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venture out



The Ritz-Carlton boasts pools as well as a beach

IMPROVE YOUR SLEEP HABITS

The Ritz-Carlton, Kapalua MAUI, HAWAII

If you feel like you could snooze for a month and still not be caught up on your rest, consider a getaway to the Ritz-Carlton, Kapalua, where several of the offerings are based on the pursuit of deep, high-quality sleep. The twice-weekly 90-minute Snooze You Win class (\$35) takes place on Tempur-Pedic mats and blends yoga, meditation, stretching, aromatherapy, and head and foot massage. The goal is not only to induce sleep on the spot (a 20-minute nap is built into the class), but also to learn take-home tranquility techniques. You can even schedule private hypnosis appointments (\$90 for 50 minutes) to

help eliminate a myriad of sleep problems or to personalize the many relaxation strategies you will have learned in the class.

And then there's the Drift to Sleep ritual primes you for peaceful slumber with an aromatherapy milk bath and a cup of herbal tea, then all but sings you a lullaby: You get a massage that incorporates warm aromatherapy oils, Reiki, lymphatic drainage, craniosacral holds, and other snooze-inducing techniques before being left to rest on the warmed down duvet that covers your oversize massage table.

Details From \$395 per night; ritzcarlton.com.

LOSE WEIGHT

Casa de Miel TULUM, MEXICO

When you see the word "cleanse" in a weight-loss context, thoughts of juice fasts, sketchy herbal supplements, and colonics come to mind. But there's a new cleanse on the scene—that scene being Mexico's gorgeous Riviera Maya region—that helps you shed a few pounds without sabotaging your metabolism,

your health, or your mood. Casa de Miel was developed by Melissa Perlman, the brain behind Tulum's popular Bikini Bootcamp at Amansala, and includes an activity-packed schedule and a 1,500-calorie-a-day diet. Don't worry; you'll eat lots of fresh fish and produce, so you won't feel deprived.

This new complex of thatched-roof, beachfront cabanas is sandwiched between the Caribbean and the jungle, so there's plenty to do. Mornings begin with journaling, a long power walk, and stretching, then you're free to take fitness classes or join in the cooking demonstrations. Midday usually brings beach time,

when you can do your own thing for a couple of hours. Afternoons might include massage, yoga, meditation, snorkeling in freshwater swimming holes, boat rides, exploring Mayan ruins, and more. The full activity menu combined with the low-cal (but not low-flavor) diet ensures you'll lose just enough weight to get motivated—and stay that way once you get home.

Details From \$1,825 for six days, all-inclusive; casademiel.com.

REDUCE STRESS

Golden Door ESCONDIDO, CALIFORNIA

Golden Door is the kind of place that de-stresses you before you even get on the plane: After all, almost everything you'll need is waiting for you, including T-shirts, tank tops, shorts, sun hats, sunscreen, and toiletries. All you need to bring are socks, underwear, sports bras, and sneakers.

One of the most popular tension-taming offerings at this hideaway (designed to resemble a traditional Japanese retreat) is Healing Sounds, which uses Tibetan singing bowls, drums, rattles, and other instruments

You'll boost your bathing suit confidence at Casa de Miel



Your reward for hiking the 20 miles of trails surrounding Golden Door

