

# healthytravel

## 8 RESORTS TO TAKE A WELLNESS SABBATICAL



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ALISON LEWIS

Now more than ever people are looking to restart and recharge for the year ahead. Resorts are getting creative and curating unique wellness sabbaticals to allow guests to truly focus on their health to make lasting lifestyle changes. From Sand Diego to St. Lucia suggestions, here are some of our recommendations.



### **Rancho La Puerta | Tecate, MX**

Rancho La Puerta has debuted a new program, the **21-Day Perfect Balance Sabbatical** offering guests just that — an ideal work-life balanced retreat and extended stay option. There's no better environment than pristine nature to reset and cultivate new ideas. Throughout the 21-day life-fulfilling retreat, guests will have time to focus on their health and recharge with fitness classes, nine spa treatments, three private wellness consultations, two private fitness consultations, hands-on cooking class, weekly intention setting sessions, and much more, while also staying connected to maintain a flexible work-life schedule among a wellness-conscious setting.



### **Sensei Lanai, A Four Seasons Resort | Lanai, HI**

Whether one seeks a respite from daily stresses, a new view from the office window or time to decide how to prioritize life and career, Sensei Lanai, A Four

Seasons Resort invites guests to take a **Sensei Sabbatical**, a luxurious 30-day extended stay in a peaceful and inviting setting. Guided by Sensei's highly trained staff and evidence-led programming and technology, guests can experience a unique journey that aligns with their intentions. Guests gain access to the expertise of a personally assigned Sensei Guide – a trained expert in the Sensei Way with a postgraduate health degree who works in concert during the stay to craft and refine a customised itinerary. All Sensei Sabbatical bookings include the following:

- Semi-private roundtrip flights between Honolulu and Lanai on Lanai Air
- Roundtrip transportation between the Resort and airport
- Early booking privileges from the Experiences Menu within 72 hours of confirmed arrival, facilitated by a Sensei Pre-Arrival Specialist
- One 60-minute, one-on-one private fitness session each week
- Three 60-minute private Sensei Guide sessions throughout a stay
- Weekly wellness credit of \$1,500, which can be used toward any Experiences Menu activity – spa treatments, one-on-one wellness sessions and selected island activities, including Lanai Adventure Park, golf, tennis, horseback riding, snorkel/sunset sail, archery, sporting clays, electric bike rentals, and more
- Priority access to up to 12 complimentary well-being classes
- Complimentary standard Wi-Fi connection throughout your stay
- Transportation to Four Seasons Resort Lanai, beach access and signing privileges
- Complimentary Resort parking



### **Wellness Collective at Rancho Valencia Resort & Spa | San Diego, CA**

Relish in a much needed extended vacation with Rancho Valencia's Wellness Collective—a highly customized integrated health and wellness program that offers the tools to make sustainable changes in overall health and wellbeing. The Forbes Five Star resort has partnered with Lifewellness Institute, the premier wellness center in San Diego, to create a robust calendar of intimate workshops, enlightening lectures and activities based on the cutting edge science of epigenetics. Based on the sequencing of the human genome, and the idea that genes change in response to wellbeing and individual care, the programs are custom designed to generate sustainable transformation through a variety of workshops, tailored activities and more. The Wellness Collective is available in the form of packages that include accommodations, wellness consultation on a chosen chapter focus, daily healthy spa cuisine meals, personal training and private fitness, unlimited yoga, Pilates, spin, barre, and TRX classes, a daily 90-minute spa therapy customized to individual needs, welcome wellness gift and supplemental lectures by leading industry experts. All participants will have the opportunity to schedule one-on-one time with Dr. Lee Rice, DO, FAAP, FAOASM, founder of the Lifewellness Institute. With more than 30 years of experience as a family and sports medicine physician, Dr. Rice is one of the premier international medical experts on wellness.



