

HOUSEPLANTS MADE EASY! p.50

Sunset

IDEA
HOUSE
REVEAL
p. 43

BIG
SUR'S
HIDDEN
TREASURE
p. 64

OUR
FAVORITE
HOT
SPRING
RESORTS

*Harrison
Hot Springs
Resort in
Harrison,
British
Columbia*

THE Wellness ISSUE

VISIT US AT SUNSET.COM | JANUARY/FEBRUARY 2019



The New Age of Wellness

Holistic health trends, al fresco hot springs, and brand new spas where you can unwind and recharge.

By KATE WERTHEIMER

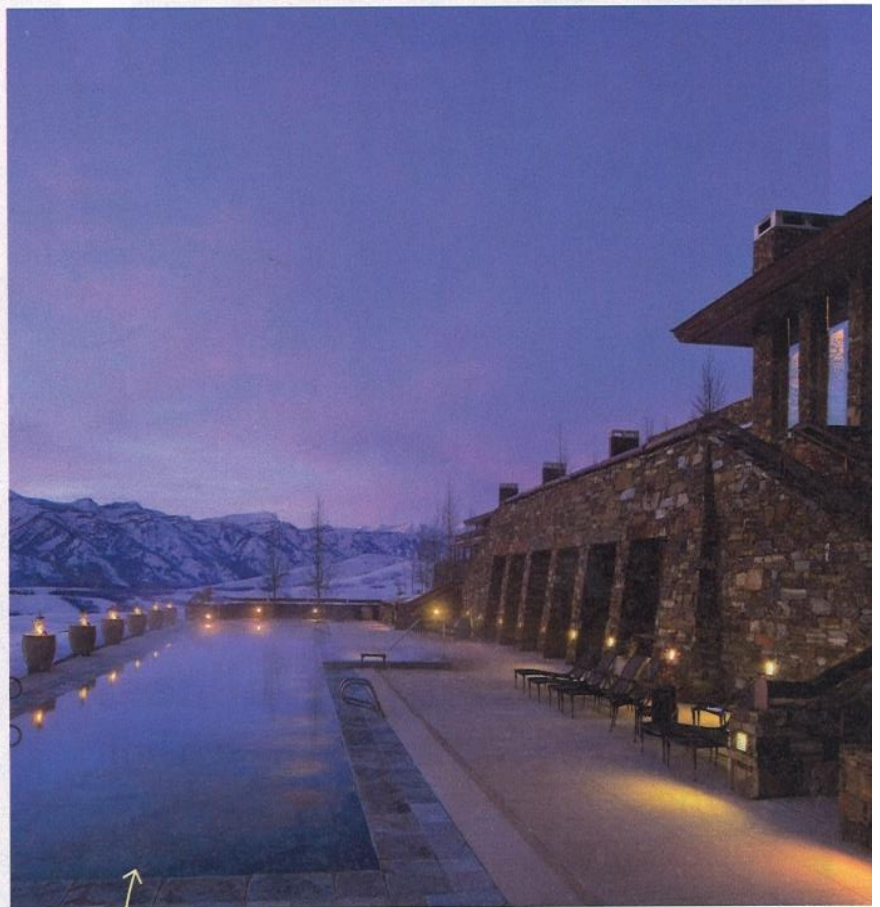
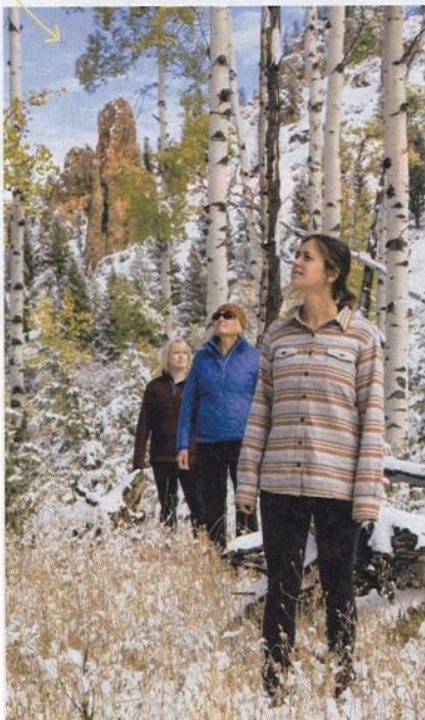
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Mii Ama

Ten Trends to Tune Into

Wellness seekers are going wild for all things spiritual, natural, and holistic. High-end tech treatments have given way to earthier modalities such as forest bathing and the incorporation of (truly) locally sourced ingredients. What was once purely hippie has now become haute, with some of the biggest names in wellness offering elaborate meditations, sound baths, CBD massages, and more. Whether you're a true believer or just down to dabble, these are the top holistic health trends to try this winter.

Nature Bathing

The need to connect with the earth is so strong, people now book time in advance just to get outside. **The Ranch at Rock Creek** in Philipsburg, Montana, keeps it simple with guided forest bathing inspired by the Japanese practice of *shinrin-yoku*, using the surrounding alpine forest as a source of sensory connection and stress reduction. At **Sundance Mountain Resort** in Sundance, Utah, a guided walk along the Stewart Falls Trail is followed by a complimentary mineral salt foot soak. For a change of scenery, try an hour of guided canyon bathing at **Mii Amo** in Sedona, Arizona—or search for one of the town's renowned energy centers on an expert-led Boynton Canyon Vortex Hike.



Rocks and Minerals

Hot stone massages are well and good, but these treatments will rock your world in a whole new way (pun obviously intended).

JADE + AMETHYST: **Amangani** in Jackson, Wyoming, offers a Nourishing Body Polish & Wrap Ritual featuring rejuvenating, restorative jade.

PETRIFIED WOOD: **The Spa at Cedarbrook Lodge** in Seattle uses heated, polished petrified wood hand-collected from Eastern Washington in their grounding Heated Petrified Wood Massage.

TURQUOISE: **Boulders Resort & Spa** in Scottsdale, Arizona, features turquoise clay in their Boulders Signature Clay Wrap; a turquoise stone is also placed on the forehead for peaceful vibes.

MINERAL SALTS: **Sorrel River Ranch** in Moab, Utah, boasts a blend of 72 trace minerals from the Great Salt Lake in their scrub, wrap and massage combo, the Salt of the Earth Experience.

FROM LEFT: COURTESY OF THE RANCH AT ROCK CREEK; COURTESY OF AMANI