



SPA & WELLNESS MONTH THE PALM BEACHES

COMMIT TO FIT THIS FALL DURING THE PALM BEACHES THIRD ANNUAL SPA & WELLNESS MONTH IN OCTOBER 2018

Destination-wide health and wellness activities relax, revive and rejuvenate all seas-om long



Images left to right: Fitness instructor leads class at District Fit; ladies enjoying Waters of the World pools at PGA National Resort & Spa; The Spa at The Breakers Palm Beach

Editor's Note: Images to participating businesses can be downloaded, [here](#); destination images can be downloaded, [here](#).

WEST PALM BEACH, Fla. (Sept. 6, 2018) – In a time when health = the “well”th of life, [Discover The Palm Beaches](#), acclaimed for its year-round wellness activities, invites visitors to experience transformative spa treatments, wellness events, healthy cuisine and fitness festivals during its third annual [Spa & Wellness Month](#) this October.

New this year are three fitness activities: a four-stop fitness crawl throughout downtown West Palm Beach, bootcamp classes at FITTEAM Ballpark of the Palm Beaches, and [District Fit](#), a multi-day fitness festival including sunrise salutations, aerobic classes, fitness seminars and therapeutic holistic treatments led by renowned fitness influencers – in conjunction with live entertainment and more, all converging in what has been recently ranked [the second healthiest city](#) in the country by Trulia. Classes are complimentary, and are sure to inspire visitors to “*nama-stay*” a little longer.

Because a vacation isn't a *vacation* without at least a few indulgences, The Palm Beaches is the destination for both Pilates and prosecco, for running and rosé. While renowned for miles of trails and boardwalks, garden yoga classes, SUP adventures and natural parks, The Palm Beaches also boasts chef-driven culinary creations, intimate wine bars and extensive shopping opportunities with everything from couture gowns to après sport athleisure wear.

Whether guests enjoy fitness for the downward dog or are “doing it for the donuts,” The Palm Beaches' wellness month poses a wealth of offers, events and experiences for the mind, body and spirit throughout American's First Resort Destination® -- with a portion of proceeds being donated to the [American Cancer Society of Palm Beach](#) in support of Breast Cancer Awareness Month, including:

SPA TREATMENTS

Bella Reina Spa

Cost: \$99 per treatment

Pink Wellness Menu: Featuring three 60-minute tantalizing treatments, each includes a Pink Facial in a box, foot bath and are served with organic green tea, coffee or lemon water.

- **“Crystal-Free” Microdermabrasion Facial:** A luxurious facial that delivers instant results. This advanced treatment delivers healthier, radiant skin customized for you. The facial begins with a raspberry hibiscus enzymatic exfoliation of the skin for optimal penetration of the active ingredients. Next, a customized “pink” crystal fiber mask, enhances the cell renewal process. Finally, an exclusive “pink” vitamin-packed serum is infused with the gentle support of noninvasive ultrasound energy, provides a brightening, healthier glow.
- **Wellness Massage Ritual:** This deeply effective muscle therapy provides maximum results while working pressure points and energy meridians for total muscle relief. The experience concludes with a Pink Peppermint oil foot massage.
- **Queen of Pink Pedicure:** A Pink Himalayan Salt Milk soak readies the feet for what can only be called a “facial for the feet.” A baking soda scrub followed by 30% Lactic acid peel, and a secret Lemongrass Callus Remover creates baby soft feet.

BIOAGE MD Anti-aging & Wellness

Cost: \$99 per treatment

Revitalize and Rejuvenate with Bioage MD: Offering three advanced treatments for \$99/each, the personalized techniques and treatments promote anti-aging and wellness.

- Consultation with MD on staff + 5 Vitamin B12 Shots (Retail: \$500)
- Ozone Therapy - Ozone therapy is a form of alternative medicine treatment that purports to increase the amount of oxygen in the body through the introduction of ozone. Various techniques have been suggested, with purported benefits including the treatment of cancer, AIDS, and multiple sclerosis, among others. (Retail: \$250)
- 5 Infrared Sauna Sessions (30 minutes) - Infrared light has the ability to penetrate human tissue, which in turn produces a host of anti-aging health benefits, making infrared saunas one of the “hottest” home therapies for overall healthier living. (Retail: \$400)

The Breakers Palm Beach

Cost: \$99

The Power of Pink Scrub: Sip a glass of Rosé Prosecco in The Breakers’ private outdoor courtyard while enjoying a fragrant foot ritual soak to gently exfoliate and soften your skin, followed by a relaxing reflexology massage.

