

# NEW BEAUTY

The  
Beauty  
Authority™

SUMMER  
FALL  
2024

The  
Summer of  
Kelsea  
Ballerini





# Mind Trip

Whether you've been in traditional therapy for years or you've just begun your mental health journey, these retreats will deepen your understanding of yourself and teach you life-changing tools, all while surrounded by the beauty and tranquility of some of our favorite spas.

by **Allie Hogan**

## BEST FOR TRAUMA + GRIEF

### 01 Golden Door SAN MARCOS, CA

"We recognize that mental health is the cornerstone of overall well-being," says Kathy Van Ness, COO and general manager at Golden Door. "We empower our guests to lead fulfilling lives, fostering inner peace, resilience and a profound sense of balance." With its roots in the spa space, Golden Door boasts a bevy of holistic healing, such as energy healing, nature walks, art therapy, life coaches and more. It also offers clinically studied therapy options, including Eye Movement Desensitization and Reprocessing (EMDR), which is considered one of the most effective techniques for resolving trauma and grief. [goldendoor.com](http://goldendoor.com)



## BEST FOR EMOTIONAL WELLNESS

### 02 Ananda in the Himalayas HIMALAYAS, INDIA

Here, "the positive outcomes of emotional therapy and mental health work are multiplied when supported by traditional Ayurvedic medicine and other ancient healing traditions," says Geetika Sharma, director of wellness strategy at Ananda. The process of self-understanding and self-exploration can be done using a combination of tools and techniques, including psychology, hypnotherapy, regression, neuro-linguistic programming, energy healing and spirituality.

Ananda is a safe space to unravel "unexplained pains, aches, nightmares, inability to maintain weight, lingering insomnia, deep-seated anger, chronic stress management, past or childhood traumas, grief and low self-esteem," adds Sharma. Holistic healing experts, therapists, counselors and coaches are on-site to help support guests' emotional and mental healing. [anandaspa.com](http://anandaspa.com)

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