

Spa

Healthy Living,
Travel & Renewal

**FIND BALANCE:
5 EASY STEPS**

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Wrinkle Relief**
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**SNACKS FOR
HEALTHY SKIN**

**Why Mineral
Makeup Is Better**
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18 ULTIMATE ESCAPES

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AND HAVE FUN**

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half moon harmony

Few Caribbean retreats can eclipse the lore and luxury of Jamaica's Half Moon resort on Montego Bay. A former hideaway for Hollywood's Golden Age glitterati, the 400-acre property now inspires a rendezvous with renewal due to the October debut of its sprawling 68,000-square-foot Fern Tree Spa (the largest in the Caribbean). Succumb to the caress of local therapies that use hand-harvested ingredients in one of the nine treatment rooms, or retreat into an oceanside spa suite where you and your life's costar can enjoy the Get Your Groove Back Couples Package (\$370, 2½ hours). After a tandem massage and shared bath celebrated with champagne and chocolate truffles, you'll soon be in tune with each other and the seductive serenity of island life. VIJU MATHEW

HALF MOON, FERN TREE SPA, MONTEGO BAY, JAMAICA, (866) 648-6951, HALFMOON.COM; FROM \$250



The spa boutique's decorative entrance exemplifies the Marley Resort's cultural influences.

nassau's reggae rhythm

One of the most exciting boutique resorts to open recently, the Marley Resort & Spa and its 16 suites are an elegant fusion of African and Caribbean influences. Hand-carved doors, intricate stonework, and names that pay tribute to the songs of Bob Marley (One Love being the honeymoon suite, naturally) embrace the spirit of the beloved singer. The menu at the intimate Natural Mystic Spa is equally harmonic, featuring Marley family favorites including an herbal bath infused with orange blossom, red clay, and rose. Also on the menu: a Hot Stone Massage (\$150, 80 minutes) with cinnamon, orange, and vanilla oils to melt away tension. Once at the resort, you'll be singing "Let's get together and feel alright" until it's time to head home. M.N.

MARLEY RESORT & SPA, NATURAL MYSTIC SPA, NASSAU, BAHAMAS, (242) 702-2800, MARLEYRESORT.COM; FROM \$495