Cosmo and Co. at 360 Beauty, Health, Wellness

Cost: \$80

Glow & Bronze Package: Enjoy Cosmo and Co’s Fire & Ice Facial Treatment – an ultra-anti-aging treatment that combines botanical antioxidant to resurface skin, reduce fine lines and encourage cellular renewal – followed by a heat-infused airbrush tanning by trained technicians.

Dirty Blonde Salon

Cost: \$25

Bubbly Blowout: Indulge in a glass of chilled champagne at the vibrant Dirty Blonde Salon, while enjoying a luxurious blowout to tame your mane. Home to some of the best stylists in South Florida, the Dirty Blonde Salon will pamper your locks and leave your hair feeling luscious and billboard ready.

Eau Spa at Eau Palm Beach Resort &

Spa Cost: \$109

Essence Facial (50 Minutes): Pause, play and perfect amid a whimsical wonderland, which happens to be one of only 30 Forbes Five-Star spas in the United States. The limited-time Essence Facial is a classic European treatment designed to cleanse, exfoliate and hydrate skin. Using the high-potency, antioxidant-rich clinical skincare formulas of SkinCeuticals, aestheticians provide each guest with a custom luxurious treatment for radiant results.

Jupiter Beach Resort & Spa

Cost: \$99

Pamper Yourself Pink Massage (50 Minutes): This therapeutic massage helps to harmonize and rejuvenate, combining frankincense inhalation and aromatherapy oils, fulfilling a unique journey of relaxation. Holistic practitioners have believed the benefits of frankincense include healthy cell function, increased blood circulation and reduced inflammation.

Kaffee's Garden Spa

Cost: \$99

Spatober Garden Ritual: Beloved for its dry salt therapy, Kaffee's Garden Spa provides a cozy environment for those seeking holistic treatments in a more secluded setting. The Garden Ritual begins with a detoxifying Pink Himalayan Salt Foot Soak, which includes Magnesium, Potassium and Sulfate minerals that help to ease aches and pains while promoting relaxation. The honey-based Farmhouse Fresh Foot Mask serum seals in moisture and leaves feet luxuriously smooth. Next, guests are to choose from one of three options: a manicure/pedicure, customized facial, or stone massage.

nSpa at Delray Beach Marriott

Cost: \$99

Peaches & Dream Wellness Treatment: Sit back, relax and unwind as your arms, shoulders, neck and back are warmly nestled and prepped for a cucumber Fresca-infused massage with a steaming towel wrap. Enjoy a deep-tissue kneading massage with a personalized blend of peach, ginger and black currant extract.

PGA National Resort & Spa

Cost: \$99 per treatment

Tickled Pink Menu: Touting four decadent treatments, each include a mini bottle of Rose Prosecco and access to Waters of the World Healing Pools.

- **Pink Champagne Swedish Massage**
- **Pink Himalayan Salt Body Treatment**
- **Pink Himalayan Salt Pedicure and Manicure**
- **Pink Himalayan Superfruit Facial**

The Waters of the World Healing Mineral Pools can be found within the expansive 40,000-square-foot European-style spa, exclusively at PGA National Resort & Spa. Renowned for its healing properties, the ultra-lux spa offers relaxation and rejuvenation at every turn, complete with sauna, steam room, indoor Jacuzzi, and two healing pools. The Spa's therapeutic pools include The Dead Sea Pool (containing 21 specialty minerals) and The Pyrenees Pool, a chilly salt pool that helps moderate body temperature and mood swings. Spa guests are granted access to the luxurious, newly-furnished pool deck for lounging all day with any spa treatment as part of their "spa day."

SiSpa at the Palm Beach Marriott Singer Island Beach Resort & Spa

Cost: \$99

Think Pink Mani/Pedi (80 Minutes): Recognized in Condé Nast Traveler's Top 100 U.S. Resort Spas, SiSpa is a seaside sanctuary that specializes in "Comfort Care Classics," a selection of services specifically designed for guests being treated for or recovering from cancer. This October, SiSpa is offering an 80-minute Manicure and Pedicure that consists of gentle exfoliation, massage, nail cleanup and polish. Also included is pink bubbly or

pink lemonade, with a full day access to the resort's private beach, pools, Jacuzzi, and complimentary valet parking.

