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**OFF THE BEATEN PATH**  
There's a reason why so many people love springs: you can check in and drop out.

**Down to earth**  
Take a trip that lets you lose yourself in the natural surroundings and you'll recharge and renew your body plus rewire your brain. BY SARA ANGLE

There are those vacations that include glamorous cities with fancy cafes. And they're awesomely fun. Then there's travel that totally reorients the way you approach life, in the most refreshing way. That's what we're talking about here. These are the trips that involve immersing yourself in nature, experiencing a sort of bond-with-the-earth moment (excuse the hokeyness), and getting out, far out, of your head. "Taking the time to truly appreciate a powerful natural phenomenon, such as a cascading waterfall, helps you break free of stale thinking and fosters a new level of awareness," explains Chloe Carmichael, Ph.D., a psychologist in New York City. The key is to really dive into your destination. "Fully absorbing the natural place is what helps change your perspective," Carmichael says. Here, five spots that make it easy to tune in to the world around you and tune out the noise.

**📍 Dunton Hot Springs**  
Dunton, Colorado

Hot springs have a long tradition of therapeutic use, and for good reason. Because they're warmed by geothermal heat from the earth's crust, their waters are packed with minerals naturally found in the surrounding soil, some of which have restorative properties. Iron and manganese, for instance, soothe aching muscles, soften skin, and promote relaxation, and calcium bicarbonate widens blood vessels to improve circulation. At Dunton Hot Springs, in a remote 19th-century mining town turned chic rustic resort, you can soak year-round. Between dips, take a guided tour of Mesa Verde National Park, where you'll see an ancient village carved into a cliff. In the winter, snowshoe around the property while a guide teaches you about wildlife. (From \$700 a night, including food and beverages, [duntonhotsprings.com](http://duntonhotsprings.com))