

Women's Health

**HOT
NOW**

6 Moves For
Your Best
ABS Ever

**THE
Great
Escape**

**THESE 21
TRIPS WILL
CHANGE
YOUR LIFE**

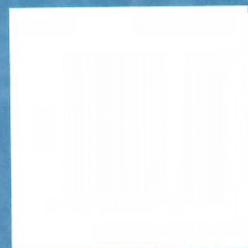
**BBQ
But Make
It Healthy**

**YOUR GRILLING
GUIDE P.78**

**STAND
CORRECTED**
Say Bye-Bye
to Back Pain

**OLIVIA MUNN'S
BADASS
MOOD-BOOSTING
WORKOUT
#WHHAPPY**

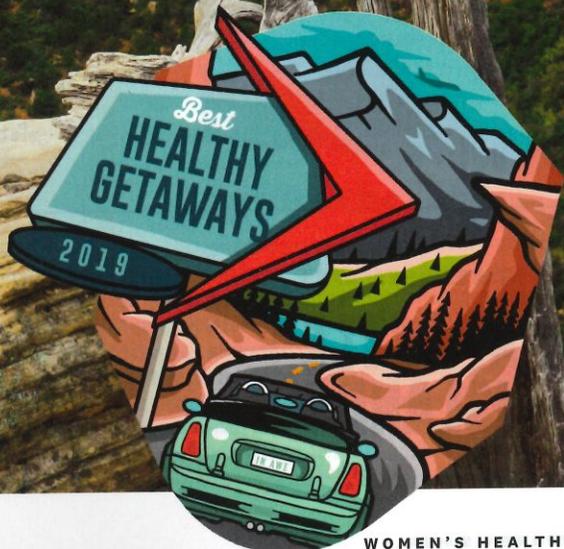
**THE TRAVEL
SKINCARE PLAN**
Glowy Skin Every
Day of Vacay



You Have Arrived

DON'T JUST TAKE PAID TIME OFF. MAKE THAT TIME PAY OFF BY PLANNING A BODY- AND SOUL-REJUVENATING TRIP CURATED FOR NO ONE BUT YOU.

By Cassie Shortsleeve





[ROAD TRIP]

Portland

Willamette Valley Wine Country

Pacific City

Oregon

~95 miles



Portland might be coffee goodness, but it's a major player in the sustainable-food movement too. Must-visits, all dedicated to thoughtful, local sourcing: Farm Spirit, Tasty n Daughters, Bullard, and Ava Gene's.



See what Oregon pinot noir's all about by winding your way through the Willamette Valley wine country. Stay at The Allison Inn & Spa—the restaurant is stocked with fresh goodies from an on-site garden.



Sip craft beer at Pelican Brewing in Pacific City, the only beachfront brewpub in the Pacific Northwest.



Bravery Chef Hall



Hugo's



Indigo



Hugo's



[STATESIDE ESCAPE]

Houston

Texas

The city has 11 James Beard-nominated chefs this year, so arrive hungry, with reservations in place. Both intimate Indigo (13 seats total, at one communal table!), where Jonny Rhodes whips up soul food-inspired bites (smoked pastrami with brown mustard, beets cooked in sorghum), and boisterous Mexican fave Hugo's are worth the seat. Work your appetite back up browsing Bravery Chef Hall, a new spot housing five food concepts under one roof. Hungry again? Taste the famous gas-station cuisine—yep, eateries housed next to fuel stops, where you'll find surprisingly delish breakfast tacos and takeout Chinese.

[GLOBAL GETAWAY]

IBIZA

Spain

You've heard of the Mediterranean diet, sure, but Ibiza takes it to the next level. Some restaurants (C'an Pujol) are so fresh, they're said not to open if they didn't catch fish that day. Villa-esque hotels (La Granja) source from their own private farms. And "slow food" (a movement dedicated to local, communal meals by seaside panoramas) is king. In keeping with Spanish tradition, lunch (backyard tapas) is the biggest meal of the day—a healthier approach than chowing down pre-bed (ahem, Italy).