Steiger Facial Plastic Surgery

Cost: \$99 / \$75 for cancer survivors

Deep Cleansing Rose Facial: Relax, rejuvenate, radiate. Indulge in a special Deep Cleaning Rose Facial that includes an expert consultation, deep cleansing, extractions, a relaxing massage, a special rose soothing mask and an extra under the eye tightening treatment. Dr. Steiger's relaxing rose mask stimulates collagen levels leaving your face feeling youthful, hydrated and noticeably brighter.

WELLNESS EVENTS

Fitness Crawl in Downtown West Palm Beach Fitness

Date: Sat. 10/13

Boost endorphins during a one-mile Fitness Crawl through downtown West Palm Beach and the picturesque landscape of the intracoastal waterway. Participants will aim to complete four stops, including the Les Mills Body Pump at Fitness Hub, spinning and foam rolling at SPINtergration, row and total body boot camp at Total Movement, and conclude with Boxfit, self-defense tips and a cool-down yoga session at Ultima Fitness Performance.

District Fit at CityPlace and Hilton West Palm Beach

Dates: Fri. 10/19 – Sun. 10/21

Cost: Free

District Fit is hosting a weekend of wellness alongside some of the biggest names in the biz including Zeel, Lululemon, Casper, and celebrity fitness influencers Mary Helen Bowers of Ballet Beautiful, Gilles Souteyrand of Body by Gilles and Nicole Mejia of Get Fit & Thick. The lineup includes more than a dozen sweat-inducing workouts, holistic seminars, nutrition workshops, culinary events, and pop-up retail shops.

Shoppe 561

Pink Bath Bomb Bouquets

Dates: Wed. 10/3 and Fri. 10/12 at 7 p.m.

Cost: \$30/person

Learn how to create your own beloved fizzy, fragrant bath bombs within this personalized class. The perfectly PH balanced bath bombs can include specific flower imprints, desired scents and come in a variety of shades – including a few special colors of pink in recognition of Breast Cancer Awareness Month.

Pink Ribbon Soap for Sensitive Skin

Dates: Fri. 10/4 and Wed. 10/17 at 7 p.m.

Cost: \$40 per person

Make a pound of all-natural soap formulated for sensitive or damaged skin. Soaps are formulated to include anti-oxidants for skin repair, emollients to reduce inflammation, and natural oils that offer gentle anti-fungal and anti-bacterial properties.

Custom Blend Face Soaps with Spa Scents

Dates: Wed. 10/10 at 7 p.m.

Cost: \$35 per person

Formulate and pour a fine facial soap that will cleanse, moisturize, tone and polish your face.

Namaste at The Gardens – The Gardens Mall

Dates: Each Wednesday

Cost: Free

Find the latest fashions and your moment of zen at The Gardens Mall. Midweek Meditation will guide guests through breathing techniques and gentle body movements. Yoga, stretching and Zumba classes will get guests moving, while summer smoothie samples from participating retailers help to keep energy levels high. It's a one-stop shop for those looking to amp up their fitness routine and general well-being.

Boot Camp at FITTEAM Ballpark of the Palm Beaches

Dates: Each Thursday

Train where World Series Champions train during boot camp classes at FITTEAM Ballpark of the Palm Beaches, the Spring Training facility for Major League Baseball's Houston Astros and the Washington Nationals. Group exercise classes led by local trainers will mix traditional calisthenic and body weight exercises with interval training and strength training. All Boot Camp classes are complimentary, although a \$10 donation is suggested.

Manatee Lagoon

Cost: Free

Mindful Moments: Yoga at Manatee Lagoon: Led by a certified instructor, Manatee Lagoon offers one-hour yoga classes against the calming backdrop of Lake Worth Lagoon. The instructor will adjust the class based on experience level and will suggest modifications as appropriate. Each guest will be provided with a complimentary yoga mat for use at the class, as well as a Manatee Lagoon spa gift bag containing a jar of Florida Salt Scrub and a candle in a Manatee Lagoon recyclable gift bag.

