



FINDING BALANCE AT THE BEACH

Blending the best aspects of both hard work and taking time to unwind, the Balanced Wellness Retreat at The Resort at Pelican Hill culminates in the ultimate way to focus on the self and emerge feeling refreshed.

Vacationing provides a prime opportunity for indulgence—relishing the best spas, savoring the richest foods, and cramming as much relaxation as possible into a precious few hours before heading back to the grind. So, practicing moderation during your time away might initially seem like a senseless exercise in deprivation. However,

The Resort at Pelican Hill has created a retreat that makes an intriguing case for prioritizing your health while on vacation, and does so in a way that caters to more than just those enviably fitness-minded few.

Rather than treating a vacation as a chance to squeeze in enough rest to catch up on

lost time, the Balanced Wellness Retreat facilitates finding equilibrium between relaxation and recreation. It also cushions the post-vacation crash by helping you to take a step back from daily stresses, find a maintainable fitness path, and ultimately determine a balance of inner and outer health that is both achievable and appealing.



The program begins before you step foot on the pristine grounds of the resort, when the attentive Spa staff contacts you with a survey to fill out indicating your expectations and personal preferences for the retreat. Don't worry about giving less than desirable answers—no response is frowned upon, and the Balanced Wellness team takes your particularities into account in every aspect of the program, making for a customized experience to suit your needs and desires.

In fact, the friendly demeanors of each and every Pelican Hill staff member will make you feel instantly centered and settled, giving the impression of staying at a friend's (stunningly appointed and fortunately located) home rather than a hotel.

You can further personalize the one- or two-day retreat by selecting among a variety of invigorating fitness classes, soothing spa treatments, and thoughtful discussion and introspection time to create a thoroughly rejuvenating experience for mind and body alike.

By your side throughout the experience is Cara Marshall, the enthusiastic and eminently approachable Balanced Wellness Instructor. Her genuine passion for healthy living in conjunction with her endless encouragement makes cardio and yoga classes feel more indulgent than exerting. Time flies by as you engage in enjoyably vigorous workouts such as a brisk walking loop through the outstanding natural beauty of nearby Crystal Cove beach.

The variety of fitness options prevents any chance of boredom while working out, and instills motivation and inspiration for a healthier future following the retreat. From Dynamic Yoga to hone flexibility and balance to Functional Strength to utilize your own body's weight and capabilities to tone and strengthen, you'll find no lack of options to help ascertain your preferred mode of fitness, making it that much easier to incorporate your favorite parts of the retreat into your daily life upon return to the real world.

In keeping with the pursuit of balance, the retreat entails much more than exercise alone. You'll also have several chances to try Pelican Hill's delicious cuisine, with the pleasant surprise that the dining selections for the weekend are, in fact, selected primarily for their health benefits.

Most meals are enjoyed at the comfortably casual Coliseum Pool & Grill, a stunning

eatery overlooking the perfectly round Coliseum Pool and the Pacific Ocean. You may also venture to Andrea Ristorante for some of the freshest pasta you'll ever encounter. Regardless of where you dine, the cuisine will inspire one of the happiest revelations you'll come to over the weekend: healthy food can be just as palatable and flavor-filled as its evil, fat-packed stepsiblings.

Pelican Hill is the only resort with access to the Irvine Ranch®, a farm from which chefs obtain the freshest local ingredients to create meals with a skilled eye for fresh and seasonal recipes. Over the weekend, you'll experience this in dishes such as bean salad complemented by heirloom apples and roasted beets, courses centered around fresh tomatoes and avocados bursting with flavor, and succulent gnocchi with vegetable ragout and tomato coulis.

For the ultimate in relaxation to round out your weekend in paradise, visit The Spa for treatments specially chosen to amplify the sense of peaceful revitalization pervading the retreat. Luxuriate in the Slow Down massage, which encourages total relaxation with rhythmic strokes and soothing scents, as well as the Amber Gold Signature Massage, a combination of dry brushing exfoliation and Swedish massage that inspires full-body rejuvenation.

On top of the retreat's pre-planned activities, you'll find an abundance of alternative diversions to fill the free time slated into your stay. Check out the live weekend entertainment at Pelican Grill and the Resort's living-room style Great Room, dabble in some world-class golfing, sun yourself by the saltwater pool, or take a complimentary shuttle to Crystal Cove.

Of course, keeping in mind the retreat's focus on inner harmony, you may simply want to unwind and bask in some quiet time in your accommodations. Especially considering the exquisitely appointed Bungalows and Villas, complete with soaker tubs, lush beds and lounging areas, fireplaces, and ocean-view terraces upon availability, it's more than likely you'll just want to savor the superb comfort and elegance of your lodging.

We'll take any chance we can to extend the feeling of tranquility that defines a true vacation beyond the trip itself, so a weekend wherein every aspect is formulated to foster an ongoing sense of inner calm and contentment sounds like a pretty good gamble to us. PelicanHill.com