

A FAR

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YOURSELF

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DOORS ARE OPEN

Puebla's Moment

Two new luxury hotels—the **Rosewood Puebla** and the **Cartesiano**—have put this city on the map. Read on for three must-hit spots.

by BROOKE PORTER KATZ

Eat

Puebla is one of three Mexican states that claim to be the birthplace of the rich, chili-based sauce known as mole. Reserve a table in the courtyard at **El Mural de los Poblanos**—named for its colorful mural of characters from local history—where chef Liz Galicia turns out five versions of mole, including the classic *poblano*, made with more than a dozen ingredients.

See

The stark white concrete exterior of the new **International Museum of the Baroque**, designed by Pritzker Architecture Prize winner Toyo Ito, contrasts with

the opulence and ornamentality of the treasures inside. Undulating walls, a curving staircase, and circular skylights set the stage for exhibits on the exuberant architecture, visual arts, and music of the 17th and 18th centuries.

Shop

If you spring for just one souvenir, make it a piece of Talavera pottery, a craft that dates to the 16th century in the state of Puebla. Find it at **Talavera de la Reyna**, in the town of Cholula. Here, Angélica Moreno and her team incorporate zigzags, polka dots, and other graphic patterns (as well as traditional floral motifs) into dishware, vases, and teapots.



Rosewood Puebla



Carmel Valley Ranch

TRENDWATCH REM SERVICE

A growing number of hotels and resorts are trying to help you sleep better, with services that go well beyond pillow menus.

by SANDRA RAMANI



Sleep Ambassadors
Six Senses
Worldwide

The Sleep Ambassadors of the new **Sleep with Six Senses** program help fine-tune your shut-eye with a pre-arrival questionnaire, custom bedding, a wellness book with tips on getting rest, a worry journal, and a sleep tracker app to collect data that you can discuss with a wellness expert. From \$165. sixsenses.com



Hypnotherapy
Carmel Valley Ranch
California

Carmel Valley Ranch offers a hypnotherapy session with a psychologist from the American Institute of Hypnotherapy that's designed to promote relaxation and sounder sleep. Guests keep a recording of the session and learn self-hypnosis techniques to guide them at home. From \$350. carmelvalleyranch.com



Room Design
ITC Hotels Luxury Collection
India

Rooms in the **ITC Hotels Luxury Collection** have touches to help you fall asleep and stay asleep: soundproof windows, blackout shades, a Sleep TV channel with specially commissioned music, and a bedside Sleep Box with soothing essential oils, pillow sprays, and a booklet with meditation techniques. From \$119. itchotels.in



Massage and More
Ritz-Carlton
Dallas

Guests at the **Ritz-Carlton, Dallas**, can book the multi-pronged A Good Night's Sleep Package, which includes a session with a sleep therapist, gel-infused pillows that stay cool, bedtime stretching tips, and a Drift to Sleep spa treatment designed to slow internal rhythms and put you in the mood to snooze. From \$469. ritzcarlton.com