

# VOGUE

## spa & beauty

*lean*  
vs.  
*luxurious*

The ultimate  
guide to  
the 40 best  
spas in  
the country

What price  
beauty?

Try \$5,000  
a week

Where do  
*Amber,*  
*Cindy, Oprah*  
get ready for  
their close-ups?

Searching  
for style  
on the Vegas Strip



# 3 hardcore yoga

Yoga is as ubiquitous—and about as exotic—as Starbucks. But at these three spiritual sanctuaries, it was the main event long before it became trendy.

## FEATHERED PIPE FOUNDATION, HELENA, MONTANA

Feathered Pipe Ranch guests live simply, in log cabins, lodges, tepees, and yurts (domed tents), with a few creature comforts: massage and a cedar bathhouse with a hot tub and sauna. But intense yoga practice—with classes for beginners and yogis alike—is definitely the draw. This summer, look for nine visiting teachers. In November: yoga tours at Machu Picchu and other ancient sites in the Peruvian Andes. Seven-day summer workshops, \$1,249; Peru from \$2,395; (406) 442-8196.

## WHITE LOTUS FOUNDATION, SANTA BARBARA, CALIFORNIA

Sleeping arrangements at

this 55-year-old nonprofit retreat are a bit bare-bones (a heated yurt or an outdoor campsite), but White Lotus, overlooking Santa Barbara and the Pacific Ocean, more than makes up for a lack of luxury with spectacular views and a heavy-duty yoga program that includes teacher-training courses and internationally known instructors. Ranging from \$40 a night for a "personal retreat" (meals not included) to \$350 for a weekend program (with meals). Call (805)

## don't leave home without...

the new flexible, nonslip yoga shoe (called Vital Trainer) from Reebok.



964-1944 for a calendar of workshops.

## OMEGA INSTITUTE FOR HOLISTIC STUDIES, RHINEBECK, NEW YORK

With over 250 specialized workshops and more than 13,000 participants yearly, Omega bills itself as the nation's largest holistic-learning center. But despite this heavy course load, yoga still gets serious consideration. This summer, two of Manhattan's highest-profile yoga studios, Yoga Zone and Jivamukti, will host sessions. In June, try Contact-Yoga with

Yoga fanatic Madonna arrives for class in Manhattan—mats in tow.



Ken Scott (Hillary Clinton is a client) or, in August, do Ashtanga Yoga with Wayne Krassner and reflect upon the excellent physiques of faithfuls Goldie Hawn and Madonna. Weekend workshops range from \$130 to \$295; five-day formats from \$260 to \$495. Meals and housing are separate. Call (800) 944-1001 for workshop schedules.



# 4 social climbing

## CANYON RANCH, TUCSON, ARIZONA

This country-clubby spa is known for, well... everything. The services booklet reads like a fantasy college-course catalog (should you try golf or go for a fitness test? a preventive-medicine session or a Parisian Body Polish? Tai Chi or a tarot-card reading?). The main draw, however, is the surrounding Santa Catalina Mountains.

A staff of 40 guides organizes up to eight hikes daily, ranging from a nature stroll to a major 21-mile trek. "Our program is accessible to everyone," explains Mark Black, the spa's hiking director, "but no matter

## GREEN VALLEY SPA, ST. GEORGE, UTAH

A hiker's paradise. Blaze multimile trails through the breathtaking red-rock canyons of Zion National Park, Snow Canyon Park, and the Third Ravine, among other rugged locations. Non-hikers can visit the Vic Braden Tennis College or the Golf Learning Center; lots of guests simply sample the spa's enormous array of beauty treatments. Also popular: Body Typing with resident nutritionist Jay Cooper (converts claim to lose serious poundage). Seven nights from \$2,400; (800) 237-1068.

Hiking treks that will whip you into optimum shape.