

LAKE COMO • BILLY EICHNER • WELLNESS

Hemispheres

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THIS MAGAZINE
HAS BEEN
TREATED WITH AN
ANTIMICROBIAL
PROCESS

Three
Perfect
Days

Portland Oregon

Where you can
find the bridge
between natural
and man-made
beauty in
Cathedral Park

STAR ALLIANCE

UNITED

Retreat Yourself

The deck of a suite at The Retreat Costa Rica looks out on a verdant valley



Admit it: In this crazy, post-pandemic world, there's probably a thing or two you want to tweak about yourself. Maybe you're not sleeping as well as you used to, or you're carrying a few extra pounds, or you want to make a spiritual connection. Whatever the goal, retreats abound, offering opportunities to check in, check out, sleep, hike, commune with nature, and generally find your better, happier self. Here are five of our favorites from around the globe.

Best for Burnout Recovery

The Retreat Costa Rica

Atenas, Costa Rica

Perched on a 60-acre quartz mountain overlooking the Pacific Ocean and the Nicoya Peninsula, The Retreat Costa Rica offers guests a place where they can escape the chaos and stress of the “real” world. Do you need a break? Try out the resort’s Art of Resting package.

“We created it to nurture people who were frazzled and scared and having all these mandates and lockdowns



and financial problems and sharing bedrooms with their kids who weren’t going to school,” says Diana Stobo, the celebrity chef, author, and health and wellness life coach who founded the resort. “The need for emotional support was huge. People weren’t resting, sleeping—the universe was going through chaos.”

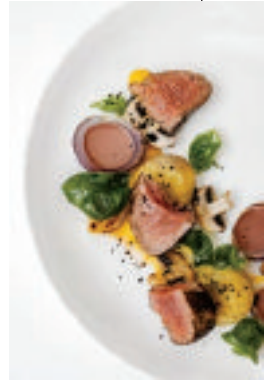
Everything is designed to facilitate serious chillaxing. “People can come and do fitness reboots and yoga classes,” Stobo says. “We have it aligned so people are doing more Reiki and restorative yoga and crystal healing. The idea is to spend that quality time with yourself.”

There’s much to recommend here beyond the Art of Resting program. The Retreat is located in the central valley region of Alajuela, which the National Geographic Society has lauded for having one of the best climates in the world. Among the amenities are two farm-to-table organic restaurants (80 percent of the food is

grown on-property), two saltwater pools, a yoga studio, a meditation deck, river swings, jungle paths, and an 8,000-square-foot spa.

The 18 rooms, meanwhile, provide total tranquility, with no phones or televisions to distract from the peaceful natural surroundings. Each has a diffuser loaded with essential oils known to reduce stress, neutralize bacterial and viral pathogens, and more. “Our rooms are sacred,” Stobo says. “We purposely decorate them so there’s nothing overstimulating, other than nature. You can see greenery and birds—it’s in and of itself a meditative state.”

From \$500 per night for a minimum stay of five nights; theretreatcostarica.com



Clockwise from top: Costa Rican tenderloin with mashed sweet potatoes; the resort pool; a calming setting for meditation



Courtesy of The Retreat Costa Rica (all photos)