

# VOGUE

JUN

**NEW!**  
Fashion Steal of  
the Month

**Carefree  
Hair**  
Taming  
the  
Frizz

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GREEN**  
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SUMMER  
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LIKE YOUR  
FACE**  
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a Marriage

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# BEAUTY HEALTH & FITNESS

TRAVEL SPECIAL:  
GOING PLACES!

editor: Sarah Brown

# CROSS COUNTRY

Rest and relaxation  
meet high-intensity fitness  
at America's best  
get-in-shape getaways.



**A RIVER RUNS THROUGH IT**  
MODEL—AND OUTDOORSWOMAN—  
JULIA STEGNER (IN A RALPH  
LAUREN JACKET) ON THE BANKS  
OF THE BANTAM RIVER, NEAR  
CHARYM, BELOW. PHOTOGRAPHED  
BY DAVID VASILJEVIC, FASHION  
EDITOR: KATHRYN NEALE.

## THE OUTDOORSY YOGI Charym

Built on the grounds of a historic 1898 lumberyard in Litchfield, Connecticut, Charym—that's the Bhutanese word for "beauty"—is every yoga maven's paradise. After returning from her own restorative trip to the South Asian kingdom of Bhutan—where the king measures the wellness of his subjects by the level of "gross national happiness"—owner Alexandra Champalimaud was determined to "create a space where people are at their most calm and relaxed." Billed as a lifestyle spa, Charym, which opened last month, integrates yoga—a gigantic studio is the property's centerpiece—with rigorous hiking and biking in the forest, and arm-toning kayaking on the nearby waterways. Ayurvedic facials and massages with organic oils are the spa's signature. Accommodations are down the road at the quirky, rustic-luxurious (tree house, anyone?) Winvian resort. [charym.com](http://charym.com); all-inclusive weekend at Charym and Winvian, from \$2,100.—CHRISTINA HAN

beauty >80

