

# SHAPE

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BEAUTIFUL.  
BE IN  
SHAPE.

100+  
BEST  
NEW  
BEAUTY  
BUYS  
p37

## Shrink Your Belly!

This move  
targets fat in  
just 8 seconds

## 31 Life-Changing Skin Secrets

TOTAL  
BODY  
RESULTS:  
*Lean Legs*  
*Toned Abs*  
*Perky Butt*

## #1 Trick to Faster Weight Loss

**Kaley**  
Cuoco—  
Sweetening  
Smart, sexy,  
fit & fun

**More  
Sex,  
Better  
Sex!**  
Double your drive

ULTIMATE  
DETOX FOODS  
Cleanse, revive  
& energize

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[shape.com](http://shape.com)

## Your next relaxing getaway

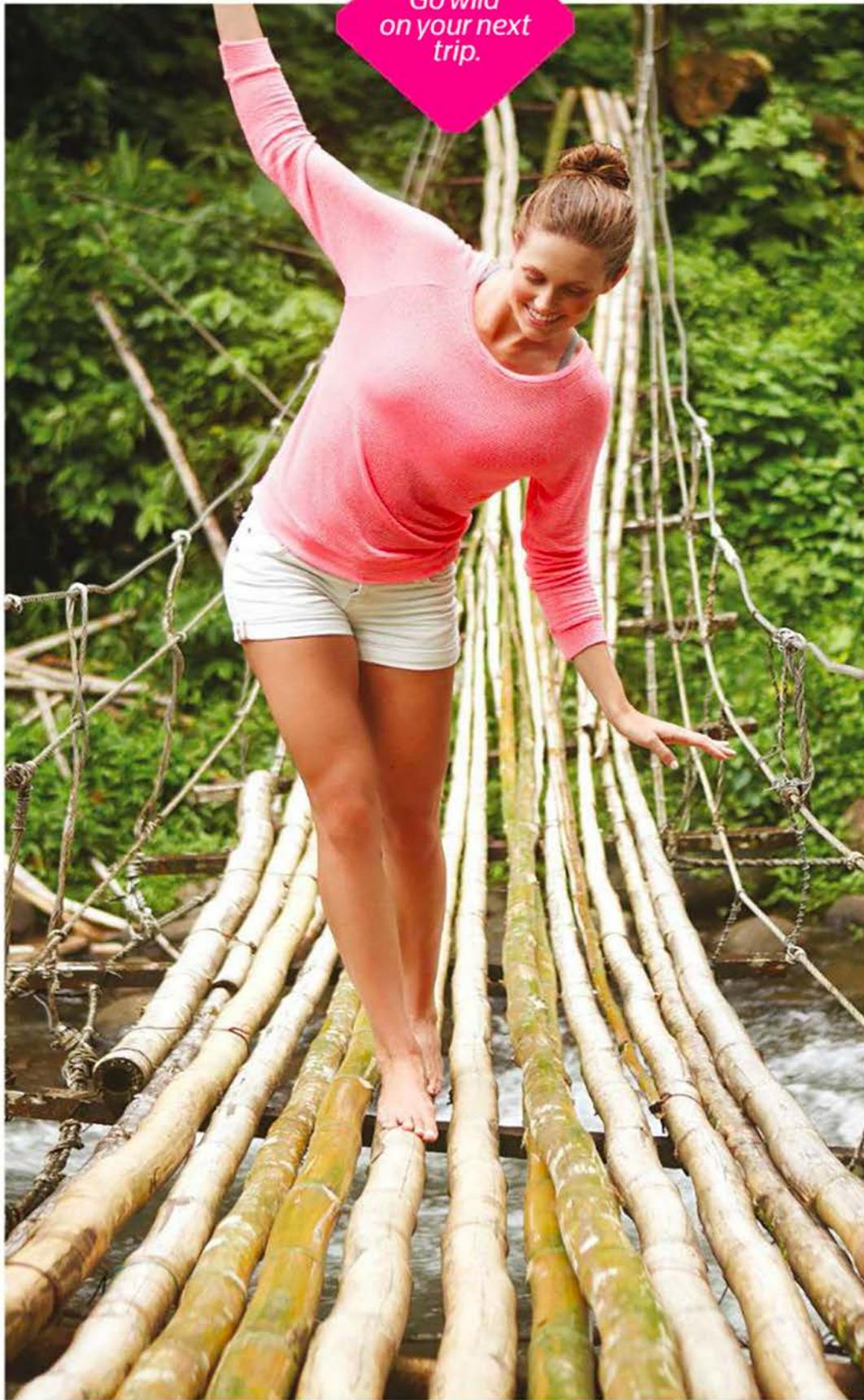
If your top vacation goal is to unwind, pack your favorite fleece and go into the woods.

