

# REBECCA RECOMMENDS

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*Luxuriously exclusive wellness treatments that will get under your skin at Castello Del Sole, Ascona.*

## Start the Year with a Focus on Wellness

Dear Friends,

We wish you the gladdest of tidings and warm wishes for the New Year. May this coming year be one of renewal and reconnection in your own lives, as well as the clients for whom you will arrange memorable adventures worldwide. To that end, we offer these ways to wellness from some of our favorite travel Rebecca Recommends partners, from spa treatments galore to fresh-air fitness to traditional healing and well-being methods.

For your clients who crave court time, we are especially enamored of the tennis weeks coming up at the glorious Curtain Bluff - a sunny respite from the winter doldrums. Guests will enjoy approximately \$1,000 worth of tennis lessons and activities as part of their week, honing their game with touring tennis pros and fantastic instructors. These top talents play alongside guests, teaching them strategy and tactics on Curtain Bluff's four picturesque courts overlooking the Caribbean Sea.

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Off the court, guests are encouraged to take full advantage of this world-renowned, five-star resort, with its full-service spa, two pristine beaches, acclaimed beachside dining and bar, nightly live music, and one of the highest-rated resort staffs in the Caribbean.

Part of The Living Circle hotel group - Castello del Sole sits within the 370-acre farming estate of Terreni alla Maggia on the edge of Lake Maggiore in Ascona. Guests are invited to stroll through fragrant vineyards, try their hand at falconry, visit the Eden-like Brissago Islands, hike in the Locarnese valley, visit the World Heritage castles of Bellinzona or just surrender to the warming rays of the sun on the properties own private beach. At their 2,500 sqm luxurious spa, your clients will experience a world of water, fragrances and vapors - a sensual world oscillating between regeneration and exercise, between active and relaxed.

From a private bike ride through our nation's capital to spa treatments in an Irish castle, from yoga overlooking the beach in Tel Aviv to blissful moments in Byron's Bay, Australia, we are tempted by each and every one of these fabulous escapes for mind and body. What better way to greet the New Year than by focusing on oneself? Take a readthrough, share with your clients, then reach out to us with any questions or to make the introduction to these RR partners. Happy New Year to you and yours!

Fondly,

*Rebecca*



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## Table of Contents

Page

- 4 [Red Carnation Hotel Collection: Discover the Way to Wellness & Well-Being](#)
- 5 [Curtain Bluff: Health & Wellness Weeks to Help Time Slow Down](#)
- 6 [Meadowood Napa Valley: A Five-Star Spa Getaway to Mark the New Year](#)
- 7 [Dwarika's Resort: Find Harmony of Body, Mind and Spirit in the Himalayas](#)
- 8 [Resplendent Ceylon: Soaking Up the Stillness in Sri Lanka](#)
- 9 [Ventours International: Indulgences in India](#)
- 10 [Southern Crossings: Ways to Wellness in Australia and New Zealand](#)
- 11 [Blanket Bay: Be Inspired by Nature and Awe-Inspiring Surroundings in New Zealand](#)
- 12 [Sea Song: Welcome in the New Year with an Ancient Turkish Tradition](#)
- 13 [Dream Escape: Where Relaxation and Renewal Become Reality](#)
- 14 [The Torridon: Find Wellness Through Adventure in Scotland](#)
- 15 [The Hari: Find Belgravia's Best Moments of Well-Being](#)
- 16 [The Nare: Revel in the Natural Beauty of Cornwall](#)
- 17 [The Drisco Hotel: A Haven of Calm, Inside and Out](#)
- 18 [Beyond Times Square: Bike Through History in Our National Capital](#)

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*The Spa at Xigera Safari Lodge with its magnificent surrounding wildlife is one of a kind.*

## **[Red Carnation Hotel Collection](#): Discover the Way to Wellness & Well-Being**

From meditation to the soothing sounds of the Okavango Delta's wilderness and wildlife at [Xigera Safari Lodge](#), to the restorative treatments at the 12 Apostles Hotel & Spa nestled within Table Mountain Reserve in Cape Town, to soul-searching spa experiences at the 800-year-old Ashford Castle in Ireland, our properties offer the ideal environment for peace and serenity.

