



Pure delight (clockwise from left): Kat James teaches decadent yet healthy eating, scrubs feet with coffee grounds, and applies her expertise gained as a celeb makeup artist.

author of *The Truth About Beauty*. James's workshops reflect her own experi-

ence: Seriously overweight, she spent years dieting unsuccessfully before she transformed her eating habits—for example, by cutting out preservative-heavy processed foods. "I was in my twenties when I found out that garlic was a clove and not a powder in a jar," she says. Over the course of three years, she went from a size 18 to a size 4; in 2000, she began teaching others how.

Last October, James led a group of ten women from various states and weights through a week-long intensive retreat, "Total Transformation." The location: Gurney's Inn in Montauk, on the eastern tip of New York's Long Island. With a focus on health as the precursor to beauty, the days began with beach walks and detox elixirs containing beets and carrots. Cooking demos emphasized eating organic vegetables and dairy and avoiding sugars and high-carb foods. Makeovers incorporated natural mineral cosmetics such as the Jane Iredale

Starting Over

This new year, revamp your diet and looks on a makeover vacation

Quick Changes Fall under the spell of New Mexico's Ojo Caliente Mineral Springs, where wannabe potters go for the five-day clay workshop. Mud wraps and field expeditions are part of the allure (800-222-9162; from \$1,278).

At La Samanna, on St. Martin, the name of its "Five Days to Diva" workshop says it all (590-590-87-6400; from \$3,855).

While we travel to rejuvenate, who says we can't travel to reinvent ourselves? Everything from makeover television shows to Madonna's latest Reinvention world tour suggests that we all want our own personal second chance. A hot new trend takes this idea and runs with it—specifically to the vacation workshop. "If we're in a place of incredible beauty, we tie it to what we are learning and doing for ourselves," says holistic living expert Kat James,



Photographs by Leslie Bakke

line, while the ocean provided the scenic backdrop for watercolor painting, tai chi, and thalassotherapy. This year, James will take groups on a Caribbean cruise, to Tuscany to harvest Etruscan herbs for tea, to France for seaweed treatments, and of course back to Montauk (877-548-6825; informed beauty.com; seven-day Caribbean cruise, from \$1,699; five-day Montauk program, \$2,850; ten-day programs abroad, from \$8,900). —**Rebecca Ciletti**