

Health, Wellness & Modern Green Living

organic spa[™]

MAGAZINE

Inner Beauty & Self-Care

- + Ingestible Beauty
- + *Finding Awe
in Nature*
- + Edible Flowers
- + *Spiritual Self-Care*
- + Top Natural Deodorants

Biking for Tranquility

JUNE 2018

\$5.99

06>



A Lifestyle Publication
www.organicspamagazine.com

Finding Awe

The surest path to self-care is to immerse yourself in nature

By **Becca Hensley**

Einar Ólafur Matthíasson reaches out his hand. I don't want to grab it (despite his distinct resemblance to a young, albeit more Icelandic, Sean Connery), but tentatively I take hold. He's guiding me up Stakkholtsgjá, a canyon composed of inky metamorphic rock that tumbles down from Eyjafjallajökull, the volcano that stopped world traffic with its outburst in 2010.





Sequoia National Park, California

Awestruck by the grandeur and colossal size of the giant Sequoia groves in what was to become Sequoia and Kings Canyon National Parks in the southern Sierra Nevada region of California, John Muir called nature's organic groupings of towering trees "not like places—like haunts." In this moody expanse, marked by gaping canyons and pitted foothills, the biggest trees in the world grow and thrive. Hiking, resting and musing beneath them awakens the spirit. Stay in the park, surrounded by trees, domain to wildlife galore, at Wuksachi Lodge, open year-round. nps.gov/seki/index.htm

Paracas, Peru

South of Lima, the desert meets the sea at the Paracas National Reserve, a 5,600-square-mile swathe of lesser-traveled nature. Home to the Ballestas Islands, which harbor endangered sea turtles, Humboldt penguins and sea lions, the environs also contain the boundless, tawny sands of the Huacachina Desert (heart-stopping at sunset), and the mysterious, prehistoric geoglyphs, known as the Nazca Lines—which must be viewed from a small plane to see the shapes they comprise. Base at Hotel Paracas, A Luxury Collection Resort, and recharge with a Yucamani Stones Massage. hotelparacasresort.com



Deplar Farm, Iceland

In the remote Fljot Valley, carved into the mountainous Troll Peninsula in northern Iceland, Eleven Experience's Deplar Farm occupies an 18th-century, restored sheep estate. Authentically (and opulently) kitted out for immersive one-party rentals, perfect for family reunions, the 12-guest room resort includes personal guides (for heli-skiing, whale watching, horseback riding, fly fishing and more—in season) and staff. Meant to immerse guests into Iceland's sensational, untouched terroir, the turf-roofed, all-inclusive farm hotel boasts a full service spa, including mind-altering, utterly silent, Cocoon Float Pods. elevenexperience.com