



Luxury Mexico Resort Announces Ultimate ‘Wellness Week’

Villa del Palmar Beach Resort’s Sabila Spa to Host April Event

LORETO, Baja California Sur, Mexico (March 21, 2018) — Villa del Palmar Beach Resort & Spa at The Islands of Loret, a luxury Villa Group destination synonymous with beauty and tranquility, is taking health and wellness to a new level during Wellness Week, April 21-28, featuring yoga/meditation classes, guided hikes, detox sessions, aqua aerobics, treatments at Sabila Spa, healthy meals, expert-led talks, and more.

Popular Hollywood personal fitness trainer Rebecca Broxterma will lead many of the group classes and sessions during the week.

“Having Rebecca as part of Wellness Week really makes this a unique opportunity for our guests, who will be treated to self-exploration experiences designed to help energize their mind, body and soul,” said Claudine Riemer, director of the resort’s Sabila Spa and Wellness Center. “What they learn during this memorable week will translate perfectly when they get back home, leading to continued growth, discovery, and mindfulness.”

There are five- and seven-day Wellness Week packages that each include:

- luxurious lodging accommodations in a deluxe suite
- an all-inclusive healthy meal plan (breakfast, light lunch, snack, dinner)
- participation in all classes, talks, hikes and sessions
- multiple spa treatments

Per person pricing for a 5-[day stay](#) is \$1360 and for the 7-[day stay](#) is \$1904 U.S.

Check-in is Saturday afternoon, April 21, starting with a meet-and-greet reception at the state-of-the-art Sabila Spa, a 39,000-square-foot facility set against a tranquil view of the Sierra de la Giganta mountain range. For the full week package, check-out is Saturday morning, April 28. All spa appointments must be made in advance when booking the reservation.

Sabila Spa — named to SpaFinder’s list of “Best Spas in Mexico” — offers massage, body wraps, facials, body scrubs, plus a full-service beauty salon offering manicures and pedicures. Moreover, it features a meditation room, soothing sauna, relaxing spa tubs, and cold-water plunge.

The resort, which overlooks the Sea of Cortez on the eastern coast of the Baja Peninsula, is just a two-hour flight from Los Angeles International Airport (LAX) via Alaska Airlines and is accessible seasonally with direct WestJet flights from Calgary, and from Tijuana via Calafia Airlines.

Reservations for Wellness Week are available on a limited basis and can be made by contacting the resort toll-free at 866/209-0726 from the United States, 855/440-5590 from Canada, or 800/838-2662 from Mexico.

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About Villa del Palmar at the Islands of Loreto: Baja's First Million Star Resort

Villa del Palmar at The Islands of Loreto is a luxury destination resort on the Sea of Cortez, off the eastern coast of the Baja peninsula overlooking Danzante Island (one of five in the region). Flanked by the rugged Sierra de la Giganta range, the Villa del Palmar is the first and only resort to occupy one of the Gulf of California's last virgin coastlines. The resort features 181 new, spacious, beautifully appointed Deluxe Ocean View, one, two and three bedroom Suites with terraces and stunning ocean and mountain views, timeshare options, three restaurants offering gourmet dining, an attentive English-speaking staff, five swimming pools, a 39,000 square-foot Sabila Spa and Wellness Center, two tennis courts, beautiful beaches, a private beach-front Danzante Bungalow and a mild and warm climate year-round.

Guests can enjoy PADI-certified SCUBA diving lessons and snorkeling tours in the protected indigo waters that explorer Jacques Cousteau once dubbed the "Aquarium of the World." Outdoor adventurers can also experience tours of the nearby Coronado, Danzante and Del Carmen Islands atop an inflatable APEX boat, as well as swimming, world-class fishing aboard the "Mad Dash" tournament boat, paddle boarding, kayaking, whale watching and mountain biking. With shuttle service priced at \$10 per person round trip, guests can explore the historic town at the Islands of Loreto and visit the 1697 mission that made the town famous. The area is also known for its wildlife, including the 900 species of fish off the coast and in an area that has been designated a UNESCO World Heritage Site and the second largest National Marine Park. Hotel perks include a spa and fitness center, massages, salsa dance lessons and movie nights for children. Travelers can take a short flight from LAX on Alaska Airlines or from Calgary, Canada aboard WestJet, Canada's most-preferred airline, to the Islands of Loreto.

The resort was named the 16th best resort in Mexico by Trip Advisor. In 2015, Travel Weekly magazine recognized the Islands of Loreto with a 2015 Silver Magellan Award in the Adventure Destination category. Villa del Palmar at the Islands of Loreto was also recognized as Mexico's Leading Beach Resort in the 22nd and 23rd annual World Travel Awards., as well as Mexico and Central America's Leading Resort.

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