By SARA ANGLE



The Japanese practice of *shinrin-yoku*, or forest bathing—soaking up the restorative vibes of being in the wild—can give you a powerful mind-body boost. “Spending time in nature can improve your creativity, cognitive function, and mood as well as strengthen your immune system and lower your blood pressure,” says Richard Louv, the author of *The Nature Principle*. And while research shows that even as little as five minutes of active time outside can boost your self-esteem, the enduring relaxation perks start adding up when you spend hours or days among greenery. So it’s no wonder that forest bathing is becoming the latest travel trend. We’ve got the perfect places for you to try it out, from the rugged to the ritzy. →

Go wild  
on your next  
trip.





## For the adventure obsessed

### Outward Bound, nationwide

Sign up for an expedition with Outward Bound, which hosts wilderness-immersion trips throughout the U.S. Most are geared toward a specific sport, like sea kayaking, hiking, or rock climbing. On the Yosemite Alpine Backpacking Expedition, for example, you'll spend seven days surrounded by the beauty of the famous national park, navigating private trails with a compass, cooking in the backcountry, and getting a great workout, courtesy of the challenging alpine terrain. When you reach your destination, you'll be stronger, savvier, and blissfully refreshed. (\$1,695, [outwardbound.org](http://outwardbound.org))

## For the spa-goer

### Big Cedar Lodge, Ridgedale, Missouri

Not into camping—or even glamping? Then the Cedar Creek Spa is for you. The interior is designed to look as if you're outside in the Ozarks, so you can get your woody fix without sacrificing a single creature comfort. Real aspen trees line the walls and peek out from corners, while

natural stone floors give way to an indoor grotto pool. The popular Ozarks Rain Experience even mimics the sensation of being outdoors in a warm summer rain shower. Low illumination in the treatment and relaxation rooms mirrors forest light, which, according to studies, has been shown to reduce anger. And for guests who do wish to venture into the wild, the lodge offers guided walking, biking, and Jeep tours through the nearby Dogwood Canyon Nature Park. (From \$280 a night,



## You and your crew

### THE FOREST AS YOU'VE NEVER SEEN IT BEFORE

Get an entirely new perspective on the fall foliage—and forest bathing—at the Wild Walk, located in Adirondack Park in upstate New York. This man-made, elevated treetop trail puts you up to 45 feet above the forest floor. As you walk, guides and interactive exhibits will school you and your family on the plants and animals you'll see. Two highlights: a larger-than-life spiderweb you can climb and an oversize eagles' nest that offers a breathtaking bird's-eye view of the six-million-acre park. (\$20 for adults, [wildcenter.org](http://wildcenter.org))

## For the day hiker

### Trout Point Lodge, Nova Scotia

The main draw of this lodge, located just off the northern coast of Maine, isn't the luxe accommodations but it's proximity to the dense Acadian Forest. Extensive trails span the hotel's 100-acre property, so you can reap the woods' tension-taming benefits on hikes, walks, and bike rides with or without an experienced guide. When you feel like returning to civilization, head back to Trout Point to finish unwinding in the outdoor cedar barrel sauna and wood-fired hot tub, which are situated riverside. By the time you return to your room, you'll be more than ready to sink into the plush bed. And don't worry about smartphone pings interrupting your stress-free escape—there's no cell service. (From \$169 a night, [troutpoint.com](http://troutpoint.com))



## For the social butterfly

### Camp No Counselors, Chicago, Los Angeles, Nashville, and New York

At this all-inclusive sleepaway camp for adults, you'll get the physical and mental benefits of hiking, kayaking, and zip-lining your way through one of the wooded campgrounds, plus an additional happiness bump from bonding with your new bunk mates. Grown-up perks include no early wake-up call and a full bar by the s'mores circle. (From \$525 for a three-day stay, [campnocounselors.com](http://campnocounselors.com)) ★