

# THE WALL STREET JOURNAL.



ADVENTURE & TRAVEL

TRAVELER'S TALE: LAURA LIPPMAN



ASSET ALLOCATION: A WEEK AT A SPA, OR YOUR OWN DIY HEALTH PLAN



MII AMO SPA, THE PUEBLO-STYLE "IT" RETREAT IN SEDONA, ARIZ., wants to help you achieve your New Year's you-know-what. Sign up for the seven-day "Spa Journey" to play tennis, hike, shvitz out toxins in fitness classes and saunas and sleep in a tree-shaded casita. [miamo.com](http://miamo.com)

Free Run+ Running Shoe, [nike.com](http://nike.com) \$85

The Famous Purple Skincare Bag, [tracimartyn.com](http://tracimartyn.com) \$435

Personal training session, [equinox.com](http://equinox.com) \$100

10-Day Cleanse, [paleta.com](http://paleta.com) \$645

Addis by Stella McCartney Tee, [shopodds.com](http://shopodds.com) \$80

2 boxes of protein bars, [greensplus.com](http://greensplus.com) \$72

Tracy Anderson Perfect Design Series DVD, [tracyandersonmethod.com](http://tracyandersonmethod.com) \$85

Soft sweatpants, [soulcycle.com](http://soulcycle.com) \$60

9455T Treadmill, [smooth-fitness.com](http://smooth-fitness.com) \$2,299

Spa Body Kit, [alehenriksen.com](http://alehenriksen.com) \$48

Nike+ GPS app (records runner's pace and distance), [itunes.com](http://itunes.com) \$2

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