

HEALTH, WELLNESS, ECO-LIVING & DESIGN

organic spaTM

MAGAZINE

TAKE A TRIP

ANNUAL GREEN TRAVEL ISSUE

30+ Great Escapes

Top Girlfriend Getaways

**Most Romantic
Hideaways**

**Best Pet-Friendly
Properties**

PLUS:

**10 Tips to Keep
You Well While
on the Road**

**Handy Travel
Essentials**



**Choose Your
Juice Cleanse**

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This Month, Why Not...

- **SIP A LATE SUMMER DRINK!**
Try the Cilantro-Pineapple Shake with Coconut Water, the refreshingly elegant Farrington Fizz, or a delightful tea. Turn to our Foodstuff section that begins on page 20.
- **DON A STYLISH APRON** at your next barbecue, or give one as a fun hostess gift. See page 19.
- **REVEAL A NEW YOU.**
Try one of our gentle and purifying natural and organic body scrubs on page 32.
- **TRAVEL SAFELY.**
If you're planning a trip to remote regions, don't forget to pack a SteriPen Traveler Mini. Find out what you shouldn't leave home without. Turn to page 36 for more.
- **IMPROVE YOUR MENTAL GAME.**
Learn the three keys to perfecting your psychological skills, and more on page 43.
- **TAKE A TRIP.**
Check out one of our destinations in this issue's Green Travel Guide that begins on page 54.



Check out our Top 10 lists in addition to our Great Escapes starting on page 54, featuring the best places to go with your girlfriends, pets, and your someone special.

There's no doubt that we all need an escape these days, but travel isn't what it used to be. And that's an understatement. It's becoming more difficult and more expensive to get to where you want to go. That's why your destination—where you choose to spend your precious time—is more important than ever.

Before you arrive, you want to be sure that it is the perfect place for you. And once you get there, you want to be able to sink in, relax and take a deep breath (or rediscover your breath)—and to get into the flow of the place you've chosen.

To spark your wanderlust, we've filled these pages with more than 30 destinations far and wide. There are places to go with your best friend, places that welcome your four-legged friend, places that cater to couples, as well as perfect solo escapes.

Whatever your style, your budget, or your preference of traveling companion, we hope that the getaways here, whether you go exotic or backyard hidden gem, inspire an adventure that soothes, restores, and revitalizes!

Enjoy the issue!

Mary Bemis

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10 Best PET-FRIENDLY Properties

As more and more resorts realize some of us just don't want to leave home without our beloved pets, traveling with our four-legged friends has never been better.

By Belinda Recio



Our animal companions are a part of our families, and more destinations are recognizing this fact by providing pet-friendly accommodations. But before you embark on a traveling adventure with your pet, be sure to consider health and safety factors. Bring your pet to the vet for a check-up before you depart, and make sure all vaccinations are up-to-date. Pack any necessary medications your pet might need. If you are traveling by car, bring along some of his or her usual food, and plenty of water. Most importantly, be sure your pet has an ID tag—with your cell phone number—on his or her collar.

WATER VACATIONS

LAKE TAHOE, CALIFORNIA

Tahoe Moon Properties offers a great selection of North Lake Tahoe vacation rentals on the West Shore, Squaw Valley, Alpine Meadows, and Northstar. For your four-legged pals they offer over 50 lodging accommodations to choose from, many of which are located close to North Shore dog-friendly beaches. tahoemoonproperties.com, 530-581-2771

Left: Calistoga Ranch; Top to bottom: Centerville Corners and Tahoe Moon

CAPE COD, MASSACHUSETTS

Centerville Corners Inn is situated in the beautiful seaside village of Centerville on Cape Cod, Centerville Corners Inn is within minutes of downtown Hyannis, ferry service to the islands, whale watching, fresh and saltwater fishing, and swimming. They allow pets in 45 rooms. centervillecorners.com, 508-775-7223

SANIBEL ISLAND, FLORIDA

Signal Inn features unique elevated beach houses in a lush tropical vacation setting, unlike any other on the island, and they are pet-friendly! They allow you to bring up to two dogs or cats with you during your stay. signalinn.com

MOUNTAIN VACATIONS

GREEN MOUNTAINS, VERMONT

The Paw House Inn offers miles of dog-friendly hiking, clear mountain streams and lakes, outdoor concerts, fantastic restaurants, and more. Located in South Central Vermont, in a charming 1786 farmhouse, the inn is a dog lover's paradise. It has been featured in the New York Times, CNN, Boston Globe, and other national media outlets because of the unique way it caters to pets and pet owners. pawhouseinn.com, 866-729-4687

SAN JUAN MOUNTAINS, COLORADO

Hotel Telluride is nestled in the heart of historic Telluride, Colorado, and offers the best in accommodations in a town known for its skiing, hiking, world-class restaurants, sophisticated shops, and spas. Dogs and cats are welcome in 55 rooms. thehoteltelluride.com, 866-468-3501

