

PALM BEACH

A man and two women are posing on a wooden bridge or walkway in a field of tall grass. The man is standing on the left, wearing a white polo shirt and dark trousers. One woman is standing behind him, wearing a dark green dress and a wide-brimmed hat. The other woman is sitting on the bridge, wearing a tan dress and brown boots. The background shows a line of trees under a cloudy sky.

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Kent Anderson, Samantha Cerny Anderson, Bettina Anderson

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ESCAPE

ARIZONA *All-Stars*

*At the state's top resorts, discover
luxury and wellness thriving
within vast desert dreamscapes*

By Paul Rubio

SOAK IN THE ARIZONA
SCENE AT WELLNESS-IMBUED
CASTLE HOT SPRINGS.

ESCAPE



CASTLE HOT SPRINGS

Arizona’s first wellness resort (established 1896) returns in fabulous new form on the grounds of the original, anchored by extraordinary natural assets and rooted in the type of mindful and high-end experiences today’s travelers crave. Say hello to the new Castle Hot Springs, an oasis of 34 sleek cabins and bungalows strewn across 1,110 acres in the Bradshaw Mountains (an hour north of Phoenix) and centered around a series of thermal hot springs etched into cacti-cloaked splendor.

The wellness-driven retreat is an idyllic duet of relaxation and adventure, the former underscored by long soaks in the cascading, mineral-rich springs, which Native Americans have used for millennia to alleviate aches and revitalize the skin. The adventure aspect comes in the form of a Via Ferrata cable climbing course. Over multiple hours, you’ll scale the mountainous terrain,

an adrenaline-packed affair of frightening foot-wedging, suspension-bridge-crossing, “don’t look down” moments, and, ultimately, great accomplishment.

Between these two extremes are desert hikes, horseback riding, guided archery, pickleball, yoga, meditation, soul-enriching spa treatments, and more. Books and telescopes offer in-room entertainment, with the likes of televisions and Bluetooth speakers intentionally absent to promote digital detox.

Days are structured around three memorable meals, featuring just-harvested ingredients from the on-site organic farm and greenhouse where 500-plus varieties of fruits, vegetables, herbs, and florals prosper. Dining and most activities are bundled into the Castle Hot Springs’ rates, meaning there’s no reason to leave the property and every reason to simply—and completely—leave the outside world behind. (castlehotsprings.com)



CLOCKWISE FROM ABOVE: A SKY CABIN, THE VIA FERRATA CLIMBING COURSE, AND PROPERTY OVERVIEW, ALL AT CASTLE HOT SPRINGS.



L'AUBERGE DE SEDONA

Sedona’s spiritual side comes into focus at L’Auberge de Sedona, a serene waterfront resort that homes in on the metaphysical and self-reflection through extensive programming. Sixty-two luxury cottages and 21 lodge-style guest rooms span a stunning swathe of verdant forest, intersected by the rushing waters of Oak Creek and peppered with colossal sculptures curated by the renowned Goldenstein Gallery. The soothing accommodations serve as elegant sanctuaries, some featuring spacious wooden decks and outdoor cedar showers. Meanwhile, ubiquitous artworks invite pause and provoke contemplation.

Instructor-led classes suitable for all levels tap into Sedona’s magnetism, both the tangible and intangible.

Look forward to transformative experiences in sound and energy healing, stargazing, astrology, meditation, and more. The property’s world-class L’Apothecary Spa also plays a large part in the greater wellness ethos, offering standout treatments like the Desert Flower Massage and the Arizona Sunset Body Scrub. At the Blending Station, guests are encouraged to craft their own products from an assortment of native herbs, oils, botanicals, and essential oils.

A short walk away discover Sedona’s premier art galleries, eclectic boutiques, trippy crystal shops, and famed restaurant scene. Slightly farther afield are opportunities for extreme outdoor pursuits and the chance to solidify your connection with nature and self. (lauberge.com)



CLOCKWISE FROM ABOVE: BROWSE SCULPTURE GARDENS, DO YOGA, LEARN ABOUT THE POWER OF CRYSTALS, RELAX IN POSH DIGS, AND EXPERIENCE SOUND HEALING, ALL AT L'AUBERGE DE SEDONA.

ENCHANTMENT RESORT

The landscapes of Sedona are among America’s most breathtaking. The drama of high-rising, red-rock earth colliding with old-growth forest unfolds as cinematic montages, intended for veneration and exploration. Accomplish both at Enchantment Resort, a casita-style property set within the splendor of Boynton Canyon. Here, the rugged landscapes and glowing sandstone take center stage, with wow-factor views from the swimming pool, central firepits, restaurants, and select room terraces.

A new Trail House is home base for outdoor adventure, with a team of experts coordinating guided and self-led endeavors in mountain biking and hiking among 300 miles of scenic trails. The truth is you don’t need to go far to find the best viewpoints—many are accessible from short- to medium-length trails that commence right on property.

Pause in between Red Rock Country’s active pursuits to embrace Enchantment’s well-being activities, which include chakra balancing, qigong, Vinyasa yoga, and lectures



about Sedona’s powerful vortex energy. By night, indulge in elevated Southwestern cuisine at Che Ah Chi, the resort’s signature restaurant that incorporates locavore ingredients into modern American fare. Menus vary, but a recent dinner included foraged mushroom gnocchi with white asparagus and grilled bison tenderloin with regionally harvested wheat berries and baby chard. (enchantmentresort.com)



ESCAPE



STEPHANIE RUSSO



FOR A CHIC YET COZY STAY IN SCOTTSDALE, CHECK INTO THE ANDAZ, WHICH BOASTS MODERN, WHITE-WASHED BUILDINGS AND GREAT COMMUNAL SPACES.

ANDAZ SCOTTSDALE RESORT & BUNGALOWS

Art, nature, and style also unite at Andaz Scottsdale Resort & Bungalows, which channels America's mid-century modern art movement at the foothills of the iconic Camelback Mountain. The interiors of the white-washed, campus-style resort draw inspiration from Sedona's 1950s desert art scene, playing out as colorful textiles and folk art that pop against the rust-hued landscape. All rooms and suites boast private patios, some with firepits, some with outdoor showers, all with ample space and cozy seating.

The central Turquoise Pool welcomes guests to repose and pose across a sun-drenched expanse of 13 private cabanas, myriad loungers,

and a snazzy pool bar that serves epic frozen cocktails. Meanwhile, Weft & Warp Art Bar & Kitchen delivers the apex of contemporary Sonoran cuisine from a jewel-box exhibition kitchen that would make Thomas Keller jealous.

At the 12,000-square-foot Palo Verde Spa & Apothecary unwind through treatments steeped in tradition and indigenous ingredients and recharge with instructor-led boot camps, power circuit training, full-body HIIT workouts, or solo time in the 24-hour fitness center. When you wish to venture outside of this urban-desert retreat, complimentary house cars are available for jaunts into historic Old Town Scottsdale as well as nearby art galleries and restaurants. (andazscottsdale.com) ◀◀



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