### **Sugar Beach | St. Lucia**

Enhance your academic qualifications, reflect on your accomplishments and decide how to prioritize your life and career or to take an extended rest period due to professional burnout with an extended vacation in St. Lucia. Check into Sugar Beach, A Viceroy Resort, which offers breathtaking views of the Caribbean Sea and the UNESCO World Heritage-listed Val des Pitons, along with the iconic 18th-century Colonial charm. Personal sabbatical travelers will experience and immerse themselves within the ultimate wellness destination with activities and amenities that have their healthy routine top of mind including: personal training sessions, access to a well-equipped Fitness Center, or adventure activities to challenge yourself such as tennis or beach volleyball on land or windsurfing for those wanting to get their feet wet. Not to miss, the property's [Rainforest Spa](#), boasting signature experiences including bamboo massages, hot rock therapies and holistic treatments, each harnessing the ingredients of nearby volcanic springs and fertile cocoa plantations. For a more private experience, book a treatment in one of the seven traditionally built tree house treatment rooms at the Rainforest Spa. Spa goers can enjoy the amenities such as a wetroom with manicure and pedicure facilities, a relaxation pavilion, and an earthen Amerindian steam dome—known as a temascal—which reconnects the spa to the island's earliest settlers. For this extended stay, book the property's ["Linger Longer" package](#) and receive every 5th night complimentary, daily full breakfast for two, and a daily resort credit.



## **Mountain Trek Fitness Retreat & Health Spa | Nelson, British Columbia**

For those who seek unique wellness experiences when taking a sabbatical, Mountain Trek's first-ever Virtual [Basecamp Retreats](#) allow guests to reprioritize their health and receive a similar experience they would at the British Columbia-based weeklong retreat, but in the span of a weekend, and from the comfort, convenience and safety of their own homes. The award-winning hiking-based retreat that employs fitness, personalized health and mindfulness programming to allow guests to achieve unique wellness goals has launched their condensed 48-hour version, where guests are expertly guided through yoga, exercise classes and fitness sessions, healthy meal preparation and cooking, and stress-reducing tactics. Using live video, group and direct chat functions, a maximum of 15 guests will work hand-in-hand with the Mountain Trek team to follow the program and reset their health. Guests learn how to relax fully, sleep deeply, manage and reduce stress, and reset their metabolic and hormonal systems. Virtual retreats will continue in 2021 until the kick-off of Mountain Trek's in-person all-inclusive wellness retreats slated for Spring 2021.



## **The Palms Turks & Caicos+ The Shore Club Long Bay Beach | Turks & Caicos**

Known for its laid back vibe and authentic hospitality, Turks & Caicos is the perfect place to take an extended rest so you can return to work rested and rejuvenated. The Palms has unveiled the most unique rates under the sun for either a 14-, 21- or 30-day stay. Guests can expect daily beach service attendence, access to the resort's four pools, entry to high-end retail shops available upon request, and a 25,000 sq. ft award-winning spa, open for

reservations. Available on request (additional fees apply) — have your groceries stock prior to arrival, hire a private chef or butler, book private classes such as tennis or yoga, and let The Palms take care of the laundry. Guests staying at The Palms can enjoy the food and beverage venues at the property's sister resort, [The Shore Club on Long Bay Beach](#), boasting three unique dining venues including SUI-REN, Japanese Peruvian cuisine. The award-winning Shore Club opened in 2018 and was named Travel+Leisure's Top Resort in the Caribbean in 2019.



### Wellness Escape at [Condado Vanderbilt](#) | San Juan, Puerto Rico

Once an exclusive tropical destination for royalty, celebrities and socialites, the property remains as luxurious today as it was then. Also a global destination for mindfulness and detoxation, Condado Vanderbilt's spa offers the only Hammam on the island as well as Cryo T-Shock treatments and other technology-infused services. Whether you're seeking a different stage for new fitness challenges or just to completely transform your travel experience and release stress, the hotel's spa offerings cater to the wellness-loving traveler to kick off self-care. Guests can enjoy personal fitness sessions, Hammam ritual, lymphatic drainage treatments and Cryo T-Shock treatments for the ultimate wellness escape.



### Eden Roc Cap Cana | Dominican Republic

The luxury property has a unique Cenote on the estate – a deep cave made from limestone! Just launched in December, in time for the New Year, the property's **Cenote Wellness Retreat** experience for guests includes a variety of activities to promote a stay of health and wellness. The retreat includes a yoga session, followed by a massage, meditation session and a healthy smoothie to complete the experience. There is a waterfall fountain in the cenote and the healing sound of the water provides a therapeutic experience for guests – ancient Tainos refer to this therapeutic feeling as “being in the womb of mother earth.”