

2016 SHAPE Healthy Travel Awards

Every trip you take is an opportunity for adventure, rejuvenation, and of course fun. We found the spots offering the most cutting-edge wellness perks to pamper, energize, and inspire you. Start packing.

By CARLY GRAF and MIREL KETCHIFF



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live healthy

2016
SHAPE
HEALTHY TRAVEL
AWARDS

Best Hotel Gym

HIIT HEAVEN

Hilton Sedona Resort at Bell Rock; Sedona, Arizona

This desert retreat has its own boot camp playground—the Outdoor Warrior Pit, which is equipped with tires, ropes, sledgehammers, and anchors. If you're not ready to go full cavewoman, check out the Aqua Zumba class offered several times each week. (Rooms start at \$249 a night, hilton.com)

SMARTEST WORKOUT

Canyon Ranch SpaClub at the Venetian; Las Vegas

Most gyms have treadmills. Canyon Ranch SpaClub has a gait expert who analyzes your footfall and stride to make sure you're wearing the perfect shoe for your workout, and an exercise physiologist, who will help you take your fitness to the next level. Once you're properly prepped, scale the 40-foot indoor

climbing wall, take a dance cardio class, or sign up for a Pilates session. (Rooms start at \$159 a night, venetian.com)

HIP HEALTH CLUB

1Hotel South Beach; Miami

Hit up the rooftop for a high-powered yoga session complete with a DJ, head to the private beach for an oceanside HIIT class, or check out the hotel's SoulCycle studio. To target your mind and body at once, try the Spartan Revolution class—the hotel is opening a 10,000-square-foot studio for this grit-meets-mindfulness workout in December. (Rooms start at \$499 a night, 1hotels.com) ★

BEST HOTEL SPA

OUTDOOR OASIS

C Lazy U Ranch; Granby, Colorado

During your massage, gaze through the spa-tent's glass floor at the gurgling creek, or take a soothing soak in a therapeutic copper tub overlooking the Continental Divide. (All-inclusive stays start at \$355 a night, clazyu.com)

RECHARGE AND RENEW

Topnotch Resort; Stowe, Vermont

Here, you can pair a stimulating Bamboo Massage with a run to kick-start your energy levels, or a healing Thai massage with a yoga class to refresh your muscles. (Rooms start at \$200 a night, topnotchresort.com)

FARM-TO-SPA LUXURY

Mahekal Beach Resort; Playa del Carmen, Mexico

The Mayan-inspired massages, facials, and therapies use locally sourced products, like Mexican cocoa or copal, an exfoliating resin. (Rooms start at \$249 a night, mahekalbeachresort.com)



BLISSFUL BATH
Mahekal's spa has hydrotherapy for instant aah.



ROAR
BACK



TIGER BALM
Muscle Relief & Pain