



COLLEGE GIVING
AFTER THE
SCANDAL

—
**WHERE'S
MOMMY?**
A SUMMER CAMP
GUIDE TO
PLASTIC SURGERY

—
**JACKIE O'S
SECRET**
COCKTAIL RECIPE

—
**THE MOST
TOXIC
NAME**
IN
PHILANTHROPY

**THIS
WOMAN
WILL CHANGE
THE
WORLD**

**YARA SHAHIDI &
75 Others Who
Give Us Hope**

A full-page photograph of a woman in a white one-piece swimsuit diving into a swimming pool. She is in mid-air, with her arms and legs extended forward. The pool is surrounded by a tropical resort setting with palm trees, a wooden building with a thatched roof, and outdoor seating. The sky is clear and blue.

T&C TOWN & COUNTRY TRAVEL

The Amanpuri in Phuket, Thailand, has two-day wellness clinics you can add to your beach time.

ADVENTURES IN FITNESS

*50 five-star itineraries that take
your morning workout around the world.*

By Jen Murphy

Call us selfish, but few things raise the personal happiness quotient quite like transporting trips combined with physical (and mental) tune-ups. We're talking outdoor yoga—while watching whales breach in Alaska. Kitesurfing school—on a speck of paradise in Fiji. Boot camps—in a Michelin-starred English Georgian manor. Uphill sprints—alongside the Masai in Kenya. Sure, the local gym is fine. But the big world out there is so much better...

NECESSARY INDULGENCES

*Because don't we work out to **dine out?***

DINE LIKE A LORD IN ENGLAND

One wouldn't call the cuisine of Michelin-decorated chef Skye Gyngell health food. Except that, as culinary director of **Heckfield Place**, the 45-room Georgian mansion one hour from London, she has the property's surrounding biodynamic orchards, gardens, and farm to stock her larder. If you're feeling a touch of guilt about the extra servings you ordered at the all-day restaurant Marle or at the dinner-only Hearth (or that second Fig Leaf Americano at Moon Bar), borrow some wellies and explore the 438-acre estate. Need more of a sweat session? The Little Bothy spa partners with cult London fitness studio Bodyism to offer boot camps, Pilates, yoga, and more. HECKFIELDPLACE.COM

WORK HARD AND PLAY HARDER IN BURGUNDY

For the past five years the Little Nell in Aspen has combined serious eating with serious bicycling at its annual **Clip-In with Christian** camp, hosted by former pro cyclist Christian Vande Velde. This August his 15-guest program with **DuVine Cycling + Adventure Co.** crosses the pond for a sojourn in Burgundy based at the five-star **Hôtel Le Cep**. Vande Velde will lead rides along scenic routes through the region's villages (such as Puligny-Montrachet, Meursault, and Nuits-Saint-Georges), breaking for private lunches with winemakers, tastings of Côte de Beaune's grand cru vintages, and Michelin-starred dinners. THELITTLENELL.COM

PURIFY IN PORTUGAL

Temptations abound at **São Lourenço do Barrocal**, a working farm and winery in a wild corner of Portugal's Alentejo region. A warm half loaf of crusty bread arrives with every meal, and the region's acorn-fed pork and desserts like quince-cinnamon

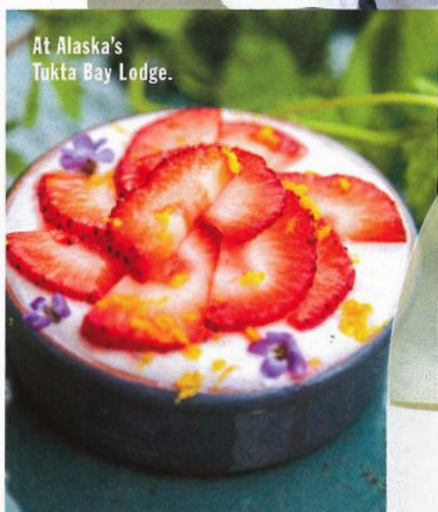


Chef Skye Gyngell of Heckfield Place.

cake are irresistible. Luckily, Austrian wellness guru **Susanne Kaufmann** has opened an outpost of her spa here, with metabolism-stimulating detox treatments, three-day purifying packages with tai chi, hydrotherapy, and, debuting this summer, dedicated "life transformation" workshops with certified coaches. So you can have your cake and eat it, too. BARROCAL.PT

FIND A FOODIE PARADISE IN ALASKA

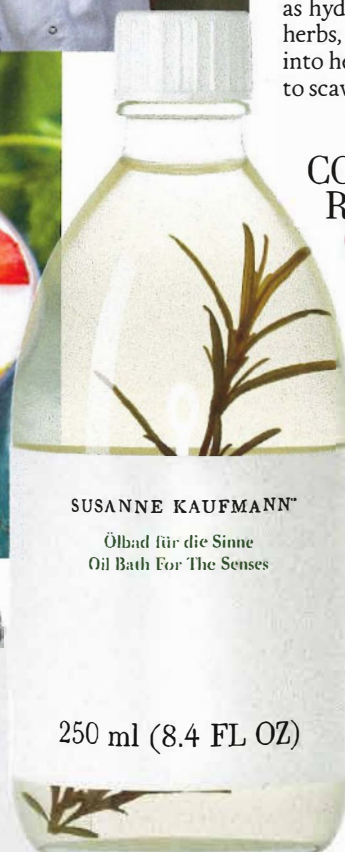
Mother-daughter chefs Kirsten and Mandy Dixon put remote Kachemak Bay on the foodie map with their sustainability-minded meals and cooking school at **Tukta Bay Lodge**. (Think Alaskan seafood cioppino and Dungeness crab croquettes.) New on the menu this September is a full wellness retreat remarkable for its only-in-Alaska wow factors: doing yoga on the waterfront deck while watching whales breach; swimming in the ocean at night with bioluminescence as hydrotherapy. You'll forage native herbs, like Devil's Club, and turn them into healing salves—but you will not have to scavenge for meals. WITHINTHEWILD.COM



At Alaska's Tukta Bay Lodge.

COOK WITH RUTH REICHL IN CALIFORNIA

A landmark of the state's Central Coast, the **Ojai Valley Inn** has long been a favorite escape for the Hollywood set—a go-to for golf in the 1920s, later for one-of-a-kind detoxes. With the opening last February of the Farmhouse, the retreat's \$20 million epicurean center, it has become a gourmet magnet, too. Baking queen Nancy Silverton has organized dinners, wine and food tastings, and workshops with culinary stars, including winemaker Jérôme Jacquot, Tuscan butcher Dario Cecchini, and author Ruth Reichl. The indoor demo kitchen comes with an outdoor entertaining space. OJAIValleyINN.COM



SUSANNE KAUFMANN

Ölbad für die Sinne
Oil Bath For The Senses

250 ml (8.4 FL OZ)



PICK UP SOME...

...Susanne Kaufmann spa products, such as this bath oil, at São Lourenço do Barrocal.