



ASK A TRAVEL ADVISOR

{ READER MAILBAG }

"I have limited vacation time and would love to combine a wellness travel experience with our annual family getaway.

Are there any companies or destinations you could recommend that would be a fit for a wellness/spa seeker with young children?"



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"Many of today's Wellness Travelers wish to incorporate their wellness needs into a family vacation. In our time-starved world, most can only manage one vacation per year, with the priority being with family. In response, many properties are offering an integrated approach to vacationing, including a wellness component to appeal to everyone in the family.

Eden Roc Cap Cana, a beachfront Relais & Châteaux boutique resort in The Dominican Republic has done just that. As a member of the Wellness Tourism Association and Virtuoso Wellness Community, they feature 64 fabulous accommodations, including family suites and multi-bedroom villas. Their beachfront Solaya Spa has spectacular views, anti-gravity yoga, Hammam, rainfall showers and beachside cabanas for treatments. For the family, there is zip lining, swimming in the Cenote Hoyo Azul, and Koko Kids Club, with supervised activities such as kayaking on the lagoon and mini manicures and pedicures at the club's spa, even a wellness afternoon tea for children.

Another property that combines wellness with family in a synergistic way is Enchantment Resort surrounded by the red rocks of Sedona. Sedona vortexes are thought to be swirling centers of energy that are conducive to healing, meditation and self-exploration. While here, you can experience Mi Amo Spa with its indigenous-inspired methods. For the family, there's pink jeep tours, hiking, swimming, mountain biking, indigenous experiences, tennis, golf, and the Camp Coyote Children's Club.

Eupepsia Wellness Center, located on expansive farmland in Southern Virginia, offers integrated and Ayurveda-focused health and wellness retreats. The resort is ideal for family retreats, offering a wide variety of wellness activities from spa treatments and relaxation to outdoor and indoor sports, including hiking, horseback riding, tennis, and basketball. In addition, the resort offers educational farm tours on the property, as well as kids and teen club programs. Concurrently, parents will have their own custom-designed programs focused on sports, wellness and healthy eating."