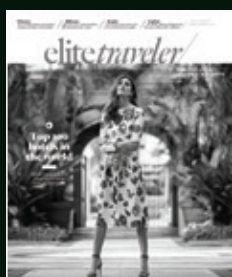
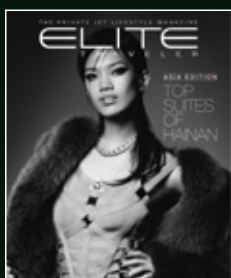
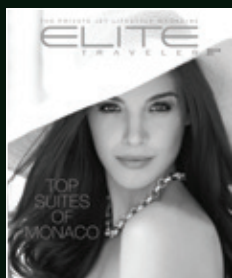


# elite traveler

RESPONSIBLE LUXURY LIFESTYLE

SUMMER 2021



## Anniversary Issue

# Spas

Touch. I'm craving it. Having experienced the first part of a pandemic that hasn't quite expired and having forgone my frequent spa habit for so many months, I'm inclined to agree with the words of chess champion Bobby Fischer who wrote: "Nothing eases suffering like human touch." As the world heals, and spas reopen and reimagine themselves, we're all likely to turn to our preferred vitality sanctums with renewed gusto, hoping to have our suffering eased. What we'll find when we do will be the continuation of an eco-conscious and sustainability trend that had already begun, but has been accelerated by Covid-19's unique circumstances. Susie Ellis, CEO and co-founder of the Global Wellness Institute and Global Wellness Summit, notes that consumers will continue to "demand more sustainable products and offerings from the wellness industry, and wellness companies must walk the walk in their green commitments." When you're ready for your reboot, these environmentally forward spas care about you, and our world, too.

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by Becca Hensley

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## ↑ RETREAT AT THE BLUE LAGOON

### ICELAND

Find the cure for almost anything at The Retreat at the Blue Lagoon, a polished eco-haven set amongst centuries-old, moss-covered lava fields surrounded by ancient volcanoes. On the banks of the nation's storied geothermal Blue Lagoon, Iceland's most oft-visited site, The Retreat pampers guests with stylish interiors, private lagoons, locally sourced cuisine and a stunning subterranean spa. Its abundance of nooks, saunas, lairs of quietude and cave-like dens encourage well-being. Enjoy The Ritual, a self-administered treatment in three (slathered-on) phases: house-made lava and mineral-infused salt; algae (specific to the lagoon); and creamy silica for the gift of renewed skin. Or, partake in an in-water massage,

as you are suspended blissfully by your therapist in the lagoon. With sustainability and minimized environmental impact as the fulcrum of its philosophy, the Blue Lagoon complex harnesses the power of geothermal seawater for 100% of its electricity, heating and hot water. Its lauded products utilize green production methods, as does its heart-quickenning architectural design. When not soaking in the milky blue waters (known to improve skin ailments such as psoriasis), join staff for a hike in the surrounding lava fields, for yoga in the window-walled studio, or for wine tastings in the romantic wine cellar. **Contact [retreatspa@bluelagoon.is](mailto:retreatspa@bluelagoon.is), +354 420 8700, [bluelagoon.com](http://bluelagoon.com)**

## → THE RESORT AT PAWS UP

MONTANA, USA

In Montana's breathtaking hinterlands, on the boundless, pine-crowded, wildflower-speckled, cowboy-intoned luxury guest ranch known as Paws Up, a collection of tents serve as a swanky spa. Known as Spa Town®, this permanent pop-up, a minimal footprint wellness zone, lies in a bucolic meadow. Part of this renowned dude ranch's treasure trove of activity options, Spa Town® uses little power or air-conditioning. In fact, most of the energy expended happens when therapists lift the flap of the tent for you to enter so they can knead your weary muscles from agony to ecstasy. Many treatments utilize plants picked straight from the ranch's garden; one popular option, Paws Up Signature Body Scrub Bar, proffers an array of indigenous, seasonal products — honey, herbs, flowers, oils and exfoliants — to slough away dead skin cells, finished with a body butter massage. During your stay, find the wilderness' own medicine when you hike, horseback ride, fly fish or river raft through the rapids. Back at your suite, which might be a glamorous tent by the Blackfoot River; a sequestered, art-filled cabin in the woods; or a contemporary treehouse (brand new at the adults-only 'green o' camp area), tranquility — and an endorphin high — will be the order of your day.

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## ← SIX SENSES

FIJI

As a far-reaching wellness brand, with spa resorts around the world from Thailand to Turkey, Six Senses stands out as a pioneer in eco-friendly, sustainable hospitality. Driven to manifest and support the concept of 'sense of place' in the communities they occupy, each hotel looks to its location to assemble the pieces of its environmental programs. As it says on its website: "Sustainability is not something that we do, it is who we are." Indeed, the brand, known for its barefoot-chic ethos, proves that travel can be meaningful even while being opulent. Free from waste, toxins and plastics (aiming to be totally plastic free by 2022), each Six Senses resort hires locally, builds renewably and spends funds on local environmental projects. To highlight just one of their stellar hideaways — each with eyebrow-raising accomplishments — leaves so many out of the discussion, because every Six Senses follows a company criterion of world-transforming standards and environment-preserving canons. Nevertheless, eco-award-winning Six Senses Fiji, an oasis on paradisiacal Malolo Island, reigns for its esteemed green efforts. This includes conserving energy and rainwater to make high-quality drinking water and to grow organic produce. They boast one of the largest off-grid solar installations in the southern hemisphere (using Tesla batteries), which allows the sun to produce 100% of the resort's power, including the on-property desalination plant. In the spa, the Alchemy Bar encapsulates the location's natural gifts with local herbs, flowers, salts and fruit, allowing guests to craft their own unique scrubs, masks and unguents.

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