

AMERICA'S TOP WEDDING MAGAZINE

NOVEMBER/DECEMBER 2021

# BRIDAL GUIDE

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# HONEYMOON & DESTINATION WEDDING GUIDE

## *Sweetest Dreams*

Cities that sparkle, hideaways that shine, beaches that dazzle—welcome to our tour of some of the world's most romantic—and star-studded—destinations. One couple gave their guests an A-list wedding weekend at a fantastical resort hidden in Mexico's tropical trees in the foothills of Cabo San Lucas. Another opted for a just-the-two-of-us celebration at a modernist resort in sun-drenched Scottsdale, Arizona. Las Vegas remains a perennial favorite to say "I do," while Charleston has gone decidedly hip with its newest hotel opening. Plus, we share some of the best resorts that promise to revitalize mind, body and spirit.

PHOTOGRAPHY: ORIGINS LODGE COSTA RICA

Origins Lodge Costa Rica.

## RESORT ROUNDUP

An open-air treatment area at Palmaia, The House of Aia.

# DESTINATION BLISS

THESE POSH PROPERTIES PROMISE NEXT-LEVEL GUEST CARE WITH A HOLISTIC BENT.

BY JENNA MAHONEY

**Palmaia—The House of Aia** Say the words “all-inclusive” and “Riviera Maya” and chances are you’re imagining something other than a sustainable, organic beachfront paradise that’s exclusively geared toward the balancing of mind, body and soul. Yet, that’s exactly what this enclave on Mexico’s Caribbean coast promises. There are sound-healing sessions and guided meditation experiences, yoga instruction and group tai chi classes, along with astrological readings and crystal healing. All accommodations are spacious suites with oversize windows showcasing gorgeous water views—the swim-out options are especially romantic (room rates start at \$1,020 a night and are all inclusive; [thehouseofaia.com](http://thehouseofaia.com)).

A Zen Hamptons getaway—Shou Sugi Ban House.

## Shou Sugi Ban House

It may be only two-and-a-half hours from the city that never sleeps, yet this sanctuary of health, wellness and just 13 intimate villa accommodations feels more like two hundred thousand miles away from stress, imbalance and fast-food eateries. The vibe here is as holistic as it is whole being, with a focus on self exploration for mindfulness in body and spirit. The wooded property is serenely latticed with paths that induce private reflection and wind past fountains, reflective pools, Japanese gardens and dunescapes. Meals are mostly plant-based (room rates start at \$1,235 a night; [shousugibanhouse.com](http://shousugibanhouse.com)).

Dining is tops at Origins Lodge in Costa Rica.



**ORIGINS LODGE** High in the mountains, spanning over 111 acres of tropical Costa Rican jungle stands this exclusive estate property with rustic luxe accommodations that promises the very best in cuisine and wellness. The only hotel in the country to have a Michelin-starred chef, the organic cuisine program is a stellar standout. Menus are French-influenced and change daily based on local produce and flowers, among other ingredients available. Activities also reflect the *pura vida* ethos and are heavy on the holistic, with yoga, equine programming and hiking being among the most popular (room rates start at \$910 a night and include breakfast; [originslodge.com](http://originslodge.com)).

**FUN FACT:** Massage was first practiced in India in 3500 BC (or earlier). The sacred healing therapy was then brought to China and Southeast Asia in about 2700 BC and Egypt in 2500 BC.

PHOTOGRAPHY: (CLOCKWISE FROM TOP) MIRVAL BERKSHIRES (2); COURTESY OF SIX SENSES (BIZA); FOUR SEASONS (RESORTS AND HOTELS);

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