

UNITED STATES

CANYON RANCH

- Attempt the high ropes challenge course and zipline, blindfolded!
- Customised fitness programs using battle ropes, kettle bells and advanced Pilates techniques



Located in the Santa Catalina Mountains, surrounded by Arizona's iconic saguaro cacti,

Canyon Ranch offers respite from hectic city living. Mel Zuckerman co-founded the flagship Tucson property as the first in an expanding collection of life-improvement spas that began in the Sonoran Desert in 1979. After realising a personal health overhaul was necessary and experiencing a short disastrous stay at a weight-loss ranch, Mel was inspired to launch a multi-disciplinary approach to health and wellness.

Canyon Ranch attempts to address all kinds of wellness concerns and offers a structured counselling service, as well as luxury facilities and indulgent spa experiences. There is certainly no shortage of variety on offer at this 80,000-sq-ft (7432-sq-metre) complex – choose to swim in one of the four pools or select from hundreds of fitness and wellness classes, including the innovative aerial Pilates class featuring a hammock suspended from the ceiling.

Each day starts with a group walk in nature or sunrise yoga before a nutritious breakfast. The kitchen leads daily classes teaching healthy cooking techniques that you can try at home, or reserve your spot on the 7 Days to Change program, which promises a dynamic approach to improving your life.

There is a no tipping policy here and the rate includes all classes, activities

and meals. Additional spa services, including massages, are also available.

ON YOUR DOORSTEP

Once the sun sets the desert provides the ideal conditions for exploring the night sky free from light pollution. Visit nearby Kitt Peak National Observatory, which houses the largest collection of telescopes and other astronomical instruments in the northern hemisphere.

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PORTUGAL

SIX SENSES SPA DOURO VALLEY

- A team of tree-climbing specialists (yes that is a real job) will help you scale the heights of the on-site enchanted forest
- Ten treatment rooms with views over the valley



Six Senses Spa, in Portugal's stunning Douro Valley, can be found by descending

an opthic candlelit staircase inside a grand 19th-century mansion. Rooms feature modern styling and views of the Douro river below. Integrated wellness programs offer guests a personalised plan of fitness and nutrition goals to work towards. You'll also have the chance to enjoy a variety of yoga styles with in-house instructors. Enjoy a drink or two on the terrace overlooking the swimming pools and manicured organic vegetable and herb gardens.

Find local flavours on offer at meals, including the wine library where you can sample vintages from the region. Indulge yourself to a range of indulgent face treatments on offer at the spa, including the luxurious rose diamond facial, real diamond dust to exfoliate your skin. At night, turn your attention to the neglected facet of a balanced diet – quality sleep. Six Senses offers a sleep hygiene regime to help guests adopt relaxation techniques leading to better sleep. Handmade mattresses and sleepers offer customised solutions to help you develop healthy sleep habits.

ON YOUR DOORSTEP

Play at being a winemaker for the day with a tour of local vineyards, and you'll even get a chance to stomp the grapes yourself, season permitting. The Douro river also provides many recreation opportunities, including wine cruises, canoeing and water skiing.

● Rooms from
€270 a night
● Local food
of the region and
abundant natural

● Douro Valley
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www.sixsenses.com
resorts/douro-valley
destination

