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ENTERTAINMENT  
By Tracy E. Hopkins

## New year, New you: Wellness and fitness retreats in paradise



Every year you resolve to get in shape and carve time for self-discovery. So why not work on becoming the new you while on an exotic wellness retreat far, far away from your cramped apartment?

### 1. For the spa lover

Located on 80 acres of pristine forest reserve in Mairipora, Brazil, **Unique Garden Spa & Resort** ([uniquegarden.com.br](http://uniquegarden.com.br)) lives up to its name. The spa offers more than 80 treatments incorporating Tibetan, Japanese, Indian and Brazilian techniques, and an onsite nutritionist helps prepare menus using organic ingredients grown on the grounds.

The retreat: The three-night Health Retreat Spa Package includes accommodations, all meals, and a customized workout regimen prepared by a team of personal trainers. It also offers plenty of pampering including body exfoliation, massage, and a Rasul Ritual with a full-body application of clay and a steam bath.

Rates: From \$2,260 per person for three nights.

Getting there: Unique Garden is located approximately 50 minutes by car from São Paulo Guarulhos International Airport. Find nonstop flights from JFK starting at \$847 roundtrip on Kayak.com.

### 2. For a week of healthy living

Surrounded by mountain, meadows, and wild flowers in Tecate, Baja Calif., the 3,000-acre **Rancho La Puerta** ([rancholapuerta.com](http://rancholapuerta.com)) straddles the U.S.-Mexico border.

The retreat: A week-long trip at the ranch offers an opportunity to find oneself. Accommodations are adorned with Mexican folk art, food comes in the form of lacto-ovo vegetarian meals, and there's a choice of about 50 fitness classes ranging from hiking and yoga to Tai Chi and water aerobics, daily workshops and seminars, and nightly entertainment.

Rates: From \$2,985 per person, per week based on double occupancy.

Getting there: The ranch offers complimentary scheduled transportation to and from San Diego Airport. Jet Blue offers direct service from JFK from \$154 each way.

### 3. For the fitness fanatic

The secluded **One & Only Ocean Club** ([oceanclub.oneandonlyresorts.com](http://oceanclub.oneandonlyresorts.com)) in Paradise Island, Bahamas overlooks white sand beaches and warm blue waters.

The retreat: The fitness-focused **Physique 57 Ocean Club** retreat incorporates the vigorous, New York City-based program of intense isometric exercises and orthopedic stretches. A four-night getaway is offered in May and September and includes accommodations with a garden view, two daily beachfront classes, a \$300 food and beverage credit, and two \$50 spa certificates. Guests are also treated to a welcome beach barbecue catered by Jean-Georges Vongerichten, complimentary access to the on-site fitness center, and a welcome gift bag from Physique 57.

Rates: From \$897 per person based on double occupancy.

Getting there: Jet-Blue has direct flights to Nassau International Airport from JFK starting at \$149 each way. The package includes roundtrip transfers to and from One & Only Ocean Club.

### 4. For quiet time

Enveloped in a tropical jungle with a stellar view of the Pacific coast, you'll find the **Kalani Oceanside Retreat** ([Kalani.com](http://Kalani.com)) on Hawaii's Big Island. Without the distractions of telephones or television, this is the perfect setting to reflect and renew.

The retreat: The seven-day, six-night Kalani Experience includes simple accommodations, healthy meals, two 60-minute bodywork sessions, a half-day excursion to a black sand beach, turtle pond, or sunset lava trek on the Big Island, use of Kalani's facilities including pool, hot tub, sauna, daily yoga, and hula, dance, meditation, and weaving classes. Volunteer, sabbatical, couples, and artist-in-residence programs are also available.

Rates: From \$840 per person for lodging on the campsite to \$1410 per person for an Ocean Cottage room based on double occupancy.

Getting there: Take a nonstop flight to Honolulu on Oahu, from \$736 roundtrip on Delta. Then fly to Hilo (from \$71 each way on Hawaiian Airlines, [hawaiianair.com](http://hawaiianair.com)) and take a free Hele-On city bus or the Kalani shuttle for \$45 per person.



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Is OWS only going to get stronger?

- Yes
- No
- Let's see how long the snow stays away.

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