



PURSUIITS

Summer travel to Peru's rain forest, California's Central Coast, and luxe residences-turned-resorts

PLATINUM LIST

Explore the ultimate escapes with our reader-selected hotels, spas, golf courses, and cruise lines

PALATES

Why some of New York's top chefs are scaling back to serve adventurous fare in more intimate settings

A large, high-quality portrait of actor Jon Hamm. He is shown from the chest up, turned slightly to his left but looking back over his right shoulder towards the camera. He has a warm, genuine smile, showing his teeth. He is wearing a dark-colored sweater over a white collared shirt and a grey, textured blazer. The background is a soft-focus, warm-toned interior space with light streaming through windows.

JON HAMM
**GETS
A NEW
GAME**

As his iconic *Mad Men* role comes to an end, the actor shares his next moves

SPAS

FROM A NICHE mind-body movement to a popular wellness groundswell, mindful living has achieved critical mass as the great take-away among spa-goers. *Celebrated Living* readers rewarded those spas that balance activity and healthy-living programs with a sense of sanctuary that suspends reality. Bonus points for destination-inspired treatments, medi-services, and good yoga instructors. **BY ELAINE GLUSAC**

TOP 25 U.S.

1. Lake Austin Spa Resort, Austin, Texas
2. Canyon Ranch, Tucson, Arizona
3. Canyon Ranch Hotel & Spa, Miami Beach, Florida
4. Spa Bellagio, Las Vegas
5. The Spa at The Grand Del Mar, San Diego
6. Miraval Resort & Spa, Tucson, Arizona
7. The Ritz-Carlton Spa, Kapalua, Maui, Hawaii
8. Canyon Ranch in Lenox, Massachusetts
9. Hualalai Spa at Four Seasons Resort Hualalai, Ka'upulehu, Hawaii
10. Kohler Waters Spa, Kohler, Wisconsin
11. Mii amo, Sedona, Arizona
12. Mauna Lani Spa at Mauna Lani Resort at Kalahuipua, Kohala Coast, Hawaii
13. Spa at JW Marriott Camelback Inn, Scottsdale, Arizona
14. (tie) Spa at The Peaks Resort, Telluride Mountain Village, Colorado
14. (tie) Golden Door, Escondido, California
16. Club Essential, Delano South Beach, Florida
17. (tie) Caudalie Vinotherapie Spa at The Plaza Hotel, New York
17. (tie) Ciel Spa at SLS Hotel, Beverly Hills, California
19. Lodge at Woodloch, Pennsylvania
20. (tie) Sagestone Spa & Salon at Red Mountain Resort, Ivins, Utah
20. (tie) Regency Health Resort & Spa, Hallandale, Florida
20. (tie) Spa at Mandarin Oriental, Miami
23. Spa Grande at Grand Wailea, A Waldorf Astoria Resort, Maui, Hawaii
24. The Mayflower Inn Spa & Resort, Washington, Connecticut
25. Spa Ojai at Ojai Valley Inn & Spa, California

ON-TREND: MINDFUL LIVING AND SUSPENDING GRAVITY

A SPA VISIT is the equivalent of a psychic time-out, a suspension of duties and schedules. This mental notion of weightlessness has recently been boosted into the physical dimension by novel treatments and programs that suspend gravity.

"People have a deepening psychological and physical desire to escape from gravity's relentless pull, and a distinct 'suspending gravity' or 'floating' trend is rising," according to Susie Ellis, president of the industry group Spafinder Wellness that named anti-gravity one of its top trends for 2014.

At our readers' favorite **Lake Austin Spa Resort**, the meditation program has been expanded to include "floating relaxation" in a warmed indoor pool, allowing your body to release all tension while being buoyed by the water. New week-long summer programs devoted to water focus on activity in and relaxation on the water.

In addition to offering outdoor watsu, **Miraval** recently pioneered a new Thai-massage-inspired therapy called Naga bodywork during which the therapist supports her weight by wrapping her arms in aerialist silks.

Hydrotherapy is at the center of **Kohler Waters Spa**, which focuses on the healing power of steeping in a bath with options that include acoustic sound vibrations, light therapy, and water jets. Similarly, **Venus Spa** at CuisinArt Golf Resort & Spa on Anguilla offers multiple immersions in mineral or sea baths.

Detox massages are still popular at the **Spa Bellagio** in Las Vegas, but the health center newly marries stress-busting and sun worship in its Floating Bliss massage, in which guests drift on a raft in an outdoor pool while receiving hand and foot therapy. —E.G.





