



“The greatest discovery of any generation is that human beings can alter their lives by altering the attitudes of their minds.” —ALBERT SCHWEITZER

THE ULTIMATE ESCAPE

You and a guest could receive a trip to the Eau Palm Beach Resort & Spa, where you'll experience world-class amenities in the 42,000 square feet hailed as Palm Beach's social hub. Unwind and recharge in the heart of the spa where "me" time is the sole focus and sumptuous tropical landscaping, hanging pendant chairs, dipping pools and private cabanas create a place where relaxation is your only priority. The menu includes indulgent treatments that range from luxurious body scrubs and polishes to calming massages and beautifying facials. To enter our Spa Sweepstakes for your chance to win, visit newbeauty.com/getaways.



WIN A LUXURIOUS SPA GETAWAY
At Eau Spa in Palm Beach, Florida

SANCTUARY FOR YOUR SOUL

Sometimes you come across the rare treatment that goes beyond what you expect and encompasses so much more—a treatment that provides a truly transformative experience.

I recently visited the renowned aesthetician and holistic skin-care guru Tammy Fender, whose eponymous spa is located in my own backyard of Palm Beach. After a few minutes of visiting with Tammy, I knew this visit was going to go beyond a simple beauty treatment. The facial I had didn't just purify my skin, it also transported me to a place of overall well-being, through a guided meditation that was so calming and peaceful, it felt like an entire soul-cleansing experience. I left not only with glowing skin, but a renewed sense of self, and the visit alone reminded me how important it is to frequently take the time to connect inside, to remove the adrenaline that is typically coursing through our systems, to breathe and to let the daily barrage of our fast-paced world go.

But, let's face it: It can be difficult to do on your own. Not long ago I downloaded the stress-relieving app *GPS for the Soul*, which is designed to remind you throughout the day to take a few minutes for yourself, check your heart rate and slow down. But, since the day I downloaded it, I've probably remembered to look at it twice. The only thing that truly works for me is to visit the places that have created a sanctuary of mindfulness, where a trained therapist forces me into a state of relaxation and I leave feeling lighter than when I arrived.

When you're lucky enough to find those special sanctuaries, remind yourself to take advantage of them often, to give your body and mind, and even your spirit some much-needed attention. After all, you wouldn't stop washing your face or hair; the same time and effort should go into taking care of your body and spirit. Remember that beauty and wellness begins on the inside. And if you find a treatment that does both...all the better!

YOLANDA YOH BUCHER EDITOR-IN-CHIEF

SHOT ON LOCATION AT BOCA RATON RESORT & CLUB. PHOTO: MONTANA PRITCHARD PHOTOGRAPHY. HAIR AND MAKEUP: SYRENTIA NAZARIO AND KIM RICCARDI/VEDRY BLOWDRY BAR