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KEEPING CURRENT ON THE COAST

The Resort at Pelican Hill



SPOTLIGHT: NEWPORT COAST

Nestled in the hills above Crystal Cove, this exclusive community is dotted with luxurious estates and sweeping ocean views as well as The Resort at Pelican Hill, a five-star hotel and spa.

BY BRIANA VERDUGO

COURTESY OF PELICAN HILL

A REJUVENATING RETREAT

A new Spa Suite Day of Wellness presented by **The Spa at Pelican Hill** takes relaxation and reinvigoration to a new level.

The wellness program at The Resort at Pelican Hill begins with a 7 a.m. cardio-pumping boot camp class led by one of the resort's fitness experts. After, a light breakfast of fresh fruit, yogurt and granola is served in the private spa suite where groups of up to five can enjoy the space. Guests are picked up from the suite by their massage therapist for an 80-minute Coastal Renewal Body treatment that features a scrub, wrap and massage.

The wellness day includes fresh juices, smoothies and healthy lunch entrees as well as full access to the Acqua Colonnade, which hosts the spa's Roman-style whirlpool baths, steam rooms and saunas.

Perhaps the most unique part of the day is the guided happiness and harmony workshop intended to help bring balance to life. The itinerary continues with a sumptuous Natura's Diamond Experience facial, a meditation session and—the cherry on top—a sparkling glass of Prosecco before leaving around 5 p.m.

The all-day experience is an indulgent day for both visitors and local residents looking for a day of equanimity in their own backyard. (855-467-6800; pelicanhill.com)

