



experiencing life

In a country of diversity, it's no surprise that we have a wealth of travel opportunities available to experience with many in our very own backyard. As we reflect on our past and plan for our future, it's important to experience the present and one of the ways we can do that is by integrating 'spa' in our lifestyle. And, with the continued growth of the spa industry, more opportunities to experience what is essential for healthy aging and balanced living are readily available and allow us to further step into our own authentic lives. Renew your commitment this year to invest in yourself and spend some time at a spa. Day spas, resort spas, destination spas and residences with spas – there's a spa to fit your lifestyle!

The Breakers

PALM BEACH, FLORIDA

The Breakers, founded in 1896 and rich in history, continues to be one of the leaders in luxury resorts. Set amidst 140 oceanfront acres, this stunning Mediterranean-style resort with 560 rooms, has undergone \$250 million in revitalization and land expansion since 1990 with the most dramatic being their beachfront.

With three Oceanside pools and a private half-mile beach, this resort offers a diverse and full range of activities allowing you to enjoy a relaxing and experiential getaway. In addition, guests can meander through the new garden pathways that lead to secluded spaces and private beach bungalows (used for day use) surrounding the 3,200-square-foot Active Pool while heightening their enjoyment of this luxurious, tropical and serene setting.

The Breakers features 36 holes of championship golf, 10 tennis courts and a 20,000-square-foot luxury spa. And, a unique feature at the spa is their body composition analysis using the Bod Pod. Testing is done by computerized pressure sensors, which determine the amount of air displaced by your body while sitting comfortably inside the Bod Pod. This analysis is capable of determining your current body fat percentage, your lean body mass and your daily total energy expenditure, which is helpful in managing your daily caloric intake. As we all know, information is power and now with this test you have the tools you need to take control and implement a plan for healthier living.

To further expand on the idea of 'experiencing' more of life, consider a soft-adventure at The Breakers as they also offer a comprehensive scuba diving program and certification, as well as snorkeling, reef tours, and kayak excursions due to the incredible off-shore coral reef formations and habitat to over 400 species of marine life.

And to support healthy relationships, no need to roam far and wide to experience a romantic getaway. With the aura of Italian architecture as your backdrop and the array of fine dining options and a pristine beach, your escape to a tropical oasis is also possible and essential for total well-being.

Canyon Ranch Living

MIAMI BEACH, FL

If you've ever dreamed of living at a spa, be prepared for that dream to become a reality since Canyon Ranch Living, Miami Beach has arrived and is our nation's first community dedicated to healthy living. In addition to the 425 luxury condominium residences, 150 hotel suites are also available as well as a 70,000-square-foot Spa and Wellness center situated on an unspoiled beach at the six-acre oceanfront site. It also features the restoration and preservation of the late 1950's historic Carillon Hotel.

The luxurious and spacious European-inspired Canyon Ranch Aquavana Spa includes a Finnish sauna, hydro spa, herbal sauna, and several unique additions including the crystal steam room featuring aromatherapy and refracted color light, the ice igloo to help improve circulation and energy, reflexology basins, heated lounges and experiential shower-cabins with three multi-sensory rain showers including sound and refracted light.

Guests and residences also have access to the Yoga studio, which opens to the views and tranquility of the ocean. In addition, the Fitness Facility offers an abundance of classes including gyrokinesis (an exercise that gently works the joints and muscles through rhythmic movements), a rock-climbing wall, Pilates, weight training and cardio equipment. Additionally, private consultations and services include popular choices such as massage, facials and wraps as well as acutonics and bio-magnetic acupuncture. Cooking demos, nutrition and other healthy living lectures such as Life Transitions and Living Younger Longer are available as well as others focusing on disease prevention, weight loss, and stress reduction. Canyon Ranch offers an integrative approach to health, whereas services reflect conventional, complementary and alternative practices. The property also features a shop with healthy living products as well as a full-service beauty salon.

For your outdoor experience, enjoy the breathtaking view of the ocean and beachfront while utilizing the walking and biking paths as well as areas for sports and relaxation. Four swimming pools are also available.

Canyon Ranch is also known for their healthy gourmet dining experience and this facility offers several options including an oceanfront restaurant, energy juice bar (at the spa) and a café.

The pricing for Canyon Ranch Miami Beach differs from the all-inclusive rate options at the Canyon Ranch resorts in Lenox, MA and Tucson, AZ. The Miami Beach location will offer nightly rates that include access to the spa, dining venues and lectures, however the cost for services and meals is a la carte. Further details can be found on their website.



Editor's Note:

Whether you're looking to improve your physical, mental or spiritual health, a visit to a spa, like the one at The Breakers or Canyon Ranch Living, may be the first step to improving your overall wellness. And, if you're already achieving the benefits of a spa lifestyle, introduce a friend or family member so that they can improve their lives as well.

For more information, please visit:

www.thebreakers.com
www.canyonranchliving.com

Other resources:

www.experienceispa.org
www.mindfuladventures.com