

# WESTJET MAGAZINE

INSIDE  
ANTIGUA  
MAUI  
THE BAHAMAS  
BERMUDA

VOLEZ-MOI!  
ARTICLES  
DE FOND  
EN FRANÇAIS



EXPLORING  
DOWNTOWN  
LOS ANGELES

THE LURE OF  
POWDER SKIING  
IN FERNIE

*Island*  
*Romance*  
16 ENCHANTING ESCAPES

# REST AND RE-ENERGIZE

Consider staying at one of these wellness-focused hotels for a vacation experience that's both relaxing and restorative.



## SIN CITY SERENITY

### MANDARIN ORIENTAL

#### **Las Vegas**

Attendants circulate Mandarin Oriental's eighth-floor pool deck serving mini-smoothies and frozen fruit to hotel guests lounging poolside and in shady, white cabanas. There are also complimentary fitness classes such as yoga and Pilates, that cater to all fitness levels.

Be sure to pay a visit to the hotel's two-level spa, which features private couples' suites, a therapeutic water circuit and its signature Chinese Foot Spa that overlooks The Strip. Also experience the spa's new digital wellness initiative, in which guests turn in their phones upon entering the spa and partake in mindful analogue activities such as letter writing, meditation, journaling and colouring. Within the hotel's spacious guest rooms, neutral tones and goose-down bedding soothe the soul.

The hotel is also connected to upscale shopping centre The Shops at Crystals by a sky bridge. Rates start at US\$199. [mandarinoriental.com/lasvegas](http://mandarinoriental.com/lasvegas)



## WELLNESS ESCAPE

### GRAND VELAS RIVIERA NAYARIT

#### **Puerto Vallarta**

A three-tiered, three-temperature infinity pool is one of the points of distinction at the all-inclusive Grand Velas Riviera Nayarit on Mexico's Pacific Coast. Another signature offering is the luxury resort's new wellness suites. Twelve spacious suites are each equipped with a yoga mat, dumbbells, resistance bands and a recumbent exercise bike and come with a personal wellness concierge, an in-room fitness session, a nutritional consultation and a rooftop massage.

Year-round wellness activities include daily, guided kayaking tours of Banderas Bay and interactive aromatherapy classes, where you'll explore the benefits and properties of essential oils.

For dinner, the kitchen team is happy to accommodate dietary restrictions. Working with Miguel Bautista, one of Mexico's top vegan chefs, the resort has created new menus for vegan guests.

Rates start at US\$309 per person, per night. [vallarta.grandvelas.com](http://vallarta.grandvelas.com)



## COUNTRY CALM

### SPA EASTMAN

#### **Eastman, Que.**

Located about an hour's drive south of downtown Montreal in the heart of Quebec's Eastern Townships, Spa Eastman has long been considered one of Canada's top wellness retreats.

Scheduled activities begin with a guided fitness walk along one of about a dozen forest trails on the resort's 132 hectares. Year-round activities include healthy living workshops and exercise sessions such as a trampoline class.

Wellness offerings include the seven-night, all-inclusive Health Immersion Package, which features health and fitness assessments, private training and access to the Nordic baths, Finnish saunas and hammam at Eastman-les-Bains.

But the major point of distinction here is the hotel's signature Tonic Cuisine dining experience, which proves that whole-food, plant-based, gluten- and dairy-free cuisine can, indeed, be tasty. Rates start at \$209 per person, per night. [spa-eastman.com](http://spa-eastman.com) —Anne Dimon

