

**AT  
LAST!**  
A SAFE  
DIET PILL  
THE NEWEST  
RESEARCH

**BEAUTY  
ADVENTURE**  
**DRESS  
FOR A  
MAN?**  
WHAT  
WORKS,  
WHAT  
DOESN'T

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YOUR  
SPRING  
ESSENTIALS  
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GUIDE**

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TO UPDATE  
YOUR LOOK:

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SEXY SHOES,  
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TRENDS

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NEW BABY  
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FORGET COUPLES  
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YOUR RELATIONSHIP

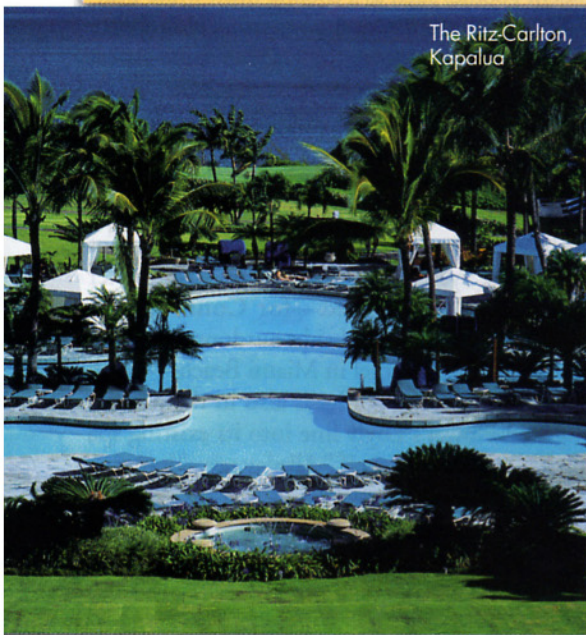
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# HELLO, I MUST BE GOING

ELLE's annual spa guide delivers the best of the new and sure-to-impress, from cozy retreats for two and family-friendly outposts to chic spots for partying down or relaxing on your own

## LOVE SHACKS



The Ritz-Carlton, Kapalua

### RAFFLES RESORT, CANOUAN ISLAND THE GRENADINES

When you've had enough scuba diving in the crystal-blue Caribbean and gambling at the property's casino, set sail for the Tobago Cays, where Johnny Depp's Jack Sparrow was marooned in *Pirates of the Caribbean*.

**Top service:** The RafflesAmrita Spa's Couples Wellness Journey includes steam baths, facials, and massages in a glass-bottom sea palapa, accessible only by boat. Rooms start at \$475; [canouan.raffles.com](http://canouan.raffles.com)



Raffles Resort, Canouan Island

### THE EXEDRA ROME

The rooftop pool allows you to combine sunning and sightseeing, with a romantic view overlooking the iconic Piazza della Repubblica fountain, a guest star in the film *Roman Holiday*. The basement's glass floor exposes the carefully

preserved fourth century B.C. (!) ruins of one of Rome's oldest baths, while the recently updated modern spa offers high-tech treatments targeting almost every zone of the body.

**Top service:** The Extraordinary Eyes, Filling Lips, and Perfect Bust trio depuffs and plumps precisely where needed. Rooms start at about \$554; [boscolo.com](http://boscolo.com)



The Exedra

### THE RITZ-CARLTON, KAPALUA MAUI, HAWAII

Power duos sign up for couples therapy that's more than just talk. At this resort, they can perfect their golf swings together using digital analysis, then tackle communication skills with a life coach offering relationship advice.

**Top service:** During the Kapalua Embrace in the Boutique Spa's secluded outdoor garden, loved ones are slathered in coconut milk, then massaged in the traditional *lomi-lomi* style.

Rooms start at \$325; [ritzcarlton.com](http://ritzcarlton.com)

### THE ST. REGIS RESORT ASPEN ASPEN, COLORADO

Once you come in from the cold, defrost at the hotel's Remède Spa. All treatments can be taken à deux in the earth-tone couples suite, which boasts a bathtub built for two and side-by-side heated massage tables.

**Top service:** The Athlete's Relief includes a hot-stone massage and an exfoliating pedicure to rejuvenate après-ski feet. If the high altitude has given you a headache, inhale the fruit-infused O<sub>2</sub> in the Oxygen Lounge.

Rooms start at \$475; [stregisaspen.com](http://stregisaspen.com)

## RESCUE OPERATION



Strawberry Hill Living

### STRAWBERRY HILL LIVING THE BLUE MOUNTAINS, JAMAICA

After someone shatters your heart, come here to reglue. Everything from the

Jamaican-influenced meals to treatments at the Aveda Concept Spa is based on your ayurvedic element. Practitioners claim it's the fix for regaining emotional equilibrium. Rooms start at \$590; [islandoutpost.com](http://islandoutpost.com)

### SPRING CREEK RANCH JACKSON, WYOMING

Don't make the same mistake twice searching for The One. Schedule a Soul Reading with Carol Mann, who can supposedly intuit your spirit's inner workings, helping

"catalyze greater fulfillment in your life." Rooms start at \$160; [springcreekrancho.com](http://springcreekrancho.com)

### THE ISLAND EXPERIENCE ILHA GRANDE, BRAZIL

If your mantra is "Hurts so good," say *alô!* to your new love affair. Sure, you'll get a massage daily, but mostly you'll be burning calories via kayaking, yoga, and hiking. \$1,900 for the seven-day, all-inclusive program; [theislandexperience.com](http://theislandexperience.com)