

POWER, PURPOSE & STYLE

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**FIND
YOUR
CHILL**

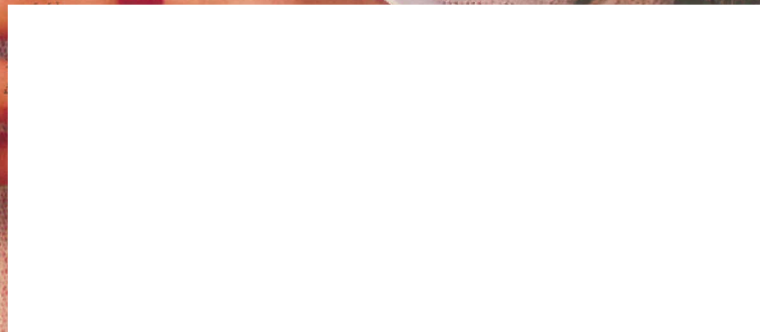
**EASY SUMMER
DRESSES**

**HOW TO AVOID
BURNOUT**

**CAN A
SPA SAVE
YOUR
LIFE?**

**TESSA
THOMPSON**

**DOESN'T
WANT TO BE
FAMOUS
(Too Late!)**



One of the elevated beach huts at GoldenEye, in Jamaica

Spa

CAN A SPA SAVE YOUR LIFE?

These retreats and resorts offer solutions for (almost) all of your problems

YOUR PROBLEM:
"I spend so much time at my office, I'm beginning to look like a hermit."

WHERE TO GO: GoldenEye, Oracabessa Bay, Jamaica

THE PRESCRIPTION: Fifty-plus-hour workweeks can leave you looking like Queen of the Mole People, but GoldenEye, a secluded playground on the north coast of Jamaica, has the cure. There you'll find some much-needed sun as well as the true luminizers: exercise and skin-renewing spa treatments. Start the day snorkeling through a coral reef just offshore, slice through the aquamarine water of the resort's private lagoon on a kayak, and then take a stand-up paddleboard across Oracabessa Bay to James Bond Beach. (The villa where author Ian Fleming created the 007 character still stands on the eastern end of the property.) Once you're flush with endorphins, walk—or, better yet, swim—to the lagoon-side FieldSpa, settle on the porch facing an electric sunset, and soak your feet while you wait for your treatments: a full-body scrub with coconut oil, sugar, and ground coffee from Jamaica's Blue Mountains, followed by a massage with anti-inflammatory oils of ginger and allspice (both local plants), which will leave you radiant.

THE DETAILS: Rooms from \$315 per night (includes water sports and activities; spa treatments are separate); goldeneye.com. —Jennifer Goldstein