



Villa del Palmar Beach & Spa Resort in The Islands of Loreto Announces Wellness Week, December 1-8

LORETO, Baja California Sur, Mexico (September 12, 2018) —Setting the stage for a healthy start to the new year, [Villa del Palmar Beach Resort & Spa at The Islands of Loreto](#), a destination synonymous with beauty and tranquility, is helping guests disconnect by offering a seven-day wellness retreat, December 1-8.

Wellness Week offers an ideal way to rest and restore, through a mix of activities and relaxation. Morning nature walks will allow guests to experience scenic views of the Sierra de la Giganta Mountain Range and the indigo blue waters of the Sea of Cortez. Yoga, meditation, and stretching will help restore balance and focus. Additionally, expert-led talks and programming will be conducted by Hollywood personal fitness trainer [Rebecca Broxterman](#) and [Beth Manos Brickey](#), a certified nutritional therapist and yoga instructor. Food Network celebrity chef David Forte will put on private demonstrations and lavish dinners.

“Wellness Week at Villa del Palmar at The Islands of Loreto embodies an organic healing process for the mind, body and soul” said Claudine Riemer, director of the resort’s Sabila Spa and Wellness Center. “The combination of Rebecca and Beth will prove to be powerful, especially as everyone is gearing up for the holidays and the new year ahead.”

The Wellness Week package includes:

- Accommodations (seven nights) in a deluxe suite
- Seven days of a wellness meal plan
- Yoga and meditation classes
- Nutrition talks and organic tips
- Daily detox session at Sabila Spa hydrotherapy
- Daily fitness classes
- Multiple spa treatments including body scrubs, massages, mini-facial, express manicure and pedicure

Per person pricing for the 7-day stay per person, based on double occupancy, is \$1899. Three- and five-day packages are also available.

For the full program, check-in is on Saturday afternoon, Dec. 1, starting with a meet-and-greet reception at the state-of-the-art Sabila Spa and Wellness Center, a 39,000-square-foot facility set against a tranquil mountain view. Check-out is Saturday morning, Dec. 8. 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 1 800/790-4187 from the United States and Canada, or 01 800/838-2662 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. Flanked by the rugged Sierra de la Giganta range, the resort features 181 spacious, beautifully-appointed deluxe 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, the 39,000 square-foot Sabila Spa and Wellness Center, two tennis courts, beautiful beaches, and a mild and warm climate year-round.

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. It also earned recognition in both 2016 and 2017 as Mexico and Central America's Leading Resort by the same prestigious organization.

Media Contact:

Ed Vyeda
Hunter Public Relations-West
(831) 375-1747
evyeda@hunter-pr.com