Nestled within the natural sanctuary of the Okavango Delta, the Spa at Xigera Safari Lodge, with its soothing color palette and organic textures, exists in perfect harmony with the surrounding landscape. Guests are treated to customized, signature B|Africa spa treatments based on exclusive Tata Harper products. In tune with the lodge's nature-first commitment to sustainability, all treatments are 100% natural and non-toxic.

Voted Ireland's Best Hotel Spa for six consecutive years, the Spa at [Ashford Castle](#) offers a haven of tranquility in the West of Ireland. From the state-of-the-art, bronze conservatory spa, visitors can gaze upon the rugged terrain and changing nature of the skyline over Lough Corrib, home to some 1,000 islands. Opt for a unique treatment using VOYA spa products, a local organic range which uses hand-harvested seaweed from the island's Atlantic coastline.

For a truly bucket-list spa experience, we suggest a massage in an outdoor gazebo at [12 Apostles Hotel & Spa](#). Surrounded by the natural beauty of the Table Mountain National Park, while looking out across the Atlantic Ocean, the location makes for a truly romantic experience to share with a loved one.

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*Health and wellness-focused weeks in Caribbean luxury.*

## **Curtain Bluff: Health & Wellness Weeks to Help Time Slow Down**

The idyllic haven of Curtain Bluff is nestled among the palm trees on a rocky outcrop between two secluded coves, the perfect place to shrug off worldly woes and relax into wellness. This spring, the indulgent resort will be offering two [Health & Wellness Weeks](#) over April 15-22, 2023 and April 22-26, 2023. Guests will have the opportunity to enjoy daily, intimate group classes, such as vinyasa flow yoga practice, pilates, tennis lessons with in-house pros catered to all levels, and daily spa treatments from an exclusive Health & Wellness Week menu. Weekly offerings will also be available, including aqua aerobics, a sunset meditation, a fitness walk through Old Road Village and a hike to Boggy Peak (Mount Obama), Wallings Dam Nature Reserve, and Tobacco Bay, led by in-house practitioners.

This highly lauded, divine oceanfront retreat boasts a lineup of activities thoughtfully curated for romantics and families, alike, a widely recognized tennis center, a tranquil spa, abundant water sports and not one, but two beautiful beaches, one for surf and one for swim, depending on one's mood - both only steps from the 72 guest rooms and suites. Time moves more slowly at Curtain Bluff - lazily, dreamily, and always to the rhythm of the waves. It's the perfect pace for reconnecting with loved ones and oneself.

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*Tune in to your serene side as part of your focus on holistic living.*

## **Meadowood Napa Valley: A Five-Star Spa Getaway to Mark the New Year**

As your clients reflect on a holiday season spent in celebration with family and friends and look forward to 2023, why not suggest they make time for mind and body at Meadowood Napa Valley?

For your exercise gurus, consider Meadowood's [offerings](#) for fitness devotees, from HIIT to boxing to barre. Complimentary classes are offered to guests throughout the day, seven days a week. For those seeking to get in tune with a more serene side, suggest Meadowood's meditation, yoga, breathwork and crystal sound bath classes, which allow for restorative reconnection to holistic living.

Whether they're working out daily or focusing on new meditation techniques, all Meadowood guests should complete their wellness journey at the Forbes Five Star Meadowood Spa. The all-suite layout ensures ultimate privacy for each guest, elevating the delight of pampering. Two sanctuary gardens offer additional calm and respite.

Consider this Five-Star Getaway your 2023 New Year's gift to your spa-loving clients, including two nights in luxury accommodations, a \$500 credit for The Spa at Meadowood, and one hour in the Tree House Suite at the spa (two-night min. required; available Sun.-Wed. nights in January and February 2023; subject to availability; not combinable with other offers and promotions; does not include taxes or service charges.)

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*Create your own pathway to relaxation and inner peace.*

## **Dwarika's Resort: Find Harmony of Body, Mind and Spirit in the Himalayas**

At the Dwarika's Resort, well-being means achieving harmony and balance between our environment, body, mind and spirit. Easier said than done, but here in the ethereal Himalayan region, Mother Nature takes over. The Dwarika's is a sanctuary for relaxation and rejuvenation, inspired by the holistic lifestyle of the area and the wisdom of ancient Vedic scriptures and Buddhist philosophy.

