



CANYON RANCH

SEE YOU THERE

January 2022

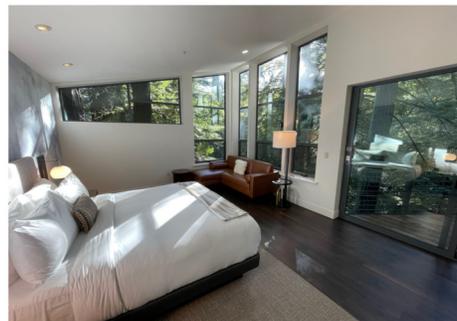
Island style wellness at Sensei Lana'i A Four Seasons Resort



Rich traditions in wellness combine with serene architecture and lush gardens to create a wellness retreat at this island sanctuary. Step into your private spa hale, onsen bath, or light-filled room that harmonizes with the tropical landscape. Experts will craft a customized program that balances wellness, culture, recreation, and technology to guide your journey to greater well-being. Reinvigoration is paramount, with endless adventures designed to energize and soothe. Try the outdoor rain-forest shower, jungle canopy zip-line course, or rhythmic yoga. Then refuel with fresh dishes at Nobu for Lāna'i.

It's a brand new year and you might be feeling refreshed, ready to take on the world, or in some much need of TLC.

Either way, I've got you covered with some of the best spa's, wellness retreats or back to nature experiences to check every box of your requirements. I'm starting off with a name you may or may not have heard of, Canyon Ranch. I have been fortunate enough to visit two of their 4 locations within the US and each offers something slightly different. Regardless of which location, they are where luxury meets practical and purpose. You set your intention for the trip referred to as your "path" and then build from there on what your objective is. After the festive season it may be renewed fitness goals, healthy eating, pure pamper for the body, mindset focused or a bit of everything. If things sounds like something you need (and deserve, goodbye 2021) I can help you choose the sweet spot and incorporate my special perks and relationship to add value to your stay. Amazing programs by esteemed coaches, doctors and experts run year round. Two upcoming programs are "Nourish Your Senses + Heal Your Body" and "inGamba Cycling at Canyon Ranch". Cycling enthusiasts, this one is for you!



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## California coastline luxury

High atop the cliffs of Big Sur, 1200 feet above the Pacific Ocean, sits Post Ranch Inn, a sanctuary for the soul. Ideal for romance, relaxation or rejuvenation, this Big Sur resort is the ultimate destination for a luxurious escape. With natural architecture embracing the coast's dramatic beauty, the 40 rooms and private homes blend rustic elegance, comfort and privacy with panoramic ocean or mountain views. Here romance and connection seem to thrive



The Wine Spectator Grand-Award winning Sierra Mar restaurant offers exquisite dining with a menu that changes daily, complimentary daily breakfast and a spectacular setting with endless ocean views. Guests can relax by the pools and take in the splendid views; rejuvenate with an in-room massage, spa treatment or yoga class; or explore all that nature has to offer. Picturesque Monterey and



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## Spotlight on the great outdoors (AKA pandemic friendly)



**With a property larger than most national parks, Vermejo's outdoor activities are nothing short of spectacular.**

You'll have 920 square miles at your doorstep, and world-class activity guides ready to show you all that the property has to offer. From hiking across rugged mountain terrain and riding horses through the property's mighty canyons, to observing Vermejo's incredible and diverse wildlife and snapping photos of the stunning Sangre de Cristo sunsets, there's an activity for everyone.

**Fitness:** True to their mission to connect people with nature, they've created unique ways to bring the gym outside and provide various exercise options for their guests who wish to stay active during their stay.

**Spa:** Take some time for yourself. The Vermejo Spa offers rejuvenating wellness programs and deeply therapeutic experiences. Their comprehensive wellness sessions and treatment packages can be tailored to your specific needs, offering services such as European rose mud body wraps, hot stone massages, hair and scalp treatments, and aromatherapy packages.

It would be impossible to list all of the incredible activities at your disposal with options for solos, couples, friends or families of all ages. To name a few: Fishing, Hiking, Horseback Riding, Shooting, Sporting & Fitness, Touring, Team Building, Junior Trackers.



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