Renewed Wellness

Cost: \$25

K-Laser Therapy Pink Package includes: Initial Consultation, Evaluation and First K-Laser Treatment. 10% Discount on any additional K-Laser treatments purchased during the month of October. (K-Laser is a cutting-edge pain-free treatment that is designed to naturally reduce pain and inflammation and promote tissue repair without the use of drugs.)

Yoga Journey

Studio Cost: \$200

One Month Unlimited Mid-Day Meditation: Held every day, Monday-Friday at 12:30 p.m., these meditations range from sound based to mantra affirmations. Students will learn different techniques for a seated meditation practice that is proven to reduce stress and enhance performance, creating an overall sense of well-being.

HOTEL PACKAGE

Wyndham in Boca Raton

Stay Well™ Package: The Stay Well™ Package is a holistic and revolutionary experience that aims to optimize physical and emotional well-being when traveling. Stay Well™ guest rooms include an air purification system to reduce allergens and toxins, optional use of aromatherapy, circadian mood lighting to personalize in-room lighting, Stay Well™ mattress for back support and optimal comfort, Stay Well™ mattress encasement to maintain a more hygienic sleep environment, and a dawn simulator to wake guests gradually and gently. Stay Well™ rooms are cleaned using hypoallergenic products and a state-of-the-art UV wand cleaning tool, which neutralizes bacteria, viruses, and other microbes. The complete package includes a complimentary yoga pass to the hotel's in-house yoga studio, Yoga Journey; a complimentary cup of tea; and gourmet cookie at its in-house TrendTea tea shop.

RESTAURANT OFFERS

JuiceBuzz MRKT + Juicery

Cost: \$11

Think Pink Smoothie: In honor of Breast Cancer Awareness Month, JuiceBuzz will offer a “Think Pink!” smoothie, featuring: maca, strawberries, almond milk, vanilla protein and almond butter. Mention DTPB Spa & Wellness Month and receive 10% off any wellness MRKT skincare product.

Meraki Juice Kitchen

Cost: \$9.50

Sweet Strawberry Smoothie: Meraki Juice Kitchen will be offering their Sweet Strawberry smoothie throughout the month of October, which consists of: strawberry, banana, honey, almond milk.

For more information about Spa & Wellness Month and to obtain an update on available offers for this promotion, visit thepalmbeaches.com or follow @palmbeachesfl on Facebook, Instagram and Twitter.

###

About Discover The Palm Beaches

Discover The Palm Beaches, formerly the Palm Beach County Convention and Visitors Bureau, is the official tourism marketing corporation that promotes the collection of 39 cities and towns commonly referred to as “The Palm Beaches,” which spans more than 2,300 square miles and 47 miles of pristine, golden beaches from Boca Raton to Jupiter and Tequesta. Tourism is among Palm Beach County’s major industries, generating \$4.7 billion in direct visitor spending and supporting 70,000 jobs with an economic impact of about \$7 billion. Once recognized as a tropical escape for elite travelers in the late 1800s, America’s First Resort Destination® is making its resurgence as The Best Way To Experience Florida®, welcoming a record-breaking 7.89 million people in 2017. The Palm Beaches are home to nearly 17,000 hotel rooms, ranging from historic resorts to boutique inns. The destination features more than 100 family-friendly attractions, world-class luxury and antique shopping experiences, 125 miles of peaceful waterways for on- or in-the-water activities, more than 150 artificial reefs that line the Atlantic Ocean’s Gulf Stream current, 160 golf courses, award-winning restaurants and a thriving entertainment scene boasting more than 200 art and culture organizations.

Situated along I-95, The Palm Beaches are also home to [Palm Beach International Airport](#) (PBI), with more than 200 daily direct flights to 27 domestic and international destinations in the United States and Canada. The Palm Beaches are also conveniently located next to Fort Lauderdale-Hollywood and Miami International airports, each one only an hour away. In addition, with the new Brightline train, transportation into The Palm Beaches from Fort Lauderdale is even faster and more convenient – with connections to Miami and Orlando coming soon.

For more information about The Palm Beaches, visit www.ThePalmBeaches.com and connect on social media via [Facebook](#), [Twitter](#) and [Instagram](#) @PalmBeachesFL, YouTube at [Discover The Palm Beaches](#) and the hashtag #ThePalmBeaches. Tune-in to [The Palm Beaches TV](#) for 24/7 streaming content of the destination’s hotels, attractions, restaurants and experiences.