







# ESCAPE



### **ESCAPE**





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

#### **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)

The landscapes of Sedona are among America's most

A new Trail House is home base for outdoor adventure,

Pause in between Red Rock Country's active pursuits to





Sedona's spiritual side comes into 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 ment 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)



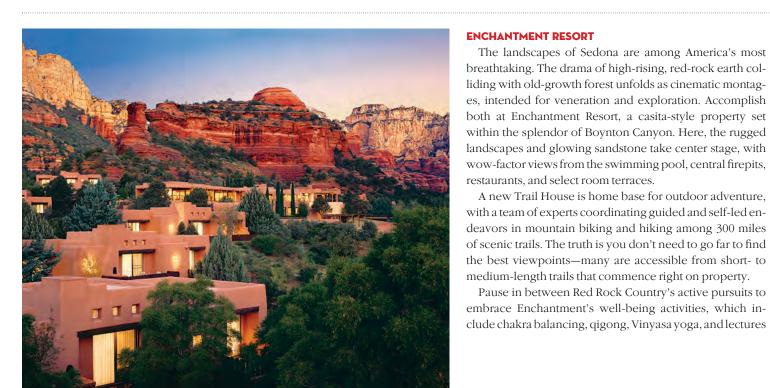
CLOCKWISE FROM ABOVE: BROWSE SCULPTURE GARDENS,

DO YOGA, LEARN ABOUT THE POWER OF CRYSTALS, RELAX

IN POSH DIGS, AND EXPERIENCE SOUND HEALING, ALL AT

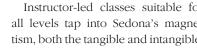
L'AUBERGE DE SEDONA.

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)





focus at L'Auberge de Sedona, a serene waterfront resort that homes in on the metaphysical and self-reflection through extensive programming. Sixtytwo 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 their own products from an assortby 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





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

#### 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.



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