

ClubLife



LIFE LIVED WELL WINTER 2020

Chasing Powder

In Japan

Golf Greats

of 2020

Our Pro Predictions

6 Emerging

Wine Regions

Exploring the

Kentucky Bourbon Trail



Off the Beaten Path to Wellness

Disconnect, detox and revitalize at these out-of-the-way luxury spa retreats

By Lori Stacy

The Retreat Costa Rica

Perched on a mountain in Atenas, Costa Rica, overlooking the Pacific Ocean, The Retreat, a luxury wellness boutique, recently debuted its Vida Mia Healing Center and Spa, offering treatments and therapies in the lush, tranquil setting. Take a break from the workday –and all your electronics – by indulging in the spa's "Digital Detox." The treatment uses shungite, a powerful antioxidant, to absorb negative energy and EMF waves. A 20-minute shungite hydrotherapy bath absorbs free radicals from the radiation emitted from phones, computers and tablets. Afterward, an herbal scrub is used to target parts of the body specifically strained from constant device use, such as the neck, chest, shoulder, hands and forearms. The treatment finishes with a frankincense and ylang ylang body oil rub to release EMF disturbances.

If You Go: In addition to the healing center and spa, The Retreat features elegant accommodations, two farm-to-table restaurants, a yoga studio, two saline swimming pools, organic gardens, a coffee plantation, sweeping views and hiking trails. theretreatcostarica.com



DETOX FROM YOUR DIGITAL LIFE AT VIDA MIA HEALING CENTER AND SPA.