Guests may enjoy a mix of Hindu and Buddhist health and wellness philosophies, getting closer to their inner selves. In the Pancha Kosha Himalayan Spa, treatments and therapies are designed to address each of the five layers (koshas) of being. This stems from the Yogic philosophy that believes human existence comprises five (pancha) different layers (kosha), at the core of which is the soul or atman. Your clients can also recharge in the Himalayan Crystal House with an aura-cleansing session, realize the significance of breathing exercises in the Himalayan Salt Room, and reclaim the calm of solitude in the spa's Meditation Caves. Add to this an invigorating yoga session, peaceful pottery-making workshop, or even a healing Singing Bowl Therapy to create a personalized path to well-being, all in the serene surroundings of the resort.

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*Explore and rejuvenate with family and friends surrounded by magnificent wild beauty.*

## **Resplendent Ceylon: Soaking Up the Stillness in Sri Lanka**

Whether it's soaking up the calm of a breathing exercise, or immersing oneself in nature and wildlife, Resplendent Ceylon offers opportunities for a fresh beginning in 2023. Yoga embodies the idea of uniting body, mind and spirit and nowhere in Sri Lanka is it more enjoyable than at [Cape Weligama](#). Guests practice asanas (poses) with pranayama (breath techniques) and meditation to achieve holistic harmony, stillness and balance.

Sometimes, the best way to recharge and practice the power of being still is to unplug and immerse oneself in nature. At [Wild Coast Tented Lodge](#), the game drive and guided nature walks invite guests to seek new perspectives. The combination of their ranger's knowledge and the ability to walk through the forest with someone who knows it well makes for the quintessential wilderness experience.

Beyond the more obvious relaxing and muscle-soothing benefits, baths can clear the way for soulful transformations. At [Ceylon Tea Trails](#), guests are invited to light a scented candle or two, dim the lights and take a much-needed soak in their sumptuous bathtub. Bath rituals embody the idea of cleansing the soul, restoring the body and soothing the mind. With mind, body and spirit full and satisfied, the new year can begin.

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*Experience healing of the mind and body with the backdrop of the Himalayas.*

## **Ventours International: Indulgences in India**

Rich and diverse in heritage, history and culture, India's widespread influence in traditional medicine and health practices is renowned. Undoubtedly, the two most influential and well-known ancient systems of wellness are yoga and Ayurveda, which can be the focal points of a Ventours International escape for your spa-centric guests. While yoga is said to be the "science of achieving absolute union with the divine," Ayurveda predates modern medicine and is an all-encompassing holistic system focused on both mind and body.

From the mountains of the Himalayas to the lush green plains of Southern India, India offers a variety of treatment centers, retreats and spa resorts that cater to every need, desire and budget through detox therapies, massage treatments and fitness packages. Consider the exceptional wellness retreat Ananda-in-the-Himalayas in North India, where "healing is focused on a deeper understanding of oneself, of one's body, mind, and spirit, and leading toward integration, balance, and harmony."

While most, if not all, five-star hotels in India offer incredible spa and wellness treatments, Ventours International highly recommends Ananda-in-the-Himalayas, Six Senses (Vana Retreat), Six Senses (Fort Barwara) and CGH Swasara. Retreats last anywhere from 3 to 21 nights, and are typically customizable to your client's needs and interests.

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*Cape to Cape Walk into Luxury, Margaret River - Western Australia.*

