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Bird's-eye view of Florida's Hutchinson Shores Resort & Spa.

3 Experiences For Recharging

By Michelle Marie Arean

Wellness travel has been a trending topic for a while now, but it's expanded over the years to move beyond a fitness regimen and spa time. Here are four unique offerings your wellness-focused clients will want to book.

1. To the Beat of a Different Drum in Florida

The 178-room and -suite **Hutchinson Shores Resort & Spa** in Jensen Beach, Florida offers coastal-inspired decor and accommodations with views to fit every client—Sunset, Pool or Ocean. And while at the spa, clients who want to immerse themselves in their surroundings can opt for ocean-inspired body treatments. Better yet, watersports activities are only steps away at this oceanfront resort.

For an atypical experience, however, suggest the resort's restorative drum circle experience. Held every weekend on the beach an hour before sunset, the activity provides guests the opportunity to partake in a fun rhythmical event. Participants form a circle in the sand and play the darabouka drums and maracas while the drum circle master guides the night's musicians (hotel guests) through a rhythmical massage and emotional release.

hutchinsonshores.com



Estancia La Jolla Hotel & Spa in California offers #SelfCareSundays.

2. #SelfCareSundaysin California

The **Meritage Collection's** hacienda-style **Estancia La Jolla Hotel & Spa**, located in Southern California between San Diego's seaside villages of La Jolla and Del Mar, is home to the 7,000-sq.-ft. Spa at Estancia. Here, guests have access to specialty treatments, including some based on CBD, as well as nine treatment rooms including a couple's bungalow that features a private deck and an outdoor soaking tub. The spa, which is spread across 10 acres of lush, tranquil gardens, affords the opportunity for guests to relax in a eucalyptus steam room, saltwater whirlpools, or by the fireplace or meditation garden.

The property also offers many events throughout the year for its #SelfCareSunday Series, such as the Boxing & Bloody Marys event on Oct. 20, or the Pilates, Prosecco & Pies event on Nov. 17, where guests participate in a 50-minute workout followed by complimentary cocktails, snacks, and holiday pie samples.

In addition, once a year the property hosts a wellness retreat that includes activities such as a soundbath, a Pilates class, a rose quartz lymphatic drainage class, Orangetheory Fitness, boxing, an IV drip experience, facials, painting, shopping, and happy hours. [o.gtkci.gemovekap0eqo.1guc.pelc/rc/lqmc](#)

3. Holistic Wellness in Hawaii

One of Waikiki's original boutique hotels has been reimagined and re-opened its doors last month as the 72-room **Renew** hotel (now managed by **OLS Hotels & Resorts**), focusing on holistic Hawaiian wellness.

New wellness offerings include in-room fitness equipment, astrology readings in the lobby, and mini-aromatherapy facials, while the lobby bar offers healthy grab-and-go meals and craft juices.

The property focuses on holistic healing by helping guests connect to local wellness, fitness, and beauty partners. For instance, the property works with Hawaii-based nonprofit travel2change to connect guests with local communities around fun local events that give back to Hawaii's nature and culture. These hands-on, off-the-beaten-path and authentic activities include guided hikes to waterfalls with native tree planting along the way; outrigger canoe paddling lessons to sustain a Hawaiian tradition; treks through botanical gardens while removing invasive species; and cultural walking tours that encounter social issues rather than detour around them. hotelrenew.com

“Finding the right fit begins with asking the right questions. Questions such as ‘What is the overall goal or intent of the trip?’ and ‘What is the ONE thing your wellness vacation MUST include?’”
-- **Anne Dimon, President, Wellness Tourism Association**