



Tropical Retreats

The Spanish translation of “beauty salon” is *salón de belleza*. But for me, the beauty salon has always been *el buiti*—a place brimming with laughter and gossip. A place where trays of *cafecitos* are passed on the hour and the scent of nail lacquer greets you at the door. After years of reporting on the country’s top salons and spas, the places I return to over and over—in my hometown of Miami and when I visit my family in Puerto Rico—are the ones that stay ahead of the trends yet deliver impeccable service, always with a touch of Old World charm. —By Patricia Tortolani

MIAMI

Hair Healers

At this unpretentious Little Havana hair salon, the shampoo cape is the great equalizer. You may be sitting next to a Fortune 500 CEO, the wife of a rock star, or a preschool teacher, but you are all here for flawless cuts, seamless extensions, and the latest in fantasy hair color—meticulously executed by Dania Galarce, her daughter Adryanna, and their team of skilled stylists.

Vanity Projects

The New York nail art atelier responsible for starting the high-end nail art phenomenon in the aughts has a second location in the Miami Design District. With her stable of artists, founder Rita de Alencar Pinto dreams up otherworldly designs.

Sana Skin Studio

Founder Valentina Hernandez describes her Wynwood spa as a place for practicing patience and love toward the skin and embracing imperfections. (The name Sana is derived from the Spanish word *sanar*, meaning “to heal.”) She refers to her clients as muses. But she doesn’t promise a quick fix. Instead, Sana delivers “goal-driven facials” and a top-notch curation of skin care.

PUERTO RICO

Manzana Studio

Located in the trendy Miramar neighborhood of San Juan, this salon’s offerings include glossy manicures, edgy shags, and blowouts that hold up to the tropical climate—plus a boutique that features local artesanias mixed with cool vintage finds.

Raiza Montes

Montes, the skin-and-makeup queen of the island, is the woman to call for a photo-ready complexion. Whatever the occasion, house calls by Montes are integral to any important event. With a new line of lashes, her star only continues to rise.

Craft Salon

A trip to this salon in Arecibo, about an hour drive from San Juan, guarantees you two things: breathtaking views of the coastline and balayage highlights that sparkle like the Atlantic—courtesy of single-moniker stylist Yazer.

MANZANA STUDIO; RAQUEL PEREZ FUGO; MANZANA STUDIO MURAL; SANTI SACABELLO; YAZER; COURTESY PHOTO.



Top: A peek inside Manzana Studio in San Juan, where the nail art is as bold as the pedicure chairs. Above: A colorful creation by Yazer of Craft Salon.

GOING West

There’s no direct route to enlightenment. But follow the path between these wellness destinations and you might get there sooner than you’d think. —By Dianna Mazzone

The Springs Resort

Catch a flight to Denver, pick up a rental car, and drive five hours south to The Springs Resort in Pagosa Springs, Colorado. (Along the way, you’ll see some of the state’s most beautiful mountain ranges.) The resort’s location was chosen for its proximity to the deepest geothermal hot spring in the world (it’s about as deep as the Eiffel Tower is tall), which feeds into 25 separate soaking pools. You can stay the night or grab a day pass. Either way, the mineral-rich waters will leave you totally blissed-out.

Body

Dry off and jump back in the car. You’re headed three hours south to Body, a yoga, spa studio, and wellness boutique in Santa Fe. After two years studying meditation in India, owner Lori Parrish was inspired to plant roots in the desert city she calls a “healing mecca.” We suggest booking an acupuncture session, hiking one of the city’s many natural trails, then returning for a Glowing Vinyasa yoga class—illuminated only by candlelight—later that evening.

SWHM in Beauty

By this point in your journey, it’s likely you’re scraping the bottom of your travel-size moisturizer. Lucky for you, your next stop is Sedona, Arizona—home to red rock canyons, energetic vortices, and SWHM in Beauty, a boutique curated by former makeup artist Summer Sanders. The shop’s offerings, including products by Vintner’s Daughter and Heretic Parfum, are “beautiful, conscious, and spiked with a little hippie undertone, just like our amazing Sedona community,” says Sanders.

The Now

No wellness tour is complete without a stop in Los Angeles, land of green juice and açai bowls. You have a day of driving to get there, so luckily your destination is The Now, which doles out all manner of massages (deep-tissue, sports-recovery, road-trip recovery, you name it) in a boho-chic setting. As you turn in your car keys and hop on a flight home, you’ll feel like you’re floating on air. Be well!

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