MOUNT RAINIER, WASHINGTON

Three Bears Lodge offers two dog-friendly properties: Three Bears Lodge is a spacious mountain home that can accommodate up to 10 guests; and Little Bears Cabin is a cozy alpine chalet for up to 6 guests. Each dog-friendly property is supplied with dog towels, dog treats, a washable dog bed, food and water bowls, a large dog crate, and other thoughtful amenities. Both properties include fenced areas for dogs to stretch their legs when not hiking, swimming, or sightseeing. threebearsloodge.net, 877-782-3277

RELAXING VACATIONS

LITCHFIELD HILLS, CONNECTICUT

Interlocken Resort The Interlaken Inn of Lakeville, CT is located in the lovely Litchfield Hills, near the Berkshires, great outlet shopping, excellent restaurants, winding country roads, and more. They have ample on-property recreation, expanded spa services, and lake frontage on beautiful Lake Wononscopomuc. They offer a "Pet-Away"

package that includes deluxe accommodations in a pet-friendly guestroom, dinner, continental breakfast, and a special welcome gift of wine, local cheeses, and dog treats! interlakeninn.com, 800-222-2909

ROCKY MOUNTAINS, BRITISH COLUMBIA

Stanford Fernie Hotel Resort is located in the quaint town of Fernie, BC, and nestled in the Rocky Mountains. Boasting unparalleled views in every direction, this pet-friendly hotel features numerous amenities, including an indoor swimming pool, outdoor hot tubs, sauna, fireside dining, and patios facing the Elk River and surrounding mountains. ferniestanfordresort.com, 877-423-5600

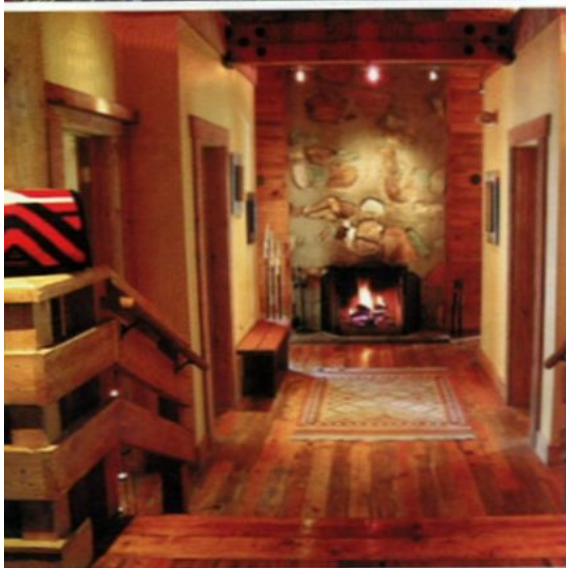
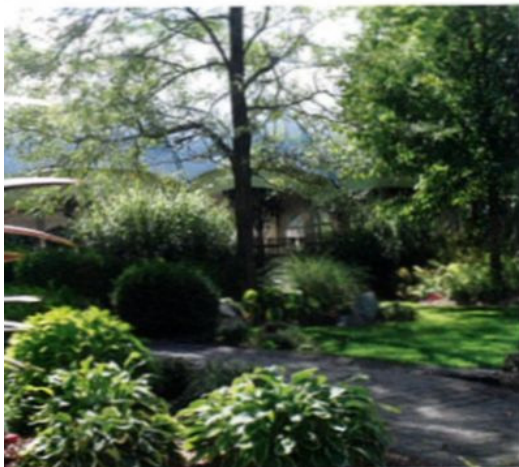
SUNDANCE, UTAH

You and your canine pal can rejuvenate yourself in the Spa at Sundance, a place inspired by the Sioux concept of Hocoka—a sacred environment for the restoration and healing of the body and spirit. In addition to its fabulous spa, the Sundance Resort offers pet-friendly accommodations, great outdoor activities, creative workshops, and much more. sundanceresort.com, 800-892-1600

NAPA VALLEY, CALIFORNIA

Tucked into a private canyon in the Upper Napa Valley on a 157-acre site marked by ancient oaks, majestic hills, a rock-hewn stream and private lake lies Calistoga Ranch. This luxury resort captures the rich culture of food, wine and nature inherent to the region. Calistoga Ranch has 48 rooms, 46 of which are pet-friendly, and just as human guests are offered a complimentary bottle of wine upon arrival, dogs receive their own bottle—filled with dog treats. Luxurious dog beds with Italian linens, and a customized pet room service menu make this a special getaway. calistogaranch.com

Belinda Recio is the Contributing Editor of Nature & Psyche at *Organic Spa Magazine*.



Top to Bottom: Interlaken Resort, Hotel Telluride; Castiloga Ranch pet offerings