2018 SHAPE
Healthy Travel Awards

Wellness travel keeps getting bigger and more exciting. And that’s good news for you. These spots deliver the absolute best, whether you’re looking for adventure, inspiration, relaxation, recovery, or all of the above.

By Molly Longman and Mirel Ketchiff
BEST HOTEL RESTAURANTS

FEAST AND PLAY
North Branch Inn; North Branch, New York
Don't miss the chef's counter experience here. You'll watch as your five-course meal is prepared using fresh ingredients sourced from local farms. (One recent dish? Duck prosciutto.) Cap off your evening by bowling a few frames in the vintage lane. (Rooms from $169 per night, northbranchinn.com)

ALL NATURAL
The Whitelaw Hotel; Miami Beach
Plant Theory, the restaurant in this trendy South Beach hotel, is 100-percent vegan and uses organic, local, and responsibly grown ingredients whenever possible. That means a menu filled with every flavor of plant-based burger (beet, artichoke heart, jackfruit), plus healthy juices and even vegan ice cream. (Rooms from $79 per night, whitelawhotel.com)

DOWN TO THE LAST DETAIL
Farmhouse Inn; Forestville, California
The hotel's restaurant menu changes daily to keep up with the harvest. You'll dine on whatever looked good that day at the nearby farms. The wine list is filled with area delights too, from Sonoma and Napa wine country. (Rooms from $400 per night, farmhouseinn.com)

Best Curated Experiences

MAKE THE MOST OF YOUR MINUTES
Conrad Hotels and Resorts; worldwide
As part of the Conrad 1/3/5 program, the luxury chain offers one-, three-, and five-hour curated itineraries (available at stayinspired.com). If you have an hour in Fort Lauderdale, for instance, you can visit an Airstream RV that serves handcrafted cocktails. (Rooms from $135 per night, conradhotels.com)

GET A DREAM VACAY DELIVERED
Journey; worldwide
Fill out a questionnaire about where you want to go and how you like to travel. A travel designer will craft your dream trip, creating an itinerary and doing most of the booking too. (Fee starts at $25 per day, journey.com)

INSIDER EXCLUSIVES
Peek; nationwide and Mexico
Search through thousands of experiences by city, or let Peek pick: Take a quiz to determine your travel personality (by choosing the activities that most appeal to you—cheese tasting vs. SUP-ing, say). Then click through the offerings. (Activities from $10, peek.com)

BEST FAMILY GETAWAYS

ENDLESS OPTIONS
Grand Palladium Colonial Resort and Spa; Riviera Maya, Mexico
Balance beach time with family-friendly activities like volleyball, archery, soccer, kayaking, sandcastle competitions, and mini golf. The hotel also offers kids' clubs where little ones can be entertained before dinner. (Rooms from $953 per night, palladiumhotelgroup.com)

FUN IN THE SUN
Grand Hyatt Baha Mar; Bahamas
Drop your kids off at the Baha Mar Explorer's Club. Counselors will guide them through close marine encounters with stingrays and sea turtles, teach them shell crafts, and lead them on scavenger hunts. (Rooms from $925 per night, bahamar.grand.hyatt.com)

THE ELOISE EQUIVALENT
Willard InterContinental; Washington, DC
The Willard's Children's Concierge will call before check-in and set your room up with any necessities (a crib or a microwave, say). Kids will love the library and treasure chest of games, and their gratis room service dessert. (Rooms starting at $309 per night, washington.intercontinental.com)
BEST HOTEL GYM

DETOX AND RECHARGE
Hotel Kabuki; San Francisco
This boutique hotel's newly renovated fitness center overlooks a meditation garden, where guided Zen sessions are led by the nearby Soto Zen Buddhism International Center. If you can, also check out the Detox: Retox class—a yoga-cardio blast followed by 20 percent off drinks at the bar. (Rooms from $359 per night, jdvhotels.com)

WORKOUT MECCA
The Hotel at Midtown; Chicago
When you check in, you get access to the Midtown Athletic Club, a 575,000-square-foot urban sports resort. There are 16 indoor tennis courts, golf simulators, a pool, classes that range from boxing to Pilates, 100 yards of simulated turf, and all the weight lifting machines you could want. And that's just scratching the surface. (Rooms from $199 per night, midtownhotelchicago.com)

