

Win a spa trip to CuisinArt Resort & Spa in Anguilla! (page 10)

spa  
travel+beauty+living

Do-it-yourself  
**FACE MASQUE**  
(recipe inside)

How to bring  
**MORE PEACE**  
into your life

## 25 ways to feel great now

From taking an  
eco-friendly vacation  
to living green each day



★ Sustainable  
spas in  
the Maldives,  
PAGE 84

3 effective  
**FAT-BURNING**  
workouts

The truth about  
**ACUPUNCTURE  
FACELIFTS**

+13 **VALUE-PACKED  
GETAWAYS**  
Hawaii, California, Caribbean & More

{  Leave a small footprint. }

**S**USTAINABLE TOURISM has come a long way in the past 10 years. Now it's not only about appreciating nature but also about helping to preserve it. For hotels and resorts, this means minimizing footprints by reducing energy and water consumption, purchasing eco-friendly products, fostering environmental awareness among guests, and empowering the local community through employment and profit-sharing programs. The following six resorts not only reduce their own impact but also go beyond resort boundaries to help preserve the land around them. Welcome to the new standard of sustainable tourism.

**BELIZE Chaa Creek (San Ignacio, Cayo District)** Once a hippie-run farm reachable only by canoe, Chaa Creek has become the star ecodge of Belize. Guests have run of the 365-acre rainforest preserve, where archaeologists have discovered more than 70 ancient Maya sites, and rare wildlife roam. The 23-room resort is wholly centered on nature—so much so that it founded The Blue Morpho Butterfly Farm and Natural History Centre to educate guests. Treatments at the spa incorporate locally sourced and hand-pressed lemongrass oil. *From \$55 per person per night for dormitory accommodations; from \$135 per night for standard room »*