Lake Austin Spa Resort

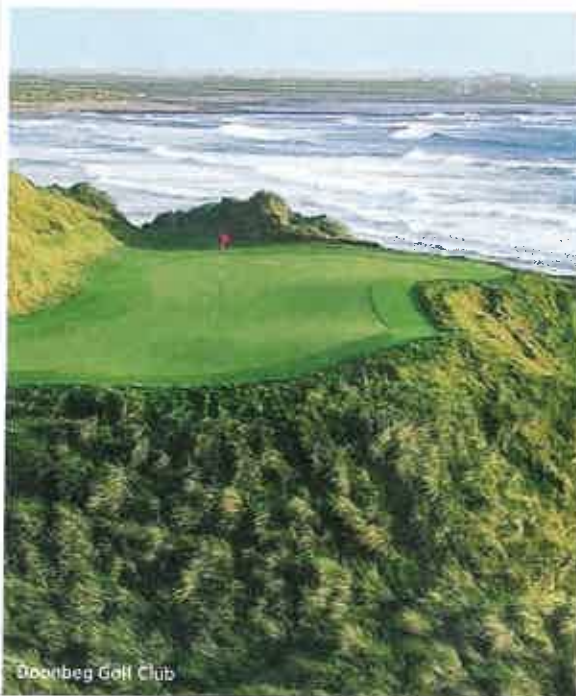
GOLF COURSES

TOP 20 INTERNATIONAL

1. **Castle Course at St Andrews Links, Scotland**
2. Old Course at St Andrews Links, Scotland
3. The Fairmont Banff Springs, Alberta, Canada
4. The Fairmont Chateau Whistler Golf Club, British Columbia, Canada
5. (tie) Old Course at Ballybunion Golf Club, County Kerry, Ireland
5. (tie) Corales Golf Club, Puntacana Resort & Club, Dominican Republic
7. Dundonald Links, Ayrshire, Scotland
8. (tie) Cape Kidnappers, Hawke's Bay, New Zealand
8. (tie) Champion Course at Carnoustie Golf Links, Angus, Scotland
9. (tie) **Doonbeg Golf Club, County Clare, Ireland**
11. Barnbougle Dunes, Tasmania, Australia
12. Cruden Bay Golf Club, Aberdeenshire, Scotland
13. European Club, Brittas Bay, County Wicklow, Ireland
14. The Green Monkey at Sandy Lane, Barbados, West Indies
15. (tie) Golf de Morfontaine, France
15. (tie) Highland Links, Nova Scotia, Canada
17. (tie) Banyan Golf Club, Hua Hin, Thailand
17. (tie) The Bay Course at Costa Navarino, Greece
19. Ocean Course, Cabo del Sol, Los Cabos, Mexico
20. (tie) Halmstad Golf Club, Halmstad, Sweden
20. (tie) Muirfield Links, Scotland
20. (tie) Ocean Club Golf Course at One&Only Ocean Club, Paradise Island, Bahamas

TRUMPED

While the **Doonbeg Golf Club** was moving up two notches in the list, Donald Trump was busy buying the resort for more than \$20 million and preparing to rename it Trump International Golf Links, Ireland. Reports are that The Donald is considering giving designer Martin Hawtree the task of remodeling the Greg Norman links course. **doonbeglodge.com**



Doonbeg Golf Club




BEHIND THE LIST

ON LAST year's list, **Cape Kidnappers** had the youthful cheek to topple the **Old Course at St Andrews Links** from its seemingly iron grasp on the top slot of our International Platinum List. And though the Old Course is number two, the New Zealand course still sits pretty — figuratively and literally — in the Platinum List top ten and high on the cliffs overlooking Hawke's Bay.

Now the Old Course merely has to contend with its younger sibling, **The Castle Course**, which opened in 2008 as the seventh jewel in the St Andrews Links Trust crown and now wears our platinum crown. The David McLay Kidd design was deemed

virtually unplayable by many at first, but softening since has made it a visitor favorite. Employ a caddy and all should be well.

The Old Course will host the 144th Open Championship next year, for the 29th time since 1873. And, in 2019, the U.S. Open will return to **Pebble Beach Golf Links** for the sixth time.

But this year is all about **Pinehurst**, where the USGA is conducting the novel experiment of hosting the U.S. Open and the U.S. Women's Open in consecutive weeks this June on the same golf course — **Pinehurst No. 2**. Biggest controversy: Should the women have played before the men? Stay tuned. — T.B. 



Castle Course at St Andrews Links



Old Course at St Andrews Links



Cape Kidnappers