



Relax & Repeat

The Resort at Pelican Hill offers a revitalizing Day of Wellness

WRITTEN BY AMY ADAMS PHOTOS COURTESY OF PELICAN HILL

When feeling the need to just “get away,” or to spend some well-earned time pampering yourself, The Resort at Pelican Hill’s Day of Wellness is an obvious choice for indulging in a home away from home experience.

“The Day of Wellness treats our guests to a full day of nourishment and rejuvenation for the mind, body and spirit,” says spa director Robin Dunivin. “This thorough approach to wellness features fitness, nutrition, reflection and two high-efficacy spa treatments.”

Whether visiting locally or from out of town, entering the lush grounds will feel like a remote escape to paradise. The Palladian-inspired resort, located on the brim of Newport Coast, favors the kind of architecture often seen throughout parts of Northern Italy. Sitting on 504 acres, the expansive property features

204 bungalow guest rooms and 128 villas, ensconced in rolling green hills with alfresco seating overlooking the blue beyond.

Commence your stay with an intimate epicurean evening at Pelican Grill’s Tasting Table (available for groups of 6 to 10), where lauded chef Luke Turpin will tailor a bountiful meal derived from fresh, indigenous ingredients, pairing each course with wine that fully enhances the meal’s savory flavors. “I collaborate closely with our food purveyors and have them send me their best products. Many times, these special items come in limited quantities that can only be served to a small group of guests,” explains Turpin. “The Tasting Table is my pride and joy. It has been a delight to include our food purveyors, as well as farmers, in this process to provide the best possible experience for every guest that joins us.”

After a restful night’s sleep in one of the resort’s astounding ocean view accommodations, burn off the evening’s indulgences with an early-morning hike on the pristine sands of Crystal Cove or challenge yourself with an hour-long boot camp at the Spa Movement Studio, where you can take part in a fast-paced, calorie-burning mix of strength training and cardio.

Following a healthy workout, relish in an 80-minute coastal renewal treatment at Pelican Hill’s award-winning spa (honored for six consecutive years with *Forbes* five-star rating), beginning with an exfoliating salt scrub followed by a detoxifying massage of warm, aromatic oils and decadent body butters. “[This] treatment not only includes a scrub and wrap, but also steps it up a notch by hydrating the skin with a body butter massage to finish,” notes Dunivin.

After the treatment, nourish your body with



(clockwise from far left) One of the resort’s astounding ocean view accommodations; lauded chef Luke Turpin of Pelican Grill’s Tasting Table; a tranquil retreat awaits at Pelican Hill’s award-winning spa.



organic lunch selections such as Burrata Salad or Free-Range Chicken Breast in the Spa Suite, an ideal location for personal gatherings. Then, take part in a unique and enlightening Happiness and Harmony workshop led by Morgan McKean, designed to help empower and achieve a greater knowledge of what’s required to encourage balance and harmony in life. With this renewing workshop, one is able to take a step back from the busy tasks of everyday life and evaluate their complete picture of balance and fulfillment, getting in touch with one’s true self. “Participants come away with a clearer approach and lasting adjustments to the masterpiece they’re creating in their everyday lives,” says McKean.

At the expert hands of one of the resort’s skilled estheticians, conclude the wellness experience with a Natura’s luxurious Diamond Facial, using multi-active ingredients—like marine originating DNA—that are gently massaged into the face and décolletage, nourishing the skin and giving it a lift-like look. “Known fondly as our “red carpet ready facial,” Natura’s Diamond Experience reveals an immediate and recognizable difference, similar to a cosmetic lift,” says Dunivin. “At the end of the day, our guests leave the Spa with a comprehensive sense of renewal and balance.”

Complete your total state of relaxation with a 30-minute meditation session, a final opportunity to clear your mind before departure, where you’ll toast to health and wellness with a glistening flute of bubbly.

