

Luxury Wellness And Fitness Retreats Launching In 2020, With Seclusion And Safety In Mind



Perhaps National Relaxation Day (on the 15th) and National Wellness Month (all August long) should be taken a little more seriously this year.

The burnout was real in 2020. And while there are endless ways to unwind, recharge and [indulge in some self-care](#), there's nothing quite like a luxury wellness retreat to truly escape the stressors of daily life. Relaxation is a great time to heal, assess our lifestyle choices and pinpoint which aspects of our health are in need of TLC. After months of shutdown, many luxury destinations are reopening as socially-distanced sanctuaries, with a ready-focus on wellness packages, meal plans with in-suite dining and fitness programs to help give us a jumpstart on our path to rejuvenation.

While most spas are operating on a limited menu of basic massage therapies, these hotels, resorts, and other venues have designed private spa packages and outdoor-centric experiences that naturally lend themselves to new health protocols, with social distancing and routine sanitization in mind. But before booking, make sure to track [safety guidelines for reopening](#), as well as [state-by-state travel restrictions](#), and keep your face mask just as handy as your yoga mat. In this new world of wellness travel, safety trumps self-pampering.

The Royal Poinciana Plaza



Hotels are not the only places capitalizing on the jetsetter's appetite for health and fitness. The Royal Poinciana Plaza is a luxury shopping destination in Palm Beach, Florida, featuring shops like Assouline, Hermès, Oscar de la Renta and more. While many of the stores have reopened, its spacious terrazzo walkways and lush courtyards allow for much more than retail therapy.

"The al fresco design of the property allows us to bring new offerings to our guests like [Shop to Table](#), a monthly outdoor shopping experience, and [Royal Sweat](#), a courtyard fitness series running seven days a week," says Lori Berg, general manager at The Royal. The fitness series kicks off in September in its tranquil courtyard. At just \$25 per class, shoppers have the opportunity to stretch, move and sweat under the shady palms with instructors from local boutique fitness studios, like Squeeze Pilates Palm Beach, Liv Fitness, and The Yoga Society Palm Beach. Because of limited class capacity and safety measures, online pre-registration is required.