

Women's Health

GET
THAT
GLOW

Summer Skin
Savers

**WANT
ARMS
LIKE
THESE?
DONE!**

No Weights
Required



Head-To-Toe Hot
**6 MOVES
TRAINERS
SWEAR
BY**

*Avengers:
Infinity War &
Black Panther's*
Danai Gurira

"Strength Is
Feeling Happy
In Your
Own Skin."

**WHAT
WINNERS
KNOW**

Science-Backed Tips
to Succeed at

* WORK * GYM * LIFE!

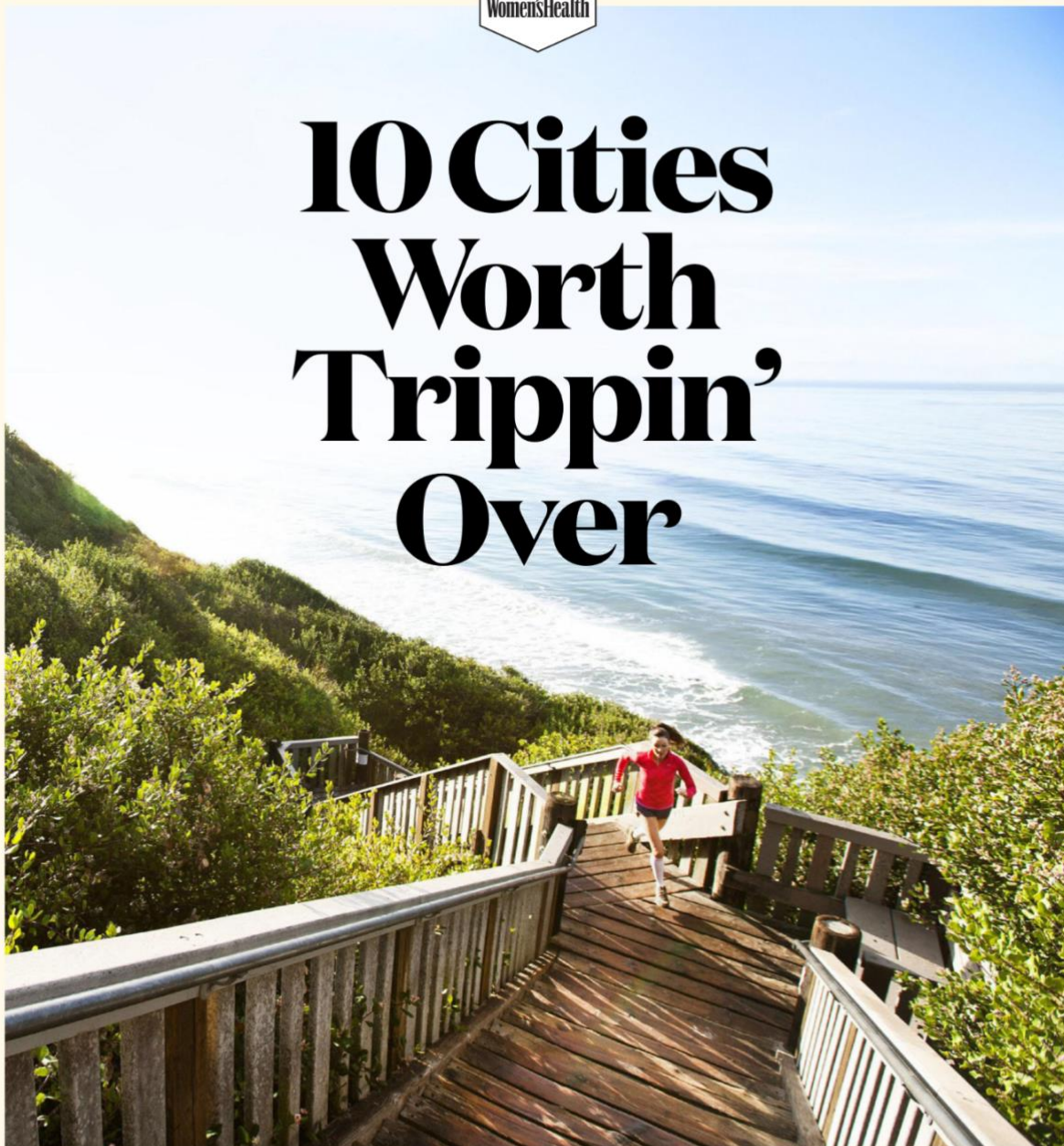
Strong & Sexy

This Health
Mistake Is
Shockingly
Easy to Make

The
Most Delish
Salads
on Earth!