## **Southern Crossings: Ways to Wellness in Australia and New Zealand**

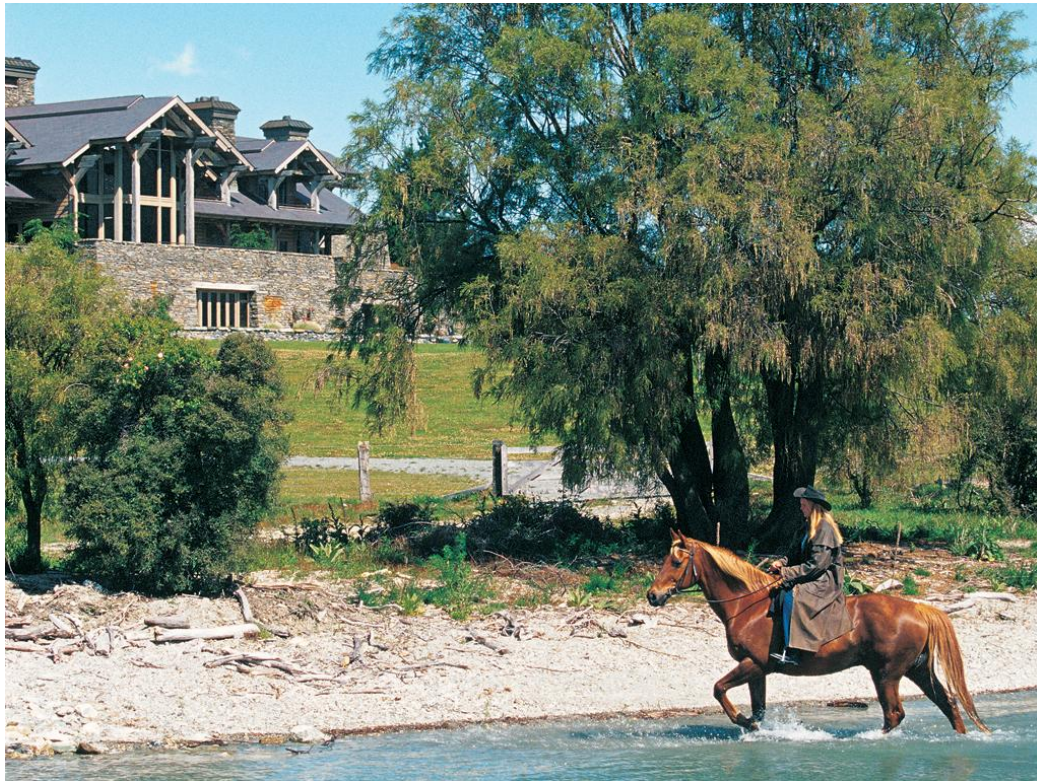
After the festive season when we all have a tendency to live a little too well, January is often a time of stock-taking and New Year's resolutions: eat better, sleep better, be more mindful, learn a new skill. Wellness travel comes in all shapes and sizes, and Australia and New Zealand deliver in spades.

Southern Crossings is delighted to offer numerous ways for your clients to celebrate life in 2023. In New Zealand, choose from fabulously restorative fishing retreats and gorgeous golfing getaways, equally breathtaking hot tubs and heli-hikes, mud baths and massages, forest-bathing and river rafting, sunrise yoga lessons and glittering star-gazing sessions.

From rainforest to reef, bush to beach, Australia's diverse landscapes are also ideal for reconnecting with self and surroundings. Bliss out in Byron Bay or walk your way to wellness in Tasmania. The Southern Crossings Sydney team can arrange a fully guided and accommodated multi-day hike of the Margaret River wine country's stunning coastline or at an outback camp under a sky full of stars. Looking toward the future, share with your Down Under-dreaming clients that Six Senses will be transforming a historic mansion in Victoria's picturesque Dandenong Ranges, just a stone's throw from Melbourne. With five-star hotel and restaurant, extensive gardens and a spa retreat with multiple treatment rooms (as well as a gym, pool, hydro area and sauna), Six Senses Burnham Beeches will offer a collection of interactive gastronomy, wellness and sustainability experiences. Opening in 2025.

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*Horseback riding to soothe the body, mind and soul.*

## **Blanket Bay: Be Inspired by Nature and Awe-Inspiring Surroundings in New Zealand**

Just taking a moment to stop and breathe in the awe-inspiring scenery from Blanket Bay provides an unsurpassed level of relaxation. The magic of wide-open spaces, gazing at the crystal-clear waters of Lake Wakatipu or following billowing clouds over the mountainous landscapes will improve your clients' wellbeing.

With World Heritage areas Fiordland and Mt. Aspiring National Park just minutes away by helicopter, Blanket Bay offers the perfect location for immersing oneself in everything this spectacular region has to offer. Jet-boat experiences, horseback riding, fly-fishing, zip-lining, and Fun-Yak and hiking tours from the lodge are a small selection of the vast offerings.

If walking and hiking take your clients to their happy place, many of the Routeburn Track's vast highlights can be achieved in a day from Blanket Bay. The track is one of New Zealand's nine great walks, revealing a most stunning setting. For those who recharge and reconnect when deep in a natural setting, Blanket Bay is the answer.