THIS PLACE ROCKS
Whitney Peak Hotel; Reno, Nevada
This hotel has something your hometown gym doesn't: a 164-foot outdoor climbing wall and a 7000-square-foot indoor bouldering park. There are yoga classes, too, for those who prefer to stay grounded. (Rooms from $196 per night, plus discounted guest fees for gym, whitneypeakhotel.com)

Healthiest Amenities

SKI, STRETCH, AND SIP
Cm Boocha at Vail Marriott Mountain Resort; Vail, Colorado
Treat yourself to a 50-minute restorative yoga class followed by house-made kombucha shots—the perfect après-ski chaser. (Rooms from $199 per night, vailmarriott.com)

SWEAT SWAG
Well + Fit Kit at Hotel Theodore; Seattle
Borrow a large canvas tote bag full of fitness gear, including a Manduka yoga mat, weights, and an iPad loaded with over 300 fitness videos. (Rooms from $149 per night; hoteltheodore.com)

REST YOUR MIND
On Demand Meditation at the Benjamin; New York City
The hotel partners with meditation company the Path to create two guided meditations, available via the room phone. (Rooms from $279 per night, thebenjamin.com)

BEST HOTEL SPA

NATURAL NIRVANA
The Aman Spa at Amangiri; Canyon Point, Utah
Your surroundings—the mesas and slot canyons of Utah—will instantly send your stress levels down a few notches. And the spa will take care of any lingering tensions, with treatments inspired by the healing traditions of the Navajo and the four elements: earth, wind, fire, and water. You can get a traditional Thai massage or try something out of the ordinary, like flotation therapy, cranial sacral therapy (a more intense scalp massage), or a crystal sound bath. (Rooms from $1,400 per night, aman.com)

HIGH-TECH ZEN
The Spa at the Miami Beach EDITION; Miami Beach
The Spa's cutting-edge therapies are truly innovative. Take the new "Healing Waves"

NEW HEIGHTS
Test your limits by scaling Whitney Peak's huge outdoor wall.

SCAN TO BOOK YOUR NEXT GETAWAY! Download the free Shape Next app and scan the highlighted names for their updates.
Best Business Hotels
GET YOUR SWEAT ON
EVEN Hotels; nationwide
The in-room amenities include streaming fitness videos and crunch-friendly cork flooring. The stacked athletic studios also offer group classes so you can decompress after a day of meetings. (Rooms from $150 per night, eventhotels.com)

GO AFTER A GOAL
AKA Hotel Residences; nationwide and London
This extended-stay hotel has concierges who will ask about your passions and deliver related experiences. If your dream is to make it as an artist, for instance, they’ll help you find art classes. (Rooms from $450 per night for one week, stayaka.com)

Fuel Up Faster
Harbor Court San Francisco; San Francisco
Order a smoothie on a tablet before walking into one of the hotel’s 90 weekly YMCA classes. Afterward, your drink will be waiting for you in the lobby café. (Rooms from $180 per night, harborcourthotel.com)

Best Ski Lodges
Shangri-La on the Slopes
Washington School House Hotel; Park City, Utah
The structure was built in 1888. It’s been a luxury getaway since 2011, but it still features vintage decor. Between ski runs, relax in the heated outdoor pool, enjoy après-ski snacks, or sink into your plush bed for some R&R. (Rooms from $405 per night, washingtonschoolhouse.com)

Play Hard, Recover Hard
Post Hotel & Spa; Lake Louise, Alberta, Canada
Whether you’re into dog sledding or wine drinking, this lodge has you covered. The concierge is happy to help you book helicopter skiing or snowmobile tours, and the wine cellar is stocked with over 25,000 bottles. (Rooms from $355 per night, posthotel.com)

Stellar Service
Omni Mount Washington Resort; Bretton Woods, New Hampshire
While you eat breakfast, the servers will update you on the snow report and share their favorite trails with the shortest lines. (Rooms from $400 per night, omnihotels.com)

