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BLOOD WORK
TO BEAUTIFY

The always scenic, always luxurious **Sri panwa** in Thailand recently launched a scientific-sounding treatment: **Blood Type Therapy**. The range of treatments is based on the relation of blood type to holistic wellness. (Basically, your blood type determines which kind of treatment—customized body scrubs, massages, masks and the like—you should get, and the spa recommends getting in touch with them before you arrive so they can get a jumpstart.) While there's no needle involved, no doctors in the mix and no blood drawn, there are a whole bunch of personalized treatment oils, created from the finest botanical extracts, vitamins and essential oils, to get you to a deeper level of relaxation and make the most of your treatment. sripanwa.com

2

MODERN
MEDITATION

The futuristic-looking DIY meditation pod **Somadome** merges ancient healing remedies with modern-day

technology, light therapy and relaxation-inducing vibes. Just step inside, sit down (it is dome-like, but not at all confining—your lower half is outside the structure and you can lift the top part up at anytime), close your eyes, listen to the music and let the color and light therapy take over as you reach the ultimate in Zen. Creator and founder Sarah Attia has coined it "peace in a pod," and has intentions of bringing it to

corporate America as a place of wellness in the workplace—she says 20 minutes can greatly reduce stress and increase productivity (Sir Richard Branson even featured it at the Virgin Disruptors conference in Silicon Valley). Right now, it's available at Ojai Valley Inn and Spa in Ojai, CA, and The Surrey in New York as a stand-alone treatment or an add-on to anything on the menu. somadome.com

3

BETTER
BITTERS

Any bartender can tell you: Bitters are big, as they make superspecialized drinks and add a "classic" quality to cocktails. So should you be adding them to your diet? Many artisanal companies seem to think

THE LATEST
WELLNESS TRENDS

We've got our finger on the pulse: The health, wellness and spa worlds are really stepping up their games with supercool must-have products and treatments that make a major difference from the inside out.

so. One of our favorites: **Urban Moonshine, Organic Digestive Bitters**, which is made with certified organic Vermont herbs and roots, and complemented by a few worldly exotics. According to the company, they help aid digestion, curb sugar cravings, relieve upset stomach, and support liver function and healthy skin. And, they're easy to use—add a few drops to whatever you are drinking (water included) to reap the benefits. **Starting at \$8**, urbanmoonshine.com

4

BEAUTY
SUPPLEMENTS 2.0

The beauty supplement category is booming, and with it, we're seeing new takes on the inside-out wellness trend. One of the most interesting (and effective) out there: **ZSS Z Skin Systems Method No. 1. Radiant Skin**, a kind of two-part serum-meets-supplement you use in tandem. Based on the antioxidant **Zeaxanthin** (it's found in leafy green veggies, yellow and orange peppers, corn and eggs, and this version uses an all-natural source from paprika peppers), the system—there's also a version for acne—claims to promote skin radiance and the evening of skin tone when used daily. zss-skincare.com