10 Cities Worth Trippin' Over



By Kristen Dold

THROWING BACK BAHAMA MAMAS may not be your idea of R&R—and you're in spandex-loving company. Our appetite for healthy, no-detox-needed-after travel is surging: Wellness tourism is estimated to grow 50 percent faster than overall tourism through 2020, according to the Global Wellness Institute. But you don't have to splurge on a silent trek in Bali to come back refreshed. Accessible, life-changing excursions, creative eats, and holistic spa treatments are right here in the USA.

To uncover the destinations most worthy of your PTO days, *Women's Health* teamed up with the travel experts at [Airbnb](#): We parsed wellness-related wish lists on the platform—searching for terms like *adventure*, *calm*, and *fitness*—and came up with a list of cities (some crazy-surprising) that are buzzing. From there, we assigned superlatives to help you target your vacay goals and chatted with in-the-know locals. Behold: 10 places that will quench wanderlust and send you home in better shape than when you arrived.

GETTY IMAGES

Pull out your frequent-flyer number! Adventure and relaxation await.

Editors' Sweaty Secret

When *Women's Health* editors want to unwind, we head to the Hamptons and surrounding towns. (No, not in a helicopter, but wouldn't that be nice?) We map out a beginner's guide to a perfect weekend.

"For a chill vibe, stay at Ruschmeyer's, where the rooms are cabin-like. During the day, bike along Montauk Highway, then grab a beer at Montauk Brewing Company before finishing the trek to the lighthouse at the tip of Long Island. Bank sweat sessions at the pop-up fitness classes that happen all over, and also book a visit to established studios like SLT or SoulCycle in East Hampton. Indulge in some retail therapy—and people watching—on Jobs Lane and Main Street in Southampton." —Associate editor KC

Best for Healthy Eats

Charleston

South Carolina

With a year-round growing season, the farm-to-table movement has exploded, and chefs are turning the local fare into flavor bombs. We tapped Kate Towill, co-owner of Basic Kitchen (basickitchen.com), a café that serves healthy, locally sourced dishes, to select the best spots to check out.



Marion Square Farmers Market

Pick up peaches and tomatoes at their peak—plus specialty spices—or lunch on hot grub. "The Roti Rolls food truck is a must stop. I line up for the Green Rice Bowl—grilled vegetables, coconut rice, and curry seasonings," says Towill.

The Ordinary

Feast on oysters, clams, and jumbo crab plucked right off the Carolina coast. "If you like fresh fish, this is the spot. Don't miss the rotating seasonal ceviche," says Towill. (eattheordinary.com)

Huriyali

Artful organic acai bowls, cold-pressed juices, smoothies, and sandwiches are picture-worthy and locally sourced. "It's off the beaten track of downtown, but I love the island vibes here," says Towill. "The Tropical Kale Smoothie is my go-to." (huriyali.com)

Best for Spa and Self-Care

Miami/ Miami Beach

Florida

Despite the area's reputation as the plastic surgery capital, its skin and spa connoisseurs have swapped some of the invasive skin-tightening and contouring treatments for Eastern practices and trends. Here, the most in-demand menu options.

TREATMENT

TRY IT

• CBD (cannabidiol)-Based Massage

A nonpsychoactive compound from the cannabis plant, CBD is believed to fight inflammation and anxiety, helping to calm and soothe the skin.

The Standard Spa in Miami Beach added a CBD foot massage to its menu to relieve tired peds. (Inhale the sage, mint, and citrus.)

• Vibrational Sound Healing

Sound waves and vibrations are said to restore harmony to the body and promote relaxation and healing.

During the "Tree of Life Vibrations" treatment at the Faena's *Tierra Santa Healing House*, sacred oils and stones help release tension.

• Crystal and Gemstone Therapy

The energy properties in these pretty rocks are thought to affect the body's own energy flow and help balance you.

Gemstones are placed on corresponding chakras along the body in the "Kundalini Journey" at the *Mandarin Oriental Spa*.