! You seriously consider investing in a pair of trekking poles. You think, Maybe you'll wake up half an hour early each morning to meditate; you might even cut out alcohol for a while, eat more sweet potatoes, see how it goes. And even if you suspect that once you leave The Coast Ridge, your level of commitment to this lifestyle will waver, at least now you know what you're capable of. All it takes is a four-day reboot to reveal your truest self.

The retreat feels like the purest expression of what a Western spa should be: a splurge-on-yourself experience that works wonders on your psyche (and your waistline).

All-inclusive program (Thu–Mon) from \$2,800; thecoastridge.com.

THE NEW ZEN

These riffs on traditional spa therapies and wellness retreats offer fresh escapes from the everyday hustle.

R&R festivals

Forget the asceticism of the typical meditation retreat—these getaways are all about reconnecting with people. Near Flagstaff, **Restival** is a tech-free social sanctuary inspired by Navajo and Hopi culture. Take a kundalini yoga class or stargaze with a Native American astronomer, then fall asleep in a tipi. More proof of the power of togetherness: **Wanderlust**, which started in Squaw Valley in 2009 and has since grown into a series of worldwide yoga-fitness-lifestyle benders. At a festival on Oahu, you can relax with a stand-up-paddleboard yoga class and learn to play the ukulele from a Hawaiian native. Restival: \$2,500; Sep 14–18 and Sep 21–25; restival.global. Wanderlust: From \$99/one day; Feb 23–26; wanderlust.com.

Float therapy

Floating in high-tech sensory-deprivation tubs is the aqua treatment du jour. The world's biggest float center, **Just Float**, recently opened in Pasadena. The absence of light and sound are meant to stop your mental ticker tape, while the weightlessness relieves muscle aches. Dive a little deeper at **Cenote Encantado**, an eco village near Tulum, Mexico, where Aqua Zen sessions are led in a swimming hole. Semi-salty water suspends you as you're guided through dance, yoga, and acrobatic movements. Just Float: \$70/1 hour; justfloat.com. Cenote Encantado: \$50 U.S.; cenoteencantado.com.

Sound therapy

Certain sounds can shrink the distance between stressed and blissed out. During a 50-minute treatment offered by the **Bernardus Lodge & Spa** in Carmel Valley, California, a therapist places a tuning fork on acupuncture points, then taps to produce notes and send restorative vibrations into the body. Want more volume? **Claremont Club & Spa** in Berkeley offers a Tibetan Sound Vibration massage, in which bronze bowls are set around the body's energy centers and then struck. The resulting sounds are believed to alter brain-wave frequencies, deeply relaxing you. Bernardus: \$160; bernarduslodge.com. Claremont: \$249/75 minutes; fairmont.com/claremont-berkeley/spa.

Emotional detox

Finding inner peace isn't always as easy as lying on a massage table. More and more spas offer workshops to help purge unhealthy emotions too. **Canyon Ranch** in Tucson hosts "Fire Ceremony: Letting Go, Beginning Anew" sessions, where writing, meditative walks, and drumming are meant to help you cast off negativity. Couples work on their relationship at psychologist Stan Tatkin's **Wired for Love** retreat at Colorado's Shambhala Mountain Center. Canyon Ranch: \$200/2 hours; Feb 11 and 25 and Mar 11 and 25; canyonranchdestinations.com. Wired for Love: From \$345; Sep 15–17; shambhalamountain.org. —Kimberley Lovato