



WELL BALANCED IN BOSTON

Cambridge resident **Dominique Callimanopoulos** runs Elevate Destinations, which arranges luxury philanthropic trips to Africa, Southeast Asia and South America (*elevatedestinations.com*). Here's her guide to enhancing mind and body in greater Boston.

BEST SPA Exhale offers facials and massages, but its specialties are yoga and Core Fusion classes (from \$18). *exhalespa.com*.

TOP HAIR CARE Àcôté, on Newbury Street, is an upbeat salon with a varied stable of stylists. *salonacote.com*.

CULTIVATED CAFÉ Have a healthy lunch in the tranquil garden café at the Isabella Stewart Gardner Museum. *gardnermuseum.org*.

INTENSE FITNESS REGIMEN I do Boston's Ultimate Boot Camp, a grueling four-week shape-up held in different outdoor locations, including Boston Common (from \$269). *ultimatebootcamp.com*.

LOCAL ESCAPES Harvard's Arnold Arboretum, in Jamaica Plain, has more than 265 acres of trees and plants. *arboretum.harvard.edu*. Mount Auburn Cemetery, in Cambridge, doubles as an arboretum and is a wonderful, meditative spot. *mountauburn.org*. -C.M.M.