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THE WELLNESS SUITES at Grand Velas Riviera Nayarit have a private terrace on the second floor, equipped with a Jacuzzi and massage beds.

Luxury Travel Advisor breaks down three all-inclusives in Mexico and the Caribbean for health and wellness retreats.

BY JOE PIKE

We profile three prime locations, from the Riviera Nayarit and the Riviera Maya in Mexico to St. Lucia in the Caribbean.

Grand Velas Riviera Nayarit

The 16,500-square-foot Se Spa at Grand Velas Riviera Nayarit is often considered the crown jewel of this all-inclusive resort in Mexico.

The spa's design includes a palapa-style entrance, furniture from Bali and a large marble wall with cascading water. The spa experience begins for guests with the Hydrotherapy Ritual, which includes a dip in the two-temperature lagoon, time in the Jacuzzi and a final multi-jet Swiss shower.

The Spa at Grand Velas has 20 rooms, more than 30 spa treatments, a modern gym and exercise room, a spa boutique and a beauty salon. Note: Treatments are grouped into seven ceremonies, namely Huichol, Water, Wind, Earth, Fire, Diamond and Beauty. Nice Touch: Many treatments feature organic elements, using coffee and chocolate, candle wax and sea shells, deep river stones and volcanic glass, tequila cream and aromatherapy oils.

For all spa requests, we recommend reaching out to Silvia Velasco (svelasco@velasresorts.com), spa director.

The best rooms for health-oriented travelers are the Wellness Suites at Grand Velas Riviera Nayarit. These two-floor, 1,750-square-foot suites come with a per-

sonal Spa Concierge, who provides counsel on a wide variety of available spa treatments.

Nice Touch: These rooms also have a special soap selection and information on in-suite fitness amenities, which include an exercise kit comprising a yoga mat, dumbbells, resistance bands and a Life Fitness Activate Series Recumbent Lifecycle Exercise Bike.

For all room requests, we suggest connecting with Pilar Perciavalle (pperiavalle@velasresorts.com), managing director.

Vegan travelers are now offered new, curated tasting menus thanks to a collaboration with Mexico's leading vegan chef, Miguel Bautista. Substituting vegan-friendly ingredients and new cooking techniques, Bautista, co-founder and executive chef of Vegan Planet, has produced entirely original



vegan tasting menus at the resort's three restaurants.

Menus at each restaurant have four to five adapted traditional dishes of French, Italian and Mexican cuisine, as well as international favorites and comfort food for the specialty diet. Note: All dishes created at the property are free of processed foods and are made with healthy cooking oils and techniques. Culinary travelers can also enjoy these specialty dishes at any time of day or night thanks to the property's 24-hour in-suite dining services.

Nice Touch: Presented with a menu upon arrival by the resort's "Baby Concierge," parents can select from a list of gourmet purées for their babies, prepared by Executive Chef Guillaume Morance. Hint: Options for the purées include Pio Pio Purée, made with cooked chicken breast, carrots, zucchini and chicken broth; Moo Purée, made with beef tenderloin, potato, sweet potato and

vegetable broth; and Little Shark Purée, made with white fish, celery, leeks, mushroom and vegetable broth.

For all other food and beverage requests, we recommend connecting with Alejandro Sanchez (asanchez@velasresorts.com), food and beverage manager.

The centerpiece of the resort's gardens is a three-tiered infinity pool, a preferred spot for catching sunsets at the hotel. The activities staff has daily activities prepared, from in the pool to out.

Antigravity Yoga is a new fitness experience for guests to try at Grand Velas Riviera Nayarit. While suspended on the Harrison Antigravity Hammock, the combination of exercises is intended to decompress the spine and joints. The class also enhances posture by aligning the body from head to toe and increases overall health and physical agility.

Grand Velas Riviera Nayarit also has a new

option called "Dreamcatcher Workshops," which are meditation classes that introduce guests to the 2,000-year-old tradition of weaving dreamcatchers. Participants will learn about the meaning and history of dreamcatchers and then how to create their own. The handicraft is traditionally made with willow wood wrapped in colored yarn and decorated with various objects, most commonly feathers. Made to filter dreams, dreamcatchers are said to only allow positive dreams and visions to pass to the sleeper.

Grand Velas Riviera Nayarit also hosts a Wellness Week every October. Last year, some of the features were such fitness classes as Soul Yoga and Antigravity Yoga; a therapeutic concert; a Buddhist meditation; tea tastings by a Mexican tea master; a class specifically on wellness for cancer and aging; and juice therapy. Special guest instructors also lead classes.

To further customize a stay at Grand Velas Riviera Nayarit, we suggest reaching out to Gina Jimenez (gjimenez@velasresorts.com), sales director.

BodyHoliday — St. Lucia

The **BodyHoliday** in St. Lucia encourages VIPs to indulge in a little serenity by including all spa treatments in its room rate.

We hear the most popular treatment is the "Lucian Lime and Ginger Scrub," an exfoliation that, after a light body brushing, involves warm oil drizzled sparingly over

THE SPA at Grand Velas Riviera Nayarit (above) has 20 rooms and over 30 treatments. Shown here is the living room of the resort's Imperial Spa Suite.