Tailored Relaxation
The Spa at Belmond El Encanto; Santa Barbara, California
Located in the hills of Santa Barbara, the Spa at Belmond El Encanto offers personalized pampering. Thought and care are given to even the smallest details: The tranquil treatment rooms have individual temperature controls and let you play your own music. Special seasonal treatments feature herbs and other ingredients handpicked from the seven acres of gardens onsite. (Rooms from $595 per night, belmondelencanto.com)

Desert Vistas
Aman can be designed to blend in with the landscape.

treatment, during which you wear ear clips that send electromagnetic waves through the body to stimulate your nerves, increase blood flow, and release endorphins, leaving you totally Zen—all while rejuvenating with charcoal eye mask and essential oils from Tata Harper do their work. (Rooms from $369 per night, editionhotels.com)

Beach
The Beach Club at The Breakers; Palm Beach, Florida
Nothing beats a day at the beach—especially in Palm Beach. The five-star resort offers everything you need for a leisurely day, including private cabanas, beach chairs, and umbrellas. Plus, the hotel’s signature palm tree-shaped pool is a must-visit. (Rooms from $600 per night, thebreakers.com)
BEST ACTIVITY OUTFITTERS

GROUP + ALONE TIME

Caravan Tours
Explore the Grand Canyon or cruise around the Panama Canal. The knowledgeable Caravan guides will take you to the must-see sites as a group but give you ample time to walk around and explore on your own.
(Tours from $1,195 for eight to nine days, caravan.com)

CHOOSE YOUR ADVENTURE

Wildland Trekking
This outfitter offers options for every level of hiker. Book a challenging backpacking trip, a porter-supported glamping trip, or an inn-based trip in awe-inspiring locations. Most of the must-see U.S. national parks are on their list, plus Peru, Europe, and Iceland.
(Trips from $990 for three days, wildlandtrekking.com)

PEDALER’S PARADISE

Trek Travel
This bicycling outfitter offers custom trips or preplanned tours. Popular options include a 42-day cycle from Santa Barbara to Myrtle Beach and a multisport tour of Iceland. The boutique hotels along the way and the first-class bikes are the cherries on top.
(Tours from $1,599 for five to six days, trektravel.com)

Healthiest Cruises

WATER WORKOUT
Princess Cruises
The Lotus Spas on Princess Cruise line’s 7 ships boast state-of-the-art fitness centers. Book an appointment with a certified personal trainer or join an aerobics class to get your endorphin fix.
(Cruises from $539 per person for seven days, princess.com)

FIT AND FAB
Blue World Voyages
This new cruise line is all about wellness and features a large sports deck with TRX and spinning studios and a seawater lap pool. On shore, you’ll stay active with kayaks, paddleboards, and bikes. (Cruises from $3,400 per person for seven days, blueworldvoyages.com)

MOVE, THEN SOOTHE
Ocean Cruises
Enjoy mat Pilates, yoga, spinning, and tai chi, then indulge at the Crystal Spa and Salon. It features rejuvenating treatments like aromatherapy and Japanese silk booster facials. (Cruises from $2,500 per person for six days, crystalcruises.com)

BEST PET AMENITIES

SWEET TREATS
Hilton Chicago; Chicago
The hotel will pack up a Bone Appetite Doggy Bag, with treats like a watermelon "pupscicle" for your pet to enjoy at nearby Grant Park. They don’t forget about dog moms, either: You’ll receive a cute T-shirt that says “My Babies Have Fur.” (Rooms from $221 plus a $50 pet fee, hilton.com)

PUPPY PARADISE
XV Beacon; Boston
With XV Beacon’s personalized plate of peanut butter treats at check-in, a plush dog bed, a list of pet-friendly establishments nearby, and a turndown service that includes bottled water and biscuits, your dog’s tail won’t stop wagging. Best of all, the suggested pet fee you pay is donated to animal charities in Boston. (Rooms from $490 plus $25 pet fee, xvbeacon.com)

FURRY FUN
The Cottages at the Boat Basin; Nantucket, Massachusetts
Book a Woof Cottage, which comes equipped with doggie beds and bowls, a pet tag, and treats. The waterfront haven will also provide a map with directions to dog-friendly beaches so your pup can join your on your long, relaxing vacation walks. (Woof Cottages from $175, thecottagesnantucket.com)