

HIGH SUMMER!

STARRING **RACHEL
McADAMS**

WITH **YOUR NEW BODY** *(Scurier! Stronger!)*
THE BEST PLACES TO **FALL IN LOVE,**
THE FASTEST DIET
ON EARTH,
ONE SIMPLE TRICK FOR
**BEACHY
SKIN**

AND WHAT PEOPLE **REALLY SEE**
WHEN THEY LOOK AT YOU

JUNE 2011 ELLE.COM

#BXNDPT *****CAR-RT LOT**C-018
#0700600222438772# 1106 JUN11 0806
BEAUTY TEAM
FL 30 P210
132 W 21ST ST
NEW YORK NY 10011-3203
0446

ELLE BEAUTY SPA

CARVE A SIX-PACK

MEND A BROKEN HEART

TAKE A BREATHER, LITERALLY

SOLO VOYAGE

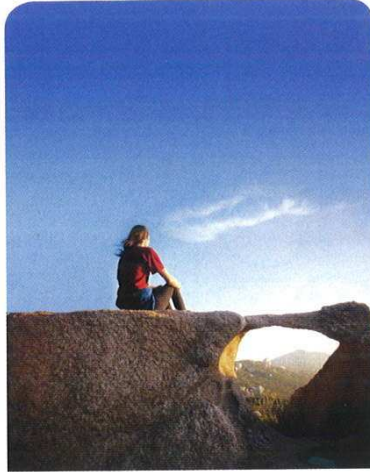


THE OMPHOY OCEAN RESORT

Palm Beach (omphoy.com)

A Sunshine State outpost of New York's Exhale Spa, the Omphoy hosts rigorous four-day Core Fusion Boot Camp retreats—the fast track to amazing abs, sculpted arms, and a firm backside.

TOP TREATMENT: Banish postworkout aches with Exhale's Fusion massage, combining rhythmic techniques from around the world and custom aromatherapy blends.



RANCHO LA PUERTA

Tecate, Mexico (rancholapuerta.com)

For more than 70 years, this iconic south-of-the-border holistic ranch has offered true transformation for both mind (guest lecturers might include Jane Fonda, Dr. Ruth, or Arianna Huffington) and body (Pilates, Bar Method, yoga).

TOP TREATMENT: Extracts of turmeric and jasmine plump up skin in the Hydrating Warm Stone Deep-Moisture Facial.



LA RÉSERVE

Ramatuelle, France (www.lareserve.ch)

Where else but the south of France would a personally assigned doctor write you a prescription for a medical pedicure followed by a Crème de la Mer facial?

TOP TREATMENT: Trade your morning café crème for a Bol d'Air Jacquier session, in which you inhale ultra-oxygenated air filtered through pine resin, then hike in the hills above Saint-Tropez.

GET A MINISKIRT MAKEOVER

GO FOR THE BURN

BOOST YOUR METABOLISM

WITH FRIENDS



THE COSMOPOLITAN

Las Vegas (cosmopolitanlasvegas.com)

Grab a friend for behind-the-ropes access: a session in the fitness center's boxing ring. A few punches will amp you (and your quads) up, so you're ready for your next opponent: the blackjack table.

TOP TREATMENT: Champagne overdose? The Hydration & Restoration treatment employs lymphatic brushing and acupressure to deblat in a flash.

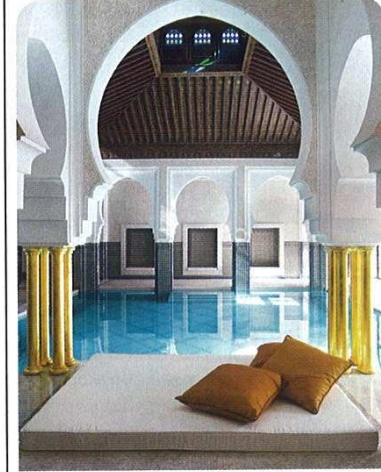


VICEROY

West End, Anguilla (viceroysresort.com/anguilla)

At this disco-chic, Kelly Wearstler-appointed cliff-top getaway, friends will love and hate you for signing them up for Barry's Bootcamp (a Kardashian sisters fave), a blend of intense cardio with targeted strength training.

TOP TREATMENT: The Deep Sea Massage mixes stretches and deep-tissue work to dekind.



LA MAMOUNIA

Marrakech, Morocco (mamounia.com)

French design ace Jacques Garcia gave this legendary spot (a fave of Alfred Hitchcock) a multimillion-dollar redo two years ago. Start your day with mint tea and a Power Plate session before creating spicy tagines in a traditional cooking class.

TOP TREATMENT: Exfoliation on steroids, the Hammam "Royal" treatment smooths skin with a honey-based scrub.

Courtesy of locations