

the knot

PLUS
COVID
AND YOUR
WEDDING

SUMMER
2020

YOUTUBE STAR

JACKIE AINA

TALKS BEAUTY
INCLUSIVITY,
FINDING THE
RIGHT PROS
+ MORE

2020

Registry Awards

EVERYTHING
TO WISH-LIST
RIGHT NOW

BOLD MOVES

neon done right

hello, gorgeous

GLOWING
SKIN
SUPERFOODS

MAKEUP
FOR
GROOMS

REAL
WEDDING
LOOKS

recharge+reboot

After toasting endless glasses of bubbly, indulging in countless celebratory meals and skimping on sleep to plan, couples are seeking out wellness-focused resorts for a prewedding reset or a postwedding wind down. A mind-body retreat will help you embrace healthy habits together, while also giving you plenty of opportunities to be pampered side by side at the spa. **BY JEN MURPHY**

SPIRITUAL

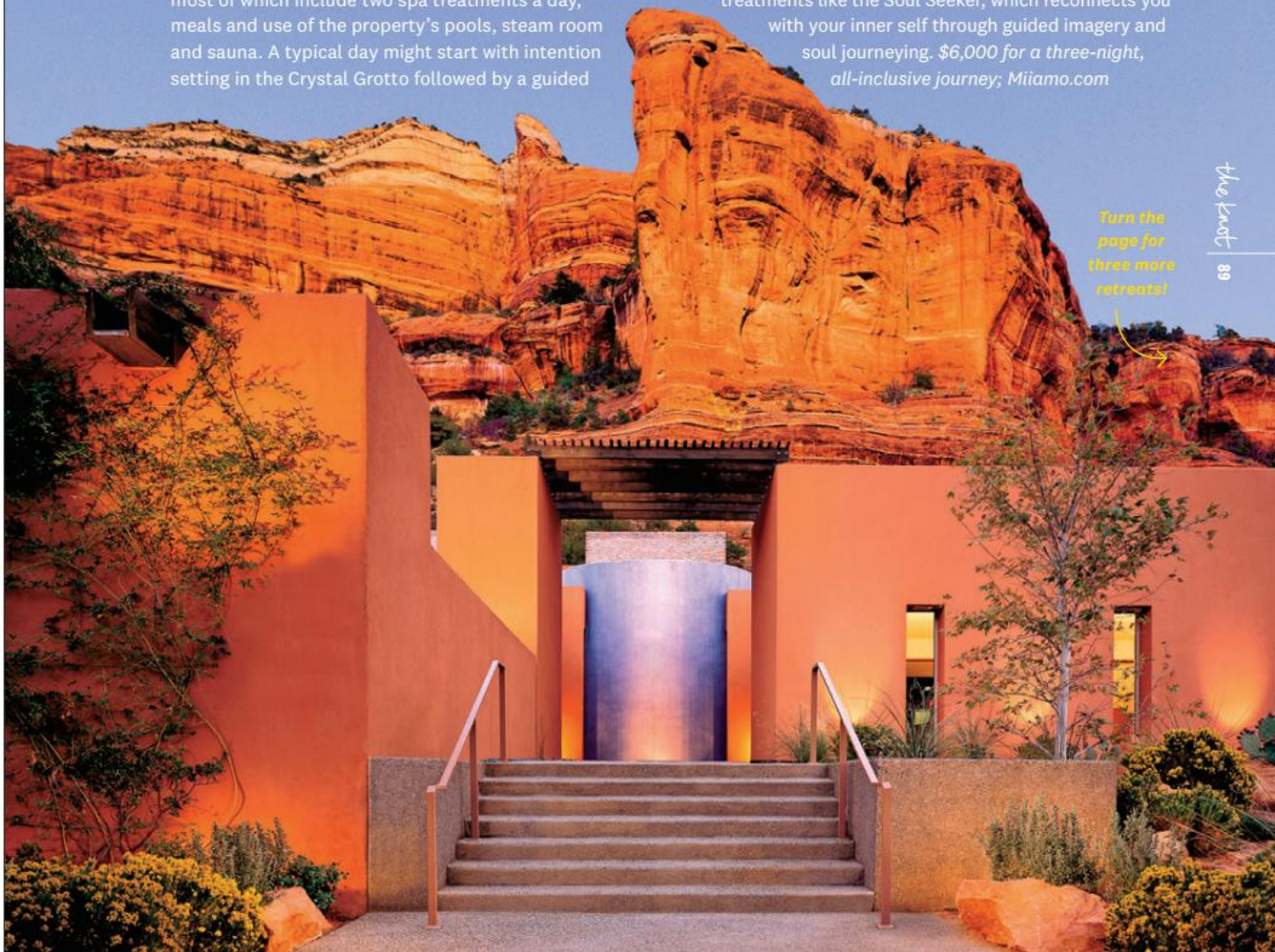
📍 MII AMO SPA, ARIZONA

Before you write off Sedona's crystal shops and vortexes—purported areas of concentrated energy—as woo-woo, book a stay at Mii amo. Located on sacred Native American grounds in Boynton Canyon, this 16-casita retreat specializes in spiritual healing. Guests can choose from three-, four- or seven-night journeys, most of which include two spa treatments a day, meals and use of the property's pools, steam room and sauna. A typical day might start with intention setting in the Crystal Grotto followed by a guided

vortex hike to Cathedral Rock. Hit the café for a nourishing lunch with garden-fresh ingredients, then head to the spa with an open mind and experience Mii amo's renowned alternative therapies. Master healers will guide you in interactive aura photography sessions, energy clearing work and Native American-inspired treatments like the Soul Seeker, which reconnects you with your inner self through guided imagery and soul journeying. *\$6,000 for a three-night, all-inclusive journey; Miiamo.com*

Turn the page for three more retreats!

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HEALTHY EATING

📍 OJAI VALLEY INN, CALIFORNIA

An institution on California's Central Coast, the Ojai Valley Inn has long been a favorite escape of wellness seekers. With 303 rooms nestled among 220 oak-shaded acres and a 31,000-square-foot Spa Village, the property feels like a private Shangri-la. The Spa has plenty of options for pampering, but repeat guests come for its roster of resident experts specializing in everything from energy healing to chakra cleansing. After completing a personal wellness assessment, guests work with a nutritionist to fine-tune their eating habits. Holistic nutrition expert, Carolyn Maul, educates guests on topics ranging from anti-inflammatory foods to the power