



Spring into a Spa-cation

Retreat. Restore. Renew

Total relaxation and better health await you at this top spa destination. From high-end treatments to cutting-edge rituals The Spa at Pelican Hill is taking rejuvenation to a whole new level. The property now offers a full scheduled Spa Suite Day of Wellness experience as a private program for individuals or small groups up to four. This wellness retreat is recognized internationally for its barefoot luxury, professional staff and programming. People from all over the world and locals alike travel here to get their health back on track and their bodies back in shape. This is more than just a vacation – it's a life-changing experience, a total health overhaul and quickly becoming a premiere wellness destination.

Unwind and feel pampered—between the personal spa butler and the over the top amenities, you are sure to feel revived at this legendary 23,000 square foot spa sanctuary. Delve into the inviting waters of the spa whirlpools or let your mind roam while your skin receives a rejuvenating facial. Customized spa treatments await amidst the backdrop of the breathtaking Pacific Ocean and the Mediterranean-scented air.

The Spa Suite Day of Wellness invites guests to revitalize their mind, body and spirit with a full-day retreat designed to help restore balance, find harmony and start anew. As you begin the

day with a challenging morning boot camp for those looking to maintain or push their daily fitness routine. A workout for every fitness level, this total body camp combines cardio drills with strength training to provide the ultimate calorie burn. As they say "No pain, no gain" and once the workout comes to an end you will leave with a sense of accomplishment. If a boot camp is not your style of fitness opt for the Morning Flow Yoga.

The retreat continues in a private Spa Suite with a light breakfast before you start the days planned

treatments. The resorts signature Omega-3 Smoothie compiled of Banana, Raspberries, Yogurt and Nonfat Soy Milk is robust with refreshing flavors. The Skinny Minnie is also another great option.

Now that your tummy is satisfied, relax completely and release toxins during an 80-minute Coastal Renewal treatment, which includes a scrub, wrap and massage. Ocean algae and Mediterranean herbs envelope you in this scrub, wrap and massage combo to detoxify and re-mineralize the body. The treatment improves



lymphatic activity and results include vibrant, glowing skin. The senses are then renewed with an intoxicating hot oil scalp massage, cool gemstone facial and hydrating body butter application.

After this relaxing treatment and a little downtime in the Spa's Acqua Colonnade a nourishing spa lunch is next up on the menu. The Spa cuisine offered here showcases a variety of seasonally fresh, mindful portions to satisfy all the senses. Beauty, flavor, texture and nutrition of food, support a sensible strategy for life long habits. The extensive menu has everything from Seasonal Flatbread and Veggie Pizza to Avocado Carpaccio and Tofu Teriyaki. The Burratta Salad is divine with fresh Baby Arugula, Heirloom Cherry Tomatoes and Pesto.

A personalized Happiness and Harmony workshop is included on the afternoon agenda. During this enlightening and empowering workshop, guests gain the understanding and insights necessary to bring balance and harmony to their everyday life. Resident Intuitive Life Coach Morgan McKean who we personally know and love leads the new program with humor and a straight-talk approach. When Morgan appears, people's lives change – for the better. With 20 years of experience in intuitive and spiritual transformation, she demystifies the real-world implementation of spiritual principles and human potential techniques, to set people free so they can lead happier, more successful lives.

When succumbing to a wellness makeover it wouldn't be right if only one spa treatment was on the agenda so don't miss a chance to indulge in the Spa's most decadent facial, the Natura's Diamond Experience. Formulated with more than 30 active ingredients, including marine originating DNA, this energy-producing cocktail combined with three massages will nourish your skin and provide a recognizable difference, similar to a cosmetic lift.

As the wellness experience comes to a close soak up the last moments of relaxation with the evening meditation and toast with a glass of sparkling Prosecco to end the day. You deserve it, your body, mind and spirit thank you. Don't feel guilty about playing hooky and treating yourself to a day of utter bliss, instead rejoice in the fact that you did something to make yourself better. Let the feeling of gratitude take over.

Tip: After a full day of wellness extend your time to include dinner at the Pelican Grill's Tasting Table. The Tasting Table invites epicureans to be seated right next to the restaurant's open-concept kitchen in the main dining room. This interactive, chef-led dining experience presents guests with exclusive daily dishes featuring the freshest seasonal ingredients and creative presentations. This opportunity highlights Chef Luke Turpin in his element, as he uses the freshest, most seasonal ingredients to create a menu bursting with originality. This is interactive dining at its best, where you are free to request ingredients that strike your fancy or give Chef Luke the freedom to create your meal from the very best of what's around. With communal seating for up to 10 guests, you can bring the entire party or share with other like-minded aficionados.

