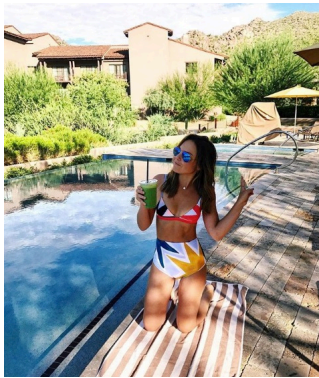


Top Luxury Wellness Getaways to Embark on This Spring

Written by Leslie K. Hughes
Monday, 02 April 2018 09:22 -



It's no secret that wellness is all the rage right now. From avocado toast to sunrise yoga classes and beyond, you are seriously missing out if you're not finding some way to incorporate the wellness trend into your life. Whether your life revolves around wellness, or you are a beginner, what better way to take things to the next level than by booking yourself a fabulous wellness getaway? From resort fitness apps, to full-blown all-inclusive retreats, the perfect vacation to make all of your wellness wishes come true awaits.

Here are three fabulous spots that will give you the boost of wellness you deserve.

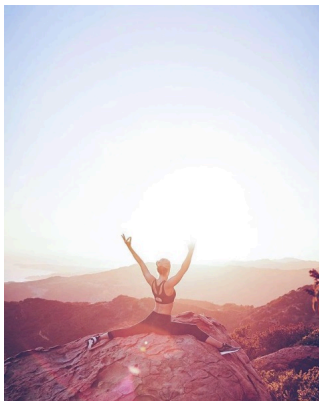


Photo: @camelbackinn

JW Marriott x Nora Tobin Retreat

JW Marriott recently welcomed health and wellness guru Nora Tobin as their wellness ambassador, and this girl really knows how to kick it into gear.

As Wellness Ambassador, Nora Tobin has been working with JW Marriott to bring a number of different wellness experiences to guests of JW Marriott Hotels & Resorts.

One such experience is the FitnessOnDemand video series that gives guests the opportunity to experience yoga, mindfulness, and HIIT right in the comfort of your own room.

Whether you've got 3 minutes, or 30, these videos give you a great way to hit the "reset" button and get some wellness in while on vacation.

In addition to the FitnessOnDemand, guests can also enjoy in their own rooms a new juice and smoothie in-room dining menu.

With recipes created by Nora herself, these new drinks are guaranteed to bring you some massively healthy benefits, without sacrificing great taste.

The Forest Rehab smoothie is made up of:

- Wild honey
- Acai
- Banana
- Cinnamon
- Greek yogurt

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And the Power Potion juice is a blend of:

- Wheat grass
- Red grape
- Celery

With one of these drinks in you, you'll feel refreshed, revitalized, and ready to go!

However, the most exciting part about the new partnership between Nora Tobin and JW Marriott comes in the form of the most dreamy wellness retreats imaginable.

A series of retreats hosted by Nora kicked off in January at JW Marriott Scottsdale Camelback Inn Resort, and four others are soon to follow at the JW Marriott properties in Los Cabos, Austin, Desert Ridge, and Marco Island.

Over the course of three to four days, you will go into a magical world of wellness that sends you through a vortex of serious transformation.

The itinerary designed for the retreat feeds your body as well as your mind. From sunset yoga amongst stunning flowers and mountains, to an intense HIIT workout followed by a massive hike up Camelback Mountain, there is wellness oozing at every turn here.

And each location will offer different activities to fit to your environment.

In addition to all the exercise adventures you'll be embarking on, your taste buds will be going on an adventure as well as you are well-nourished via incredible food prepared by the resort's in-house chef.

The food you'll be chowing down on includes recipes concocted by Nora herself, and trust us, you are going to go crazy over what is served on your plate (especially Nora's almond flour chocolate chip cookies -- we dare you to have just two).

Everything you eat at the retreat is fresh and nutritious, but we promise you don't have to give up wine or cocktails while you're here.

Nora and the culinary team at each retreat location have hand-picked the healthiest wines, as well as created recipes for the healthiest cocktails so you don't feel like you are missing out.

When you're not sweating your face off, or stuffing your face with food, you'll either be:

- Relaxing in the spa
- Journaling

The spa treatments as part of this retreat are the perfect recovery from your days of hard work. And we are not kidding around -- if you think you're in great shape, prepare to have your world rocked (in the best way).

But indulging in a facial or a massage is guaranteed to rejuvenate your mind and body.

Speaking of rejuvenation, you'll also love the journaling portion of the retreat. Upon arrival, you'll receive a book that will be your bff throughout the entire trip, and serve as your safe space to journal all of your feelings about the retreat and about life.

This multi-sensory wellness experience is guaranteed to change your life in some truly incredible ways. But don't wait too long to get on the list -- these retreats are limited to just a handful of people, and are filling up fast.

To book: email JWHotels@marriott.com



Photo: @nobread

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The Ritz-Carlton myWellness App & Technogym

The Ritz-Carlton, Dove Mountain is no stranger to the wellness trend, and has hopped on board to give its guests some great ways to workout while traveling.

The resort's fitness center has transformed into the ultimate indoor training experience with the addition of stellar equipment from Technogym.

Technogym, the official equipment provider for the 2016 Olympics, has over the years seen more than 12,000 Olympic athletes from over 20 countries use its machines to train.

From treadmills, to ellipticals; cross-trainers to weight machines and so much more, you have everything you could possibly ever need in a gym right in the comfort and luxury of The Ritz-Carlton, Dove Mountain.

In addition to the fabulous new gym equipment, guests will also love the resort's myWellness app.

Enjoy hiking around the property, working out at the gym, swimming, and much more by taking myWellness app with you.

What makes this app so special is that it synchronizes with other fitness apps and wearables to recreate your walk or run outside at The Fitness Center.

The speed, incline, and other variables will automatically adjust to what you experienced in the outdoors. This is all done by simply by logging into your myWellness account.

You can even use the app to track your HIIT, Zumba, yoga, and Pilates classes offered at the resort.

To book: <http://www.ritzcarlton.com/>



Photo: @montagelaguna

Spa Montage Ritual Yoga

Montage Laguna Beach is excited to announce that they will be expanding its yoga to include a new series of classes called Ritual Yoga.

These classes are open to both the public as well as resort guests, with a number of different classes throughout the day.

Enjoy relaxing in:

- Gentle Flow: A mindful Vinyasa practice with lots of deep stretching and breath work.
- Mindful Meditation: A deep focus into your entire well-being.
- Power Yoga: A practice that focuses on strong standing poses proven to help tone the muscles, while also calming the mind.
- Restorative Yoga: A practice that promotes healthy stretching to support joints, bones, and connective tissue.
- Sound Meditation: A healing practice that uses sound to release past problems, and open up your consciousness.
- Vinyasa Flow: A practice that connects your breath to movement through difficult sequences.

Each class is priced at \$40, and packages are available as well for either 5, 10, 20, or monthly unlimited classes.

By booking a package of 10 or more classes, you gain access to the spa every day of your class for the three hours following your class to enjoy all the spa has to offer.

And, by booking a package of 20 or more classes, you get an extra 20% off salon services.

To book a class: <https://www.montagehotels.com/spamontage/lagunabeach/ritual-yoga-at-spa-montage/>