

Women's Health

“You
Cannot
Put Me
In A Box”

▶ **ASHLEY PARK**

Refuses To
Be Bound By
Expectations

★
ONLY
GOOD-HAIR
DAYS
P.13

**YOUR ABS
ARE SHOWING!**

You've Got
'Em, Now
Reveal 'Em
With This
Kettlebell
Routine

**IT'S
SOUP
SZN**

Try These
Protein-
Packed
Recipes

+

Should
You Cold
Plunge?



Ready,

Set,

Travel!

A vacation should light you up, whether we're talking a jaunt to a neighboring town or a trip around the world. And that's especially true when said journey incorporates the great outdoors. To this end, *WH* editors have been going hard on their airline and auto miles and now have the recs, experiences, and stories to show for it. Ahead, highlights from our Healthy Travel Awards, plus tales of inspiring excursions. And we're off!

Photographed by Dan McCoy



Places That Will Make You Want to Overstay Your Welcome

BEST ALL-INCLUSIVE

BodyHoliday, St. Lucia

“This property is made for people who can’t sit still,” says *WH* Fitness Editor Jennifer Nied, who visited the resort in 2020. With activities spanning from archery to beach volleyball to Pilates, “it’s possible to do workout classes from sunup to sundown,” she adds. Make time to indulge in a free daily 50-minute spa treatment, whether massage, facial, scrub, wrap, or relaxing in an infrared sauna. Six restaurants and an on-site farm offer a variety of healthy eating.

BEST GROUP TRIP

Santarena Hotel at Las Catalinas, Costa Rica

Located in the heart of a car-free coastal town on the Guanacaste coast of Costa Rica, boho Santarena Hotel is within walking distance of the beach, restaurants, and outdoor activities. “The whole town is focused on health and wellness,” says *WH* Features Director Kristin Canning, who visited in August 2022. “It’s meant to be a destination where you can reset and reconnect with nature.” One side of town is flanked by 1,000 acres of dry tropical forest, featuring 26 miles of protected trails. Your crew can also spend the day hitting the beach to swim, surf, paddleboard, sea kayak, snorkel, and take boat tours to see whales and dolphins.

BEST ECO-FRIENDLY

Hotel Marcel, New Haven, Connecticut

Don’t let the 1960s concrete exterior fool you: This marvel of sustainable engineering has a gentle footprint. The former landmark was abandoned for two decades. Today, it’s poised to be the country’s first net-zero luxury hotel. The property generates 100 percent of its electricity and is the first fossil-fuel-free hotel in America. And BLDG, the in-house restaurant, uses induction cooking for its veggie-friendly menu.

BEST AFFORDABLE

Our Habitas Bacalar, Mexico

A four-hour drive south of Cancún, Bacalar, on Mexico’s east coast, feels like the new Tulum—sans crowds. And with rates starting at \$196 a night, Our Habitas Bacalar is more wallet-friendly. The hotel, nestled between a lagoon and a jungle, manages to be both intimate and communal, with 34 tented, A-frame rooms.



BEST ACTIVE HOTEL

Westin Hotels & Resorts

Select rooms come with a treadmill or stationary bike, plus dumbbells, resistance bands, and a stability ball. *WH* editors love the hotel chain’s gear-lending program, which means they don’t need to pack workout clothes or shoes. TL;DR: It’s the place to stay for people who like to explore and keep up their active lifestyle on the go.



BEST WELLNESS PROGRAMS

Six Senses Ibiza, Spain

Located at the northern tip of the Spanish island, this idyllic property recently launched RoseBar, a longevity club. Guests are prescribed a program incorporating nutritional support, exercise, and bio-hacking recs. You might spend time in an infrared sauna, a cold plunge, or a full-body cryo, or try an IV infusion—with a resident doctor, health coach, or nutritionist by your side.

