

WORLD TOUR



Airbnb dips into extreme tourism with its new Adventures offerings.

Airbnb transformed travel by bringing a sense of home to your vacations, but now it's expanding that live-like-a-local ethos further—literally. This summer, the rental giant launched **Adventures** (airbnb.com/b/adventures), all-in-one excursions guided by local experts on six continents. (Sorry, Antarctica fans.) Ranging from two to 10 days and starting at \$99 per person (lodging, meals, and activities are included; flights are not), the group trips are as varied as a motorbiking trek through Vietnam, a desert journey across Morocco, or an overnight surf camp in Malibu, California. “Adventure doesn’t have to be only for adrenaline junkies,”

says Caroline Boone, the head of Airbnb Adventures. “We believe that it comes from pushing yourself off the beaten path and being immersed in new destinations through the eyes of local hosts.” Those hosts are vetted (Airbnb was advised on safety practices by the Adventure Travel Trade Association) and handle the nitty-gritty details. All you have to do is show up ready to explore! —CI

Photos, clockwise from top left: A Samburu warrior camp in Kenya; a fresh seafood feast on Sweden’s west coast; a mountain dinner in a desert in Oman; a taste of cowboy life in an old mining town in the American West; a mobile mini-cabin in Olympic National Park near Seattle; and a slow-food safari on the Galápagos Islands.



PAW SPIRIT ANIMALS

Reiki is all the rage for human wellness—but what about for your pet?

Humans do plenty of strange things to relax, from red-wine baths to scream therapy to Reiki, a Goop-approved alternative medicine that uses touch to promote healing through energy—like a barely-there massage. And now pets can get in on the Reiki action, too.

“Animals are extremely sensitive, and Reiki is a nonthreatening way to foster connection and a feeling of calm space,” says New York City-based Reiki practitioner Sarah Hauser. “I work with animals who have been through

trauma, including feral cats and recently rescued or undersocialized dogs.

I’ve seen fearful cats become relaxed and even go to sleep and a dog who’s usually cautious with strangers lie right next to me.” How does it work? Depends on the pet, says Hauser. “I don’t use hand positions, like in human Reiki, but I let the animal show me where they would like my hands to be—including whether they would like my hands to be on or off.” In time, troubled pets sense a calm energy from Hauser and release their own tension.



The light touch of Reiki may sound a whole lot like, well, petting your pet, but veterinarians have been turning on to the treatment. “I’ve seen it help in emergency situations and during anesthesia as well,” says Anna Maria Wolf, a veterinarian at PetSynergy, a mobile holistic practice in Washington state. If you want to try pet Reiki at home, start by chilling yourself out, says Hauser. “Set aside a period of time as short as 10 minutes once or twice a day for sharing some peaceful energy with your animal,” she says. No TV. No phone. Just you and your pet connecting. Hauser says, “Just the act of incorporating calm time into your routine can have such a powerful effect on animals—and humans.” —CI

TOP, CLOCKWISE FROM TOP LEFT: RUDI GEYSER FOR AIRBNB; OIVIND HAUG FOR AIRBNB; AIRBNB; MASON TRINCA FOR AIRBNB; TARA RICE FOR AIRBNB; BOTTOM: GETTY IMAGES.