

JOURNEY TO Renewal

THE BEST **HEALING RETREATS** OF 2018

60+

PLACES TO
**RELAX,
RECONNECT
& RESTORE**

Where Do
You Want
to Be Now?

Spirituality
& Health

20TH ANNIVERSARY YEAR!

SEASIDE Retreats

CHOOSE A STAY BY THE SEA AND LET THE TIDES SOOTHE YOUR SENSES.

BY MARY BEMIS

Experience the Year of the Sea

When I think of Wales, I conjure up castles and crags and moors. It's true that the country is home to 600-plus castles—but it is also home to a number of national parks, World Heritage sites, and the 870-mile Wales Coast Path. This year is deemed the "Year of the Sea" in Wales, and the focus is on drawing travelers to the country's spectacular coastal experiences and culinary offerings. There are a number of places to stay, but why not pitch a tent and go cliff camping? Gaia

Adventures (gaiaadventures.co.uk/individual-courses/cliff-camping) will show you the way in Anglesey, North Wales. visitwales.com

Retreat to Wellness

Known for its pristine natural setting and stewardship, Terranea, a Destination Hotel, encompasses 102 acres along California's coastline on the Palos Verdes Peninsula—but only occupies about a quarter of that site, leaving 75 unspoiled acres to explore. The property is committed to preserving the natural, cultural,

and historical integrity of the area, and offers a unique respite. Beautifully landscaped, the walks along the coastline are good for whatever may ail you. Solo travelers will feel just as comfortable as families here, and there are a number of wellness-focused options for all. Sign up for yoga or a spinning class in the ocean-front studio, or book a spa soak in the gorgeous copper tub that overlooks the Pacific. New this year are the Wellness Bungalow Retreats—three-, five-, and seven-day packages crafted to offer the ultimate wellness escape. Oceanside Bungalows are stocked with foam rollers,





yoga mats, and more, and your stay includes a personalized program of spa and wellness activities. terranea.com

Learn About Mayan Herbs

The resident shaman at Viceroy Riviera Maya in Playa del Carmen, Mexico, comes from a long family line of Mayan shamans from the Yucatan village of X-pichil. A master of the healing properties and uses of the region's botanicals, he cultivates a sacred garden of healing plants at the resort, drying and preparing a number of native herbs that are used in customized healing treatments and experiences. Of note is the IchKiil, or Mayan Rebirth Bath, a ritual that represents the cleansing of soul, mind, and spirit.

viceroyhotelsandresorts.com/en/rivieramaya

Be Mindful by the Sea

Situated on California's Monterey Peninsula, Carmel-by-the-Sea is a cozy coastal destination that boasts the Scenic Bluff Path, which will take you all the way from Carmel Beach to Carmel River State Beach. The city has just launched its Mindful-by-the-Sea wellness program. Organized in partnership with Rich Fernandez PhD, CEO of Search Inside Yourself Leadership Institute, and *Mindful* magazine, the program offers tips, tools, and retreats to help guests "be more present while here, and take away that feeling when they leave." The three-day retreats are held at the Sunset Center, just blocks from the ocean.

carmelcalifornia.com/mindful

Find Serenity on a Secluded Island

The unspoiled island of Lanai has a lot going for it, and if you're into outdoor adventure (most of the landmarks are accessible only by four-wheel drive vehicles), crystal-clear waters, and acres and acres of blissfully undeveloped land, this is a welcome respite. The secluded island, the sixth-largest but the tiniest publicly accessible inhabited island of the Hawaiian Islands, is hard at work at becoming a sustainable community. With the vision and means of tech titan Larry Ellison, who purchased the majority of the island in 2012, this is fast becoming a reality. Choose your stay at one of two hotels on the island: the charming 11-room historic Hotel Lanai (hotellanai.com), built in 1923 and situated in the center of the tiny town, or the well-appointed Four Seasons Resort Lanai on the southeastern shore of the island. fourseasons.com/lanai

Embrace Your Vitality

The Island of Losinj, one of more than 1,100 islands on the stunning Croatian coast, is a natural paradise with secluded beaches, gentle-scented air, fresh seafood, fine local wines, and 155 miles of walking trails. It's home to the Vitality Hotel Punta, a wonderfully low-key wellness hotel with incredible views of the Adriatic Sea. State-of-the-art exercise facilities boast dedicated spaces for yoga, Pilates, and aerial exercises; healthy cuisine features a plethora of menu options (vegan, paleo, macrobiotic, gluten-free, and more); the award-winning spa

focuses on holistic treatments and organic skincare; and an expert staff will work alongside you to ensure an optimal stay. vitality.losinj-hotels.com/en

Perfect Your Practice

Whether you're a novice or not, enjoy kayaking, paddle boarding, and more at Yemaya Island Hideaway on Little Corn Island on the Caribbean side of Nicaragua. In addition to beachfront water sports and pristine beaches, Yemaya, which translates to "goddess of the sea," offers daily yoga classes and a number of specialized yoga retreats. Farm-to-table fare, a small spa, and a total of 16 oceanfront suites make this eco-chic hideaway worth the trip. yemayalittlecorn.com

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