

WIN A SPA TRIP TO MANDARIN ORIENTAL MIAMI (PAGE 12)

# spa

travel+beauty+living

HOW TO DETOX  
INSIDE & OUT

HEAL YOUR SOUL  
5 STEPS TO  
FORGIVENESS

## relax & restore at home

- stress-relieving **yoga poses**
- **decor ideas** that soothe
- ways to use **aromatherapy**

**+15** SPA  
GETAWAYS  
that can change your life

**get fit!**  
step-by-step  
KICKBOXING  
workout (page 54)

FEBRUARY 2009 U.S. \$4.99



Our (healthy) *A to Z Guide* to the Caribbean

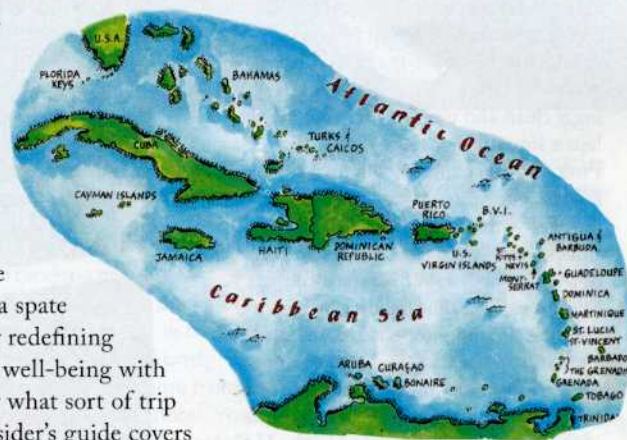


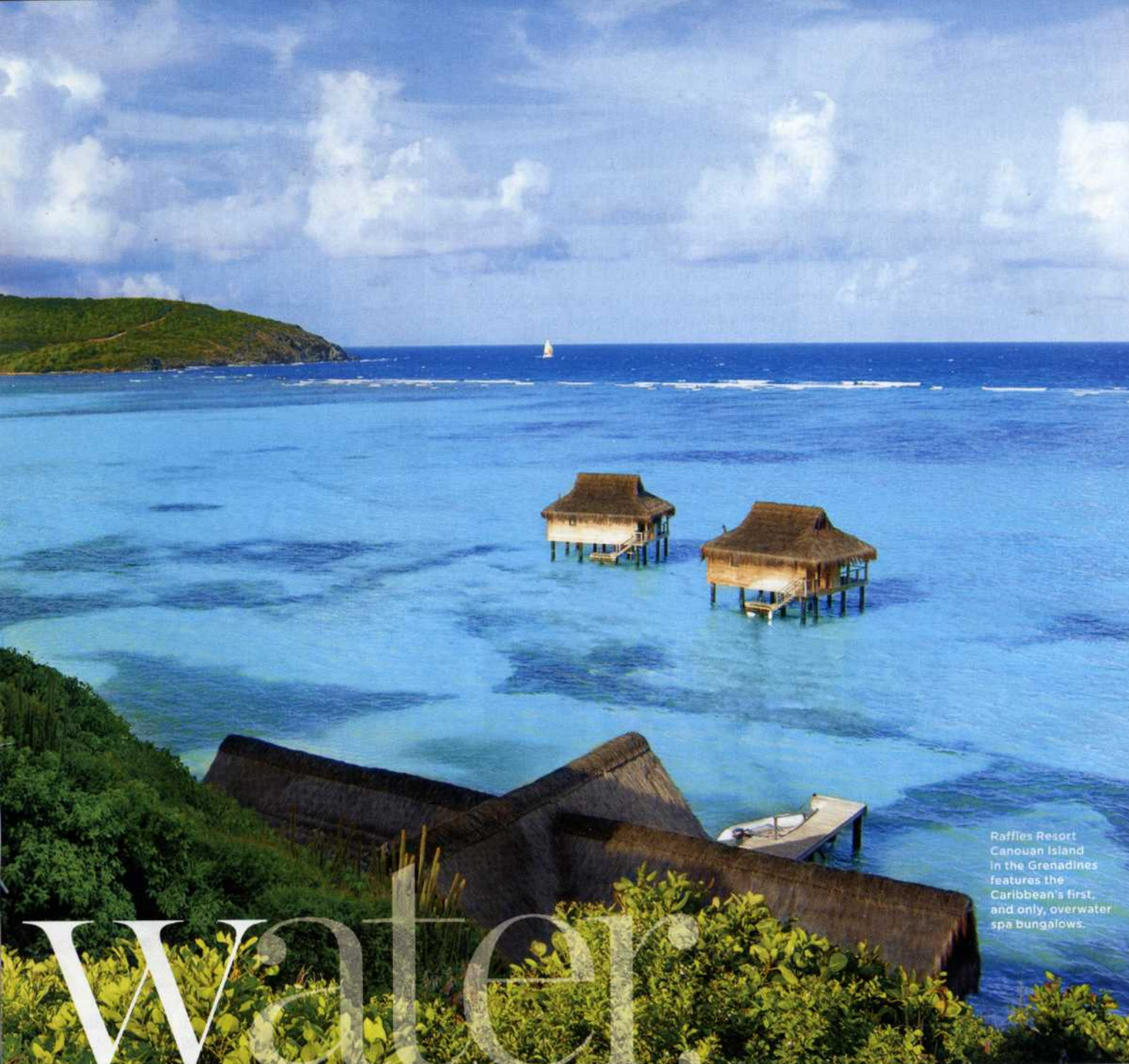
# AZ to Z

Our definitive island guide starts in Aruba and takes you to zen, ensuring you'll find an idyllic—and healthy—tropical getaway.

by MICHAEL NASSAR,  
AMY WESTERVELT,  
and ANNE-MARIE COOK

**WITH HUNDREDS OF SPAS** scattered across its thousands of islands and atolls, the Caribbean offers a dazzling array of wellness options, whether you want to recharge your batteries, renew your spirit, or simply bond with loved ones. You can curl up with a partner in a private spa cottage where lavish treatments come to you or journey solo to find inspiration in isolation at a beachside yoga retreat. Don't hesitate to bring the kids, either—a spate of new resorts are stylishly redefining what it means to integrate well-being with family-friendly. No matter what sort of trip you're dreaming of, our insider's guide covers everything you need, from the best beaches and unique treatments to divine cuisine. >>





Raffles Resort Canouan Island in the Grenadines features the Caribbean's first, and only, overwater spa bungalows.

# WATER

When it comes to describing the colors—aqua, indigo, azure, cerulean, cobalt—of their gorgeous water, Caribbean locals truly have limitless options. As a visitor, it won't be until you're getting a massage in an overwater bungalow in the Grenadines, snorkeling off the coast of Aruba, or cliff diving in Jamaica that you'll understand how the sea can even be sapphire, turquoise, lapis—or just indescribably dreamy.

**OVERWATER HEAVEN** If a massage in sight of the surf isn't enough to soothe your water-hungry soul, a treatment in one of two glass-floored treatment rooms at **Raffles Resort Canouan Island** (from \$495, [rafflescanouan.com](http://rafflescanouan.com)) in the Grenadines may quench your thirst. The spa's signature Amrita Balance massage (\$159, 60 minutes) integrates Eastern and Western modalities to leave you floating on air.