

plant-based food + lifestyle

VegNews

New Year, *New Meat!*

**Ditch
Meat For
Good!**

*(we've got the
recipes)*

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Mushroom
Steaks**
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wellness getaways**
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Rest & Reset



Palmaia —
The House of
Aïa on Mexico's
Riviera Maya

After two long, unusual years, it seems like everyone is overdue for a pandemic-era reset.

And while we're not out of the woods just yet, vaccines and pre-flight COVID tests are thankfully making it safer to put ourselves out in the world. And if nourishing plant-based food, peaceful surroundings, and lots of pampering sound like a dream, then a vegan wellness vacation may be exactly what you need. So renew that passport, book that plane ticket, and head to a wellness spot for some well-deserved R&R with a vegan side of self-care.

FIVELEMENTS RETREAT

This dreamy, plant-based wellness resort on the island of Bali merges luxe accommodations with immaculate Indonesian ambiance. Rooms have stunning views over the tropical, verdant landscape, while amenities range from sacred arts workshops to Balinese healing rituals.

FOUR SEASONS RESORT PUNTA MITA

On Mexico's gorgeous Pacific coast just north of Puerto Vallarta, this five-star hotel welcomes vegan travelers with impeccable service. Swoon over pristine beaches, relish gourmet plant-based food designed by celebrity chef Leslie Durso, practice oceanfront yoga, and get seriously spoiled at the world-class spa.

KOUKOU MI HOTEL

The island of Mykonos, Greece is magical all on its own, but throw in a vegan hotel, a sparkling pool, and a spa boasting aromatherapy, massages, and organic facials, and you might as well call this paradise. After pampering, you're in luck—the exclusively plant-based menu borrows heavily from all the glorious flavors of the Mediterranean region.

PALMAÏA – THE HOUSE OF AÏA

This vegan-owned, luxury boutique resort on Mexico's breathtaking Riviera Maya has it all: deluxe suites with sweeping ocean vistas, a white sand beach, gourmet plant-based cuisine, pool bars that serve fresh fruit cocktails, and activities like meditation, sound baths, and cacao ceremonies. If vegan heaven exists, this is it.

THE STANFORD INN BY THE SEA

A stay at this cozy-chic hideaway on California's rugged northern coast is a vegan rite of passage. Everything is designed with herbivores in mind, from the award-winning plant-based restaurant to the down-free pillows. Guests spend their days hiking, attending cooking classes, swimming in the indoor pool, and relaxing by a roaring fire. **WN**