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*Relax and refresh at Hamam Bölümler.*

## [Sea Song](#): Welcome in the New Year with an Ancient Turkish Tradition

For something entirely new, suggest to your Turkey-bound clients that they wash off the old year and ring in the new with a traditional Turkish bath experience, traditionally known as Hamami. This purifying treatment involves a number of cleansing rituals in saunas, steam rooms, scrub rooms, wash rooms, salt rooms and pools throughout the bath facility. Perhaps the most famous part of the experience is the body scrubbing, done with a *kese* (an exfoliating mitt) to remove dead skin cells. After the scrub session, bathers relax on a large marble slab and enjoy a full-body bubble-wash ritual, followed by a bubble massage, including the head and neck. Guests can choose to finish with an oil massage, clay mask or aromatherapy massage. After a final rinse, bathers are completely relaxed and refreshed.

The special feeling one gets from an indulgent Turkish is second only to the exceptional level of personal service one feels when traveling with our friends at Sea Song. Not only can they point your client toward the best hammam facilities, but they can also handle all aspects of a Turkish vacation. They arrange for private tours with driver and professional guide, off-the-beaten-path experiences and innovative itineraries, all with a level of quality and service second to none. From wellness getaways to sailing a gulet on the Aegean, Sea Song is the key to an exceptional Turkish experience.

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*Try wild swimming in your own remote location and unwind.*

## **Dream Escape: Where Relaxation and Renewal Become Reality**

We are constantly searching for new ways for our clients to take a meaningful break from ever hectic schedules. Dream Escape understands that wellness is very personal, and we will find the ideal destination and experiences for you. Whether this is contemplating the cosmos from a moon bath at Broughton Hall in Yorkshire or relaxing in your own exclusive lakeside spa-house in Suffolk's Wilderness Reserve, Dream Escape has the contacts, knowledge and experience to find the perfect place for your guests to recharge and reconnect.

As an island nation with close affinities to the water, Britain has long had a tradition of [wild swimming](#). Wild swimmers take to nature's open spaces for an alfresco dip in all weathers and seasons. With thousands of miles of coastline and a vast network of rivers and estuaries, we are spoilt for choice with waterside locations in the UK and Ireland. Dream Escape Travel Designers can arrange expert-led experiences in many wonderful, off the beaten track locations.

Experience a full moon swim with a cold swimming specialist in Ullswater, in The Lake District and swim under the moon and the stars with an illuminated tow float. Explore the wilderness and enjoy wild swimming from the shores of a private island nestled in a loch on the dramatic west coast of Scotland or take the plunge or an invigorating swim on the Isle of Skye. Whatever is calling you, we guarantee to curate the perfect experience.

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*Peaceful open skies with awe-inspiring scenery never disappoints while sea kayaking.*

## **The Torridon: Find Wellness Through Adventure in Scotland**

Loch Torridon's ever-changing waters offer the opportunity to embrace the wilderness. Float in the depths of a Highland sea loch, with aquatic nature beneath one's feet and fresh air filling the lungs. Go sea kayaking in views of the stunning Highland landscapes, with jagged mountains rising majestically from the loch and ever changing views around every corner.

Paddling on the loch is an unforgettable experience that gives one a renewed sense of perspective as they take in the scale of the Torridon mountains formed more than 700 million years ago. It's a reminder to live in the moment, enjoying encounters with the wildlife of the northwest Highlands, including otters, eagles and seals.

After the most refreshing of adventures, guests may return to The Torridon's oak-paneled drawing room to warm up by the roaring log fire, sipping on hot tea or a dram of whisky selected from the Whisky & Gin Bar's 365 malts. Later, return to one of The Torridon's beautiful, individually designed rooms for the most relaxing of sleeps. It's the perfect break for body and soul.

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*Bike-riding through Belgravia is excellent mind-clearing fun.*

## **The Hari: Find Belgravia's Best Moments of Well-Being**

The Hari has prioritized the well-being of its guests, with special amenities and services that will leave one feeling refreshed, no matter the length of stay. Perhaps it's a weekend away, shopping in Belgravia. In that case, wellness may mean a bubble bath in one's room, with Himalayan pink bath salts from Corinne Taylor, or catching up on sleep with the help of relaxing body oil from Aromatherapy Associates. Perhaps well-being means being the best steward of the earth one can be - for that, The Hari offers eco-friendly treats in their mini-bar selections.

