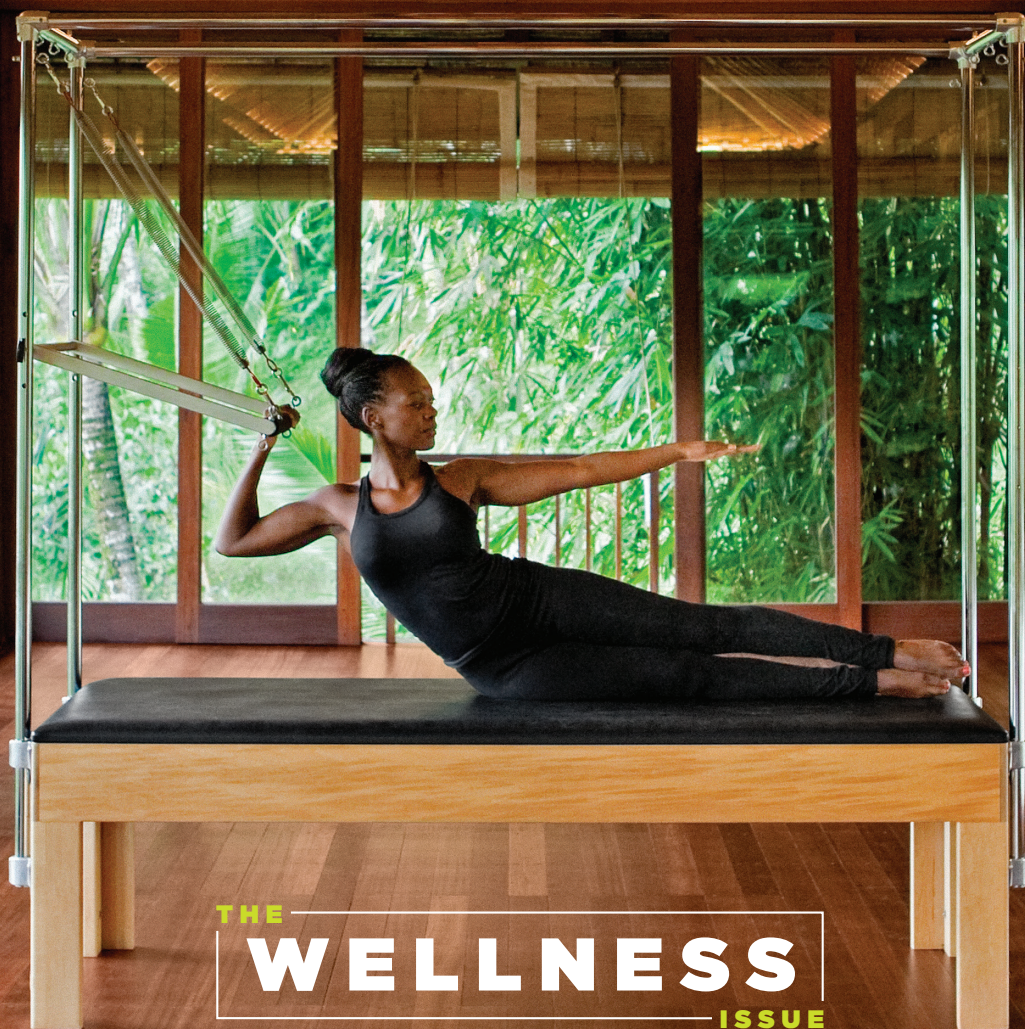


Virtuoso Traveler

EXPECT THE WORLD

FEBRUARY | MARCH 2019



**CORE
PURSUIT:**
Pilates at
Bali's COMO
Shambhala
Estate.

THE
WELLNESS
ISSUE

VACATIONS FOR MIND, BODY & SOUL

FITNESS TRAINING | TENNIS CLINICS | FOREST BATHING | SLEEP PROGRAMS
MEDICAL SPAS | GUIDED MEDITATION | DIGITAL DETOX | YOGA CRUISES



From left: La Cocina Que Canta cooking school at Mexico's Rancho La Puerta Fitness Resort and Spa, and the resort's chef-led organic farm tour.

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ENRICHING EATING

Begone, food-fearing fat farms! From a wellness perspective, eating has evolved from the depriving diets of decades past to an emphasis on mere nutritional functionality to, now, seeing food as a sensual pleasure to be celebrated as part of a balanced life.

And today's travelers have more culinary options than ever before, from visiting local markets to cooking with an award-winning chef. At Baja California's **Rancho La Puerta Fitness Resort and Spa**, guests can

take a guided morning hike to the nearby **six-acre organic farm** that supplies the 86-room destination spa with fresh fruits and vegetables; there, they have a from-the-earth breakfast and tour the garden. Or they can learn how to make a light and delicious fusion of Mediterranean and Mexican cuisine at the resort's farm-based cooking school. Tasteful highlights at Tuscany's 34-room **Relais Il Falconiere & Spa** include classes with **Michelin-starred chef** and owner Silvia Baracchi, who

stresses healthy foods and the ethical use of the land.

"I think it's important for people to feel a connection to their food: where it comes from and who makes it," says Orozco, who often organizes tours of local farms and markets for her vacationing clients. "The act of dining is an enriching experience, and the more knowledge we have about the food we eat, the more enriching it becomes."

GET WELL

RANCHO LA PUERTA FITNESS RESORT AND SPA: Doubles from \$3,000 (per person) per minimum seven-day stay, including round-trip transfers from San Diego International Airport, daily fitness classes, and all meals and beverages. Virtuoso travelers receive one 50-minute massage and one 30-minute herbal wrap. Cooking classes from \$95. **RELAIS IL FALCONIERE & SPA:** Doubles from \$279, including free spa access. Virtuoso travelers receive breakfast daily, a \$100 spa credit, a bottle of Baracchi vin santo, and a wine tour and tasting. Cooking classes from \$217.