



HAUTE AMBASSADOR

Miraval Resort

Arizona, United States
www.MiravalResorts.com

Steve Case, founder of AOL, decided to invest in Miraval Resort after he and his wife Jean visited the property and had a transformative experience. They were so taken by the magic and beauty of the more than 400-acre property and the expertise of the caring staff; over the last five years, they spent tens of millions to renovate and upgrade the property. Today, the resort features 118 recently remodeled deluxe rooms and a world-class spa in an enchanting desert landscape against the backdrop of the Santa Catalina Mountains.

There are more than 110 life-changing programs in nine different clusters: Breathe, Connect, Create, Dare, Explore, Nourish, Strengthen, Thrive, and Unwind. Activities range from fitness for the body such as hiking, yoga, cardio dance, mountain biking, kickboxing, horseback riding, wall climbing, rope walking, to the healing of the mind such as stress mastery, grieve and loss consultation, and nutrition diagnostics and cooking classes for mindful eating. My week-long stay is all inclusive of rooms, meals, body and mind fitness programs and spa treatments.

Luxury Events and International Travel

By Olivia Hsu Decker



Olivia Hsu Decker is the founder of Decker Bullock Sotheby's International Realty

This winter, nature wreaked havoc across the globe, with record snowfalls in Europe, floods and landslides in many parts of Asia, blizzards on the East Coast of the United States, 23 days of rain in California during January alone (this is crisis for Californians who are not used to rain!), not to mention the devastating earthquakes in Haiti and Chile. This says nothing of the stressful news coming from other parts of the globe. So a group of friends and I decided that we needed a wellness break. I am writing this column from the Miraval Resort in the mountains of Arizona, near Tucson, where I am recounting some of my favorite wellness experiences to share with you.

Happy Travels,

Olivia Hsu Decker
WWW.SANFRANCISCOFINEHOMES.COM
WWW.FRENCHVACATION.COM
OLIVIA.HSUDECKER@SOTHEBYSREALTY.COM



Li Galli Island

Positano Coast, Italy
www.LuxuryItalianIsland.com

For the first time in its history, Li Galli, the magnificent private island off the coast of Italy between Positano and Capri, is available for rent. Formerly the home of the Russian ballet legend Rudolf Nureyev, the island has been restored and developed over the past 15 years by the current owner, who happens to be one

of Italy's best hoteliers. The island's ambience was preserved during the renovations,



and all the modern comforts and luxuries were added. This island retreat features six double bedrooms, each with an en-suite bathroom, for accommodations up to 12 guests. The onsite staff of seven prepares all meals using organic fruits and vegetables, fresh fish, eggs, and chicken, all from the island. The property also features two salt-water pools, a heli-pad, and a 27-foot motor launch, in addition to a 120-foot yacht available for charter. The activities during my many visits on the island included swimming in the crystal-clear waters, hiking with mountain goats Fabio and Mimi, walk around the island's orchard, visiting the rooster Luigi and his chick Olga and their off-springs at the island's mini chicken farm, practicing yoga on the open-air terrace of the tower, breathing in the fresh sea air, soaking up the sunshine, and listening to the relaxing sounds of the waves hitting the shores.

HAUTE AMBASSADOR



The Retreat at Chateau Villette

Paris Region, France
www.FrenchVacation.com

Chateau Villette, located 24 miles northwest of Paris, is a sought-after destination for discerning guests seeking an exclusive and luxurious retreat, or a spectacular location for weddings, parties, corporate functions, and other events. With beautiful surroundings, luxurious amenities, and a fascinating history, this 17th-century chateau, also known as "Le Petite Versailles," was designed by famed architects Francois Mansart and Jules Hardouin-Mansart, creator of Versailles. Completed in 1695, the sumptuous property was beautifully restored in recent years and offers visitors the 17th-century elegance with 21st-century amenities. With 18 beautifully appointed guest bedrooms and 20 new bathrooms on 185-acre grounds, this lush retreat offers guests serenity and beauty that will soothe and nurture

the soul and body, providing both inspiration and relaxation. Guests can partake in activities like jogging, biking, fishing, hunting, swimming, and tennis, or simply relax by one of the two lakes filled with swans, ducks, birds, and fish or by the spectacular cascade and fountain.

Guests with a discriminating palate will applaud the culinary art of chateau chef Damien Nobile. Monsieur Nobile hosts intimate cooking classes and personally oversees the cooking and presentation of the chateau menu for its guests. Wellness Retreat programs feature hiking, biking, horse-back-riding, golfing, yoga, aerobic exercises, Tai Chi, massages, skin care, and other presentations such as stress management, mindful eating, cooking classes for healthy meals, and consultations on food combinations and nutrition.



Dead Sea Spa Hotel

Jordan
www.JordanDeadSea.com

The uniqueness of the Dead Sea has been known for centuries. Throughout history, the Dead Sea has been linked with the likes of King David, King Herod, Jesus Christ, and John the Baptist. In the 1970s, the Dead Sea was rediscovered as haven for rejuvenating treatments, and a number of resorts and spas opened with this focus in mind. At the lowest point on earth, some 445 yards below sea level, sits the Dead Sea Spa Resort. In one complex, guests in search of a revitalizing sojourn from the rigors of everyday life will find the Dead Sea Medical Center, Dead Sea Spa Hotel, bungalows, and a natural solarium.

It is known as a treatment resort, with a focus on skin therapy. The source of the property's healing powers come from the Dead Sea itself, which is one of the most saline lakes in the world, brimming with a high concentration of minerals and nutrients found nowhere else in the world. Aside from dermatological and rheumatologic treatments, the center also offers body massage, mudpacks, ultrasound therapy, galvanic therapy, microwave therapy, cryotherapy and hydrotherapy. My friends and I walked into the Dead Sea to soak in the black mud to experience its healing power. It's an amazing mud bath!