In the heart of The Hari, escape to the little library, where guests are encouraged to treat themselves to a dose of escapism with their favorite tippie. For something a little more rejuvenating, partake in some gentle exercise. Take a ride around London using The Hari bicycles, or use the state-of-the-art Peloton bike in the 24-hour fitness center.

Belgravia is also filled with establishments dedicated to pampering, ranging from the luxurious Errol Douglas MBE hairdressing salon, to the famous Hershesons, filled with the most sought-after names in beauty and wellness, to LondonCryo, specializing in recovery treatments. Whether your client is in need of an infrared sauna or luxurious facial, reserve them an appointment at preferential rates as friends of The Hari.

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*The sounds of the Atlantic Ocean and warm spa water guarantees relaxation.*

## **The Nare: Revel in the Natural Beauty of Cornwall**

It is well documented that nature is good for the body and mind. The Nare's location, based in an area of outstanding natural beauty overlooking the Atlantic Ocean in Cornwall, England, offers respite for the mind in spades.

For children, wellness is the fresh-air freedom to roam on Carne Beach in front of the hotel or make a splash in the indoor or outdoor pools. Others may seek their relaxation upon the seas aboard *Alice Rose*, The Nare's 38-foot gentleman's motor launch, which can be enjoyed on a scheduled sailing or private charter.

The friendly, attentive team at The Nare can organize a range of activities for guests, including fishing, kayaking and guided hikes along the miles of coastal path. The hotel's spa and leisure facilities offer more conventional forms of wellness, providing ample opportunity to release life's stresses and strains. One can work out in the gym, do some gentle lengths in the indoor and outdoor pools, and let off some steam in the sauna and steam rooms.

The Carne Bay Spa, located within the hotel has treatments for optimum relaxation and wellness, ranging from reflexology to manicures. Guests can revel in the panoramic sea views over Gerrans Bay from the outdoor hot tub and indulge in a nourishing post-pamper lunch or dinner in The Nare's traditional Dining Room. Seaside bliss is easy to come by here on the Cornwall seashore.

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*Relax at Daria Spa after a full day exploring Tel Aviv.*

## [The Drisco Hotel](#): A Haven of Calm, Inside and Out

The Drisco Hotel, a five-star property and proud member of The Leading Hotels of the World, is ideally located in the historical center of the picturesque and pastoral American-German colony in Tel-Aviv. Within this calm, scenic neighborhood, guests find a tranquil home base for city exploration and the delightful Daria Spa, the perfect place to return to and relax.

Give your clients the opportunity to decompress and unwind in the Daria Spa's luxurious treatment room, offering the latest spa equipment and a menu of professional treatments performed by expert massage therapists. The state-of-the-art, 24/7 gym provides a modern setting for those who like to start the day off with a morning sweat session, or wind down the evening with a lift and stretch session. Move up to The Drisco rooftop terrace, overlooking the beach of Tel-Aviv, for peaceful yoga practice or to simply soak up the view.

As part of their well-being vision, The Drisco Hotel offers its guests complimentary bicycle rental, an authentic and intimate way to discover the intricate secrets of Tel-Aviv and Jaffa at leisure. In addition, the expert staff is always on hand to provide exceptional personal service, including the recommendation of walking or running routes along the beaches of Tel-Aviv, just a short distance from the hotel.

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*Lit up in glorious splendor, experience the best of Washington, D.C. by bike at night.*

## **Beyond Times Square: Bike Through History in Our National Capital**

Washington DC's iconic monuments become even more magnificent when the white marble is illuminated in contrast to the night sky. With fewer tourists and little traffic, your clients can embark on a private bike tour of Washington, DC at night and revel in the monuments' peaceful and calming essence.

This is a perfect wellness biking experience combined with a fully customizable tour of DC's most iconic attractions. Explore the most popular sites, including the White House, Washington Monument, Jefferson Memorial, Lincoln Memorial, DC WWI Memorial and the WWII Memorial. Basing sightseeing on personal interests, a private tour guide can also take guests to the FDR Presidential Memorial, Vietnam Veterans Memorial, Korean Veterans Memorial, Smithsonian Castle, Capitol Building, Library of Congress or Supreme Court.

Bike tour guests receive premium water bottles, snacks and bike lights to help ensure an optimal experience. This biking experience is also available during the daytime and the cherry blossom season.