

TOWN & COUNTRY

SUMMER 2019

COLLEGE GIVING
AFTER THE
SCANDAL

—
WHERE'S
MOMMY?
A SUMMER CAMP
GUIDE TO
PLASTIC SURGERY

—
JACKIE O's
SECRET
COCKTAIL RECIPE

—
THE MOST
TOXIC
NAME
IN
PHILANTHROPY

THIS
WOMAN
WILL CHANGE
THE
WORLD

YARA SHAHIDI &
75 Others Who
Give Us Hope

BRIEF INTERLUDES

Because even *short workouts* can pack a big punch.

IF YOU HAVE 1 HOUR IN LONDON

Fresh off a remodel, the spa at the **Mandarin Oriental Hyde Park** has a 25-minute Linda Meredith Oxygen Treatment that plumps the skin with a few spritzes of a serum packed with vitamins, beta glucan, and hyaluronic acid. Stressed? Give the amethyst crystal steam room 15 minutes to work on it—the steam detoxifies, and the crystal (it's a huge one) is said to enhance the steam's therapeutic powers. MANDARINORIENTAL.COM/LONDON/HYDE-PARK

IF YOU HAVE 2 HOURS IN CHICAGO

Jetlag? Insomnia? The new Sleep Support Therapy treatment at the **Peninsula Chicago** hotel (in partnership with the Australian ayurveda aromatherapy company Subtle Energies) induces a deeper state of relaxation through aromatic soaks, targeted facials and massages, a nasya (nasal oil application), and a session of yoga nidra, a guided meditation technique. PENINSULA.COM/CHICAGO

IF YOU HAVE 1 DAY IN BAJA OR LOS ANGELES

Two classic West Coast temples of wellness have relaxed—really relaxed—their time commitments. Baja California's **Rancho La Puerta** condenses the best of the best in its new "Saturday at the Ranch" program. You can sign up for the full roster of activities, which include fitness classes, a guided two-hour hike (through flat-out spectacular, rugged terrain), a 50-minute signature massage, a garden tour, a cooking demo, lunch, and some pool time—or pick and choose (RANCHO.LAPUERTA.COM). Near Los Angeles and with dramatic views of the Pacific, **Terranea Resort** just launched "daycations" devoted to single themes—such as mindfulness and heart health. Pampering and fitness (a 60-minute massage, seaside yoga, a coastal bike ride) are complemented by educational workshops (TERRANEA.COM).



At the Amanpuri in Phuket, Thailand.

IF YOU HAVE 2 DAYS IN PHUKET

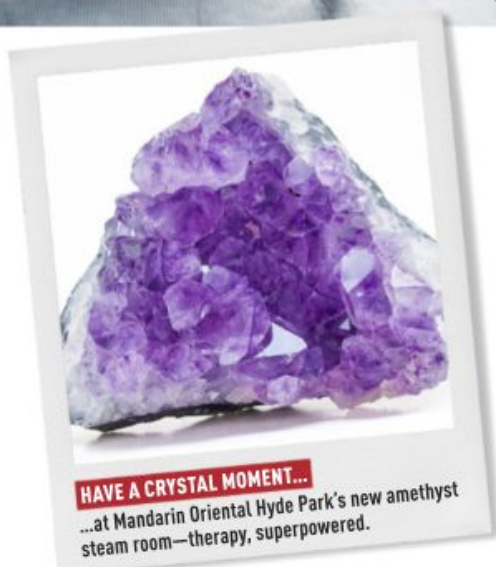
Because a full week of asceticism can be difficult to accomplish on a trip to Thailand, the holistic wellness center at **Amanpuri Phuket** has both intensive "immersions" and, now, a two-day "discovery" program that won't cut too far into your beach time. A wellness concierge will connect with you in advance to craft the right plan, which can include cranial sacral therapy, infrared sauna sessions, Pilates, and even a Muay Thai boxing workout. If you want to go more medical, the available services include intravenous nutrient infusions and colon hydrotherapy, administered by a team of Traditional Chinese Medicine and ayurvedic physicians. AMAN.COM

IF YOU HAVE 3 DAYS IN MALIBU

Kick-start your fitness routine with a customized "3-Day Ultimate Detox" at **Nobu Ryokan Malibu**. The 16-room hotel, which overlooks Carbon Beach, has partnered with Malibu Fit Concierge—think guided hikes, standup paddleboarding, sound baths, and breath work. Depending on your goals, the restaurant can prepare pescatarian and vegetarian meals. (If you like the results and live nearby, Malibu Fit Concierge can arrange follow-up sessions, sending a trainer to your home.) NOBURYOKAN.MALIBU.COM

IF YOU HAVE A WEEK IN SANTA MONICA

In India, a traditional ayurvedic panchakarma is believed to ward off joint pain, digestive troubles, and fatigue—and the therapy requires five-hour daily treatments for 21 days. Which is why the week-long version at Surya Spa, which recently relocated to the **Proper Hotel Santa Monica**, almost feels like a cheat. But Surya founder Martha Soffer says the shorter therapy still yields significant purifying effects. "People will tell you your aura is glowing," Soffer promises. PROPERHOTEL.COM



HAVE A CRYSTAL MOMENT...
...at Mandarin Oriental Hyde Park's new amethyst steam room—therapy, superpowered.

PLAN OF ACTION

Forget the hotel gym. The gym is the hotel at NYC's new 212-room Equinox Hudson Yards. EQUINOX-HOTELS.COM