of probiotics. And the year-old Farmhouse, an epicurean center helmed by star chef Nancy Silverton, hosts gluten-free and vegan-themed cooking classes as well as more indulgent lessons centered around wine and cheese. A farm-to-table ethos runs through the inn's four main dining venues. You'll find cold-pressed juices and nutrient-packed veggie bowls at the Spa Café, and an Italian twist on California cuisine at Olivella. *From \$918; OjaiValleyInn.com*

YOGA

📍 BLACKBERRY MOUNTAIN, TENNESSEE

The ultimate yoga getaway for outdoor enthusiasts, Blackberry Mountain in Walland, Tennessee feels like your own private national park. Set amid 5,200 acres in the foothills of the Great Smoky Mountains, the wellness-focused sister property to foodie favorite Blackberry Farm offers nearly a dozen styles of yoga, from hot power to mellow yin. The mid-mountain Yoga Loft serves as the main hub of om, but classes also take place on a picturesque outdoor platform with endless views, and silks are strung from treetops for aerial sessions. Accommodations include 18 cottages and a handful of homes, but

honeymooners should opt for one of the cozy Watchman cabins built into the side of the ridge. Blackberry's experts can add on experiences to complement your practice. A vigorous vinyasa, for example, might be followed by a hike or a candlelight yoga class might conclude with suspended soundbathing and meditation. Unlike an ashram, you're encouraged to indulge. Two restaurants serve dishes like mushroom and ramp bowls with Southern grains and wood-grilled rosemary quail. Ask the sommelier to pair your meal with wines from the 10,000-bottle collection. *From \$1,045, BlackberryMountain.com*



MINDFULNESS

📍 FOUR SEASONS HOTEL LANAI AT KOELE, A SENSEI RETREAT, HAWAII

It's perfectly acceptable to sport workout clothes all day at the new Four Seasons Hotel Lanai. The brand's first all-inclusive wellness resort pairs its signature service with the cutting-edge technology of Sensei, the well-being company founded by Larry Ellison and Dr. David Agus. Guests work with their guide to craft a personalized itinerary that might include thermal body mapping and restorative yoga. Anchored by a reflecting pond, the hotel oozes tranquility, while 10 teak spa hales, outfitted with Japanese ofuro tubs, are temples of R&R. One-on-one mindfulness coaching will help prepare you for practices like journaling and open-sky meditation. You'll want to be present for meals at Nobu, where menus feature ingredients harvested from an on-island sustainable farm. *From \$4,500; FourSeasons.com/koele*