



the beauty memo

the *now* age

From chakra healing in the Maldives to soul reading in the Rockies, we discover the latest holistic spas that are tapping into ancient traditions *and* delivering results. Here's where to tune in and chill out...

THE SOUL SOOTHER

*Holistic Mountain Healing Program,
Caldera House, Teton Village, Wyoming, USA*

WHAT TO EXPECT Tucked into the base of Jackson Hole Mountain Resort, high up in the Teton Range of America's famous Rockies, Caldera House takes the concept of 'home away from home' to unparalleled heights. Featuring just eight, multi-bedroom suites (more like private chalets), it boasts a chic blend of Scandinavian, Alpine and Western ski-town decor. Guests can book all kinds of activities prior to arriving – from horseback riding, to heli-skiing – but the three-day Holistic Mountain Healing

experience has become the most popular. It is designed to nurture the body and soul via a series of therapeutic activities, including mountain-top yoga, 'forest bathing' to awaken the senses, a private soul-reading session, personalized nutrition counseling and cooking classes.

NEED TO KNOW The ski season makes winter the most popular time to visit, however summer can be equally alluring for the gloriously verdant landscape and fresh alpine air. The Japanese-inspired, forest-bathing ritual makes the most of this, with a silent, meditative stroll through the flora and fauna at nearby Granite Canyon. The breathtaking views of the surrounding mountains are a humbling reminder of nature's grandeur. And whatever the time of year, make sure to pack

plenty of layers; in summer, the temperature can swing from 45°F to 80°F over the course of a single day. Keeping your skin hydrated is equally essential, given the altitude and dry mountain air, so be sure to bring an extra-rich face cream. Although the program doesn't involve a fixed menu or diet regimen, I avoided alcohol, which helped me feel all the more cleansed and refreshed by the time I checked out.

THE MUST-TRY My soul-reading session with Carol Mann, a locally based clairvoyant with a roster of international clients, was a uniquely illuminating experience. Over the course of an hour, Mann recounted some of my past lives, all reflective of my soul's unvarying blueprint. The intention, Mann explained, is to enable me to better understand myself and also to recognize possible obstructive patterns that are no longer serving me.

THE RESULTS The combination of a spectacular setting, luxurious accommodation and three days of mindful, holistic activities, left me feeling both physically and mentally restored – almost effortlessly too. *Laura Neilson*

From \$2,533 per suite and \$1,488 per person for the three-day Holistic Mountain Healing program; calderahouse.com

Photographer: Max Papenback at Lowe & Co. Hair: Kyle Reed at Work Agency. Makeup: Nadine Monley at The Artist Management using Chanel. Model: Julia Van Os at Women Management.