

wellness RETM

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TRAVEL WELL

Travel that enhances
wellbeing can be
yours.



EXPLORING WELLNESS IN REAL ESTATE

WELLNESS TOURISM

TRAVEL WELL

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COVID-19 SILVER LININGS

Who knew??

Between May and July of 2020 the Global Wellness Institute conducted a study of more than 2000 people in over 80 countries. They found over 70% of respondents realized that there were some unexpected benefits of the COVID 19 restrictions that have had a positive effect on their wellbeing!

The top 5 benefits are:

1. Deeper connection to family
2. Eating healthier
3. Less stressed
4. Better sleep
5. Increased fitness

As restrictions begin to lift, people want to continue their feelings of wellbeing and not just go back to the way they used to be before the pandemic.

So it's no surprise that Wellness Travel is predicted to skyrocket in 2021.



"Wellness Travel is travel that enhances, maintains or kickstarts your own wellbeing"

- Global Wellness Institute



What is your favorite vacation destination?

There are so many reasons we want to get away and so many beautiful wondrous places in this world, it's no wonder there are endless opportunities to create a vacation getaway that can rejuvenate your mind, body and soul.

Wherever you may choose to go, the heart of every great vacation is wellbeing: happiness, fun, connection, relaxation, exploration and even inspiration are all feelings of wellbeing that we can get from going away on a little vacay.

So while our reasons for going on a trip may have always included wellbeing, there is a growing trend of travelers intentionally making travel choices with wellbeing in mind. According to the Global Wellness Institute, "Wellness Travel is travel that enhances, maintains or kickstarts your own wellbeing".

GWI has categorized wellness travel into two groups:

Primary Wellness Traveler:

Wellness is the sole purpose or motivating factor for their trip & destination choice.

Secondary Wellness Traveler:

Seek to maintain wellness while taking any type of trip.

The study findings are good news for wellness destinations and great news for consumers! As people become more mindful and begin to make travel decisions with intentions toward wellness, it's a great opportunity for new types of vacations to be created and exciting new wellness destinations for us to explore.

I was so blessed to have the opportunity to visit a couple of amazing wellness destinations last month with some of my good girlfriends. One was to an established wellness resort and spa, the other was to a brand new farm-to-table experience destination out on a rural working farm! The city slicker in me was very intrigued with the idea of staying on a farm and eating a delicious gourmet meal there while learning all about the food they grow there.

Both of these places allowed me to experience a different connection to nature than I am normally used to, so I was super excited when the time came for me to go.

First stop: a wellness resort and spa in Tucson, AZ: Miraval. Miraval's mission of creating life in balance through mindfulness has been guiding individuals to elevate their wellbeing for over 25 years. After my visit, it's no surprise to me that they have been a leader in global wellness destinations.

Miraval is all inclusive which is pretty amazing because you have access to all sorts of engaging wellness classes, an array of fitness classes, meditations, yoga, and smoothie bar, snacks and gourmet meals included with your stay. They even give you a daily resort credit each day towards your choice of spa services, activities, and private sessions. I really was impressed with the unique offerings available and the food was so incredibly flavorful it made eating healthy a delicious treat!



Photo Credit: Miraval Resorts



Photo Credit: Miraval Resorts



Photo Credit: Miraval Resorts



Photo Credit: Miraval Resorts



Photo Credit: Miraval Resorts

MY FIRST FULL DAY:

- 8:00am morning meditation
- 8:45am visit to the smoothie bar for green smoothie and quick breakfast bites
- 9:00am nourishing food class
- 10:00am morning yoga
- 11:30am relaxed by the pool
- 12:30pm lunch with my friends on the outdoor patio
- 2:00pm Ayurveda body scrub /massage
- 4:00pm afternoon stretch
- 5:30pm discover your dosha
- 7:00pm dinner and cocktails with my friends
- 9:00pm evening meditation in my room and a refreshing early night to bed (which I usually never get to do!)

The best part was that I could have done absolutely anything or nothing at all and the environment at Miraval is just so beautiful and peaceful that you can't help but feel good while you are there.



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