



Villa del Palmar Loreto Resort to Host ‘Wellness Week’ *Focus is on Health, Mindfulness during Dec. 1-7 Getaway*

LORETO, Baja California Sur, Mexico (Oct. 29, 2019) — Whether a health and fitness beginner or seasoned veteran, the third annual Wellness Week at [Villa del Palmar Beach Resort & Spa at The Islands of Loreto](#) promises to cater to every guest’s personal well-being with an array of activities. Scheduled for Dec. 1-7, [Wellness Week](#) will feature beachside yoga and meditation classes, guided hikes, detox sessions, aqua aerobics, spa treatments, healthy meals and cooking classes and expert-led talks.

Each guest will have the opportunity to work on their personal fitness with certified trainers, dine on delicious, healthy cuisine prepared, and learn from some of the top mindfulness coaches in the region, according to Claudine Riemer, the resort’s spa director.

The Wellness Week all-inclusive package is priced at \$1,752 USD per person (based on double occupancy) and includes:

- luxurious lodging accommodations in a deluxe suite for six nights;
- a healthy meal plan (daily breakfast, light lunch, snack, dinner);
- participation in all classes, talks, hikes and sessions; and
- multiple spa treatments.

Check-in is Sunday, Dec. 1, 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. Check-out is Saturday, Dec. 7.

Spa treatments include one body scrub, mini facial, reflex session, and manicure or pedicure, as well as two massages. Riemer said Sabila Spa’s new Magnesium Treatment is delivering “amazing results.” With a daily magnesium dose, she said the treatment is proving ideal for those with sports injuries and requiring muscle recovery, plus its detoxification and relaxation abilities. All spa appointments must be made in advance when booking the Wellness Week package.

Daily healthy meals will feature vegan options, while special three- and four-course dinners are scheduled.

The Villa Group destination synonymous with beauty and tranquility, 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.

The package can be booked directly through the resort by calling toll-free at 800.790.4187 from the United States or Canada, or 800.838-2662 from Mexico, or by visiting villadelpalmarloreto.com/specials/wellness-week. For more information about the resort, visit villadelpalmarloreto.com.

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About Villa del Palmar at the Islands of Loreto

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 180 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, 2017, 2018 and 2019 as Mexico and Central America's Leading Resort by